



Everyday Paleo Family Cookbook: Real Food for Real Life

By Sarah Fragoso

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The *Everyday Paleo Family Cookbook* offers guidance on how to bring your family together with the magic of real food. As modern life grows more hectic with each passing day, a part of living the paleo lifestyle is slowing down and enjoying the time we have with family and friends. This cookbook is intended to remind us of how precious these moments are, and that some of the fondest memories can be made while sitting at the dinner table with the ones we love. Savoring these moments, along with delicious and healthful food, is what life is all about.

In addition to more than eighty delicious, easy-to-prepare recipes that are free of grains, dairy, sugar, and legumes, *The Everyday Paleo Family Cookbook* offers:

- Time saving tips and tricks to get you through your busy weeks
- Suggestions of which recipes to pair together to made a complete meal
- Ideas for how to successfully bring the family together at mealtime
- Simple shopping and prepping tips to help you save time and money
- Resources for where to shop to find specific ingredients

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Editorial Review

Review

"Sarah is not just a top trainer at one of America's top 30 gyms, she is a mother of 3 and knows how to make the Paleo lifestyle work for anyone. She has transformed her health and the health of her family with time-efficient delicious cooking and no-hassle lifestyle management. She can help you achieve your goals and help you and your family look, feel and perform your best"—Robb Wolf, *New York Times* best selling author of *The Paleo Solution*

"Eating Paleo has changed my life, especially as an athlete and a mother. I am finally free of a stomach ache that lasted 16 years, and am healthy, strong, and happy. Staying focused on my Paleo lifestyle is important to me, and thanks to *Everyday Paleo*, I am never short on easy, quick, and delicious meal ideas for me and my family. Having *EverydayPaleo.com*, and now the book, I am able to take a deep breath and relax, knowing there is always a dinner or snack idea at my fingertips"—Aimee Anaya Everett, National Champion Olympic Weightlifter, co-owner Catalyst Athletics and *The Performance Menu*

"As a busy mom, composer and recording artist, preparing healthy meals used to seem incredibly challenging until Sarah showed me how it's done. Her recipes are simple to prepare, even for myself as a newbie to Paleo. With her help, I'm now healthier and more fit than I've ever been in my life, and my entire family as well. And the best thing is, her recipes are delicious and even my young daughter, who is a picky eater, has favorites that she absolutely loves from Sarah's recipe collection. We are hooked for life!"—Laura Sullivan Top 100 Artist, *New Age Reporter*, Sentient Spirit Records

"Since I've been involved in CrossFit, there have been numerous things I've become introduced to that have really helped me become physically and mentally stronger; as well as insight I've gained on how to live healthier once I step outside the gym, for both me and my family. Among them has been my introduction to *Everyday Paleo*. Sarah has an informative blog, with wonderful pictures and AMAZINGLY easy recipes!! I am by no means a good cook, I never have been. However, Sarah has made these recipes so easy, quick, and so delicious that my children (ages: 7 and 3) not only eat them, but they ask for MORE!! Sarah, I am so thankful for you and for *Everyday Paleo*. For making it simple, quick, and delicious. And, for helping us to live so much healthier, inside and out!!"—Linda Leipper, 2008 Crossfit Games Finalist

"Working with athletes of all levels...pain at some point may be a reality, and where there is inflammation there is usually loss of function. It is nice for me to be able to send my patients to *Everyday Paleo* to find quick, easy and delicious Paleo recipes that they can easily prepare and fit into their busy schedules, and more importantly help aid in a quicker recovery by reducing inflammation."—Dr. Dustin Glass, DC, ART; Member of the Sports Medicine Team for the USA Volleyball, National Teams.

About the Author

Sarah Fragoso, bestselling author of *Everyday Paleo*, has a strong passion for helping others acclimate and succeed on the Paleo diet and has done so globally with her extremely successful Paleo recipe and advice blog. Fragoso is a certified Level 1 Crossfit Trainer, as well as a highly sought after strength and conditioning coach at Norcal Strength and Conditioning, one of America's top 30 gyms as rated by *Men's Health Magazine*. Fragoso is at the forefront of the Paleo movement and the leader in successfully helping families live Paleo. www.everydaypaleo.com

Users Review

From reader reviews:

Randy Johnson:

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Dorcas Starling:

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Cora Gallien:

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