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Foods Lifestyle Reviewed by Jess, a Suppers member I became interested in the Paleo lifestyle a few years ago because my lifelong digestive woes had taken a turn for the worse.

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"Practical Paleo" is a gold mine for those new to the Paleo diet or struggling to integrate it into their everyday lives. I've always believed that personalization is the key to long-term success, and Diane's 30-Day Meal Plans will help you achieve just that.

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Practical Paleo is a perennial New York Times bestseller and has been dubbed The Paleo Bible by readers everywhere. The book includes the whys and hows of eating Paleo, 11 customized meal plans for everything from fat loss and athletic performance to

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digestive health, thyroid health, and more, and more than 120 easy, healthy recipes.

## **Practical Paleo Official Website, Resources | Balanced Bites**

This item: Practical Paleo, 2nd Edition (updated And Expanded): A Customized Approach to Health and a Whole... by Diane Sanfilippo Hardcover \$97.99 Ships from and sold by Book Depository UK. Paleo in 28: 4 Weeks, 5 Ingredients, 130 Recipes by Kenzie Swanhart Paperback \$19.79

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refined foods can improve our health—including reducing or even eliminating symptoms associated with common health disorders.

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