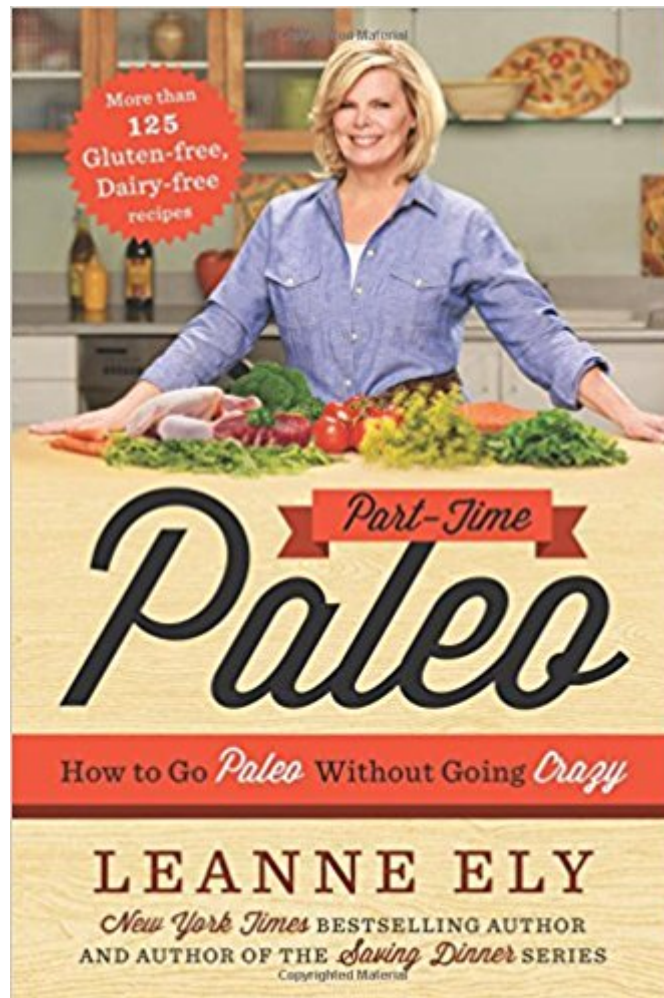




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Part-Time Paleo: How To Go Paleo Without Going Crazy



Synopsis

Going Paleo does not have to be a full-time job! Paleo is today's fastest-growing food trend, and while it has many benefits, getting started can be intimidating and confusing. In *Part-Time Paleo*, nutritionist and New York Times bestselling author Leanne Ely helps remove those obstacles as she teaches you how to: Equip your kitchen for success Stock your pantry, fridge, and freezer for quick and easy meals Simplify your life with menu plans, grocery lists, and serving suggestions Harness the magic of your slow cooker Make dozens of delicious gluten-and dairy-free recipes *Part-Time Paleo* makes going Paleo fun, easy, and delicious.

Book Information

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Customer Reviews

"If you want all of Paleo's benefits without its rigidity and limitations, you're going to love these delicious, easy-to-implement recipes." JJ Virgin, New York Times bestselling author of *The Virgin Diet* "Such refreshing common sense--you can hear Leanne's warm voice throughout the book giving you easy steps to access paleo in a way that is not intimidating. I highly recommend this enjoyable book (and the wonderful recipes in it) to anyone wondering what eating Paleo is all about." Terry Wahls, MD, bestselling author of *The Wahls Protocol* "Part Time Paleo makes following a Paleo program fun, realistic, and easy. If you are seeking the health benefits of going Paleo but don't know how to start, *Part-Time Paleo* is the solution." Steven Masley, MD, bestselling author of *The 30-Day Heart Tune-Up* "Leanne Ely simplifies Paleo and makes it doable. The recipes are

out of this world! • Dave Asprey, author of The BulletProof Diet “The first book to tie together the wisdom of the human ancestral diet, the culinary skills of a gourmet chef, and a practical approach guaranteed to keep you sane.” • Alan Christianson, NMD, author of The Adrenal Reset Diet “The book for people who are wondering what the heck Paleo is all about.” • Sara Gottfried MD, New York Times bestselling author of The Hormone Cure “Leanne will make you smile while she simplifies delicious, SANE, real foods and frees you from crazy calorie myths and diet dogma!” • Jonathan Bailor, New York Times Bestselling author of The Calorie Myth “I love the ease and flexibility this book provides! Leanne teaches you how to eat real food in the real world eliminating the confusion of rigid diet plans. Practical advice with easy to make mouth-watering recipes.” • Vani Hari, Creator of FoodBabe.com

Leanne Ely, CNC, is a nutritionist and author of six published books, most notably the New York Times bestselling Body Clutter and the Saving Dinner series. She writes “The Dinner Diva” column which is syndicated in 250 newspapers and runs the savingdinner.com site. She also contributes to Marla Cilley’s Flylady.net.

Part-time Paleo is perfect for people like me! For about 3 years now, I’ve been sort-of-Paleo. I’ll go whole-hog for a month or two, but then get tired and start eating the Standard American Diet...and suffering for it. Like many people who try to make the leap to Paleo, I was stuck in the mindset that I had two choices: Paleo Perfect or Not Paleo. A book like this lays out how to do not-perfect Paleo and still reap the rewards. No more guilt about not being Paleo Perfect! The meal plans with recipes are fabulous, and the book even includes sets of freezer recipes for people who need to get meals prepared ahead of time. I’m really looking forward to giving these recipes a try! Especially the breakfast ones. Yes, they’re mostly egg dishes, but they are different twists - things I hadn’t thought of trying. The one drawback to the book is that the shopping lists are integrated into the book proper. It would be much easier if they were pull-outs from the back, a-la Practical Paleo. Perhaps something that could be changed for a later printing? Leanne Ely has genuinely changed my life, not just with this book, but with her other products. It’s because of one of her earlier products from savingdinner.com that I discovered that gluten is a major trigger for my Chronic Fatigue Syndrome. That’s why I went Paleo to start with, and I cannot overstate what a difference it’s made for me!

The recipes are fantastic. What I really like is they’re some of the most straight-forward recipes of

good sounding food that's not too difficult or strange sounding! The only reason I'm giving it 4 vs 5 stars is for 2 reasons: first of all, I wish there were more pictures (although I realize that would probably make for a much more expensive book), and the other bigger reason is I wish the index was more complete according to ingredient names vs recipe names. For example, if you wanted to cook something with say sweet potato, and you look in the index, alphabetically, you'll find just 2 entries with the word "sweet potato" in it, but I know from looking through the book there are many more recipes than that (but they don't show up there because the name of the recipe they're in doesn't start with the word "sweet potato").

Great book. Wish it had more pictures which is probably silly on my part. The recipes are great, just wish she had one recipe per page, or 2 pages if it's a long recipe. I'd rather turn the page for the next one. Also, having to go to her website for her personal smoothie mixes is a bit of a pain but her website is nice so it's ok. Love the grocery lists, prep lists, freezer meal plan, crock cooking plan and all of the info on Hashimoto's which I too suffer from. The content is awesome which matters most. Leanne has such a great writing personality. Hee, is that a thing...? Update: 11/12/14 The smoothie starter mixes which are a staple in making some of the recipes are her own pre-made mixes & are quite pricey. Her website has links for the mixes and prices. So, though the website is "nice" as I had stated previously...having to purchase her products to make some of the recipes caught me off guard and wasn't so "nice".

Leanne never disappoints. This is the fourth cookbook of hers that I've purchased over the years. I loved the first Saving Dinner and Saving Dinner for the Holidays. Then my husband was diagnosed with diabetes so we went with Saving Dinner the Low Carb Way (he's a very well controlled diabetic, thanks in part to her recipes). Now that allergies are really bothering me, I wanted to eliminate dairy and wheat (on the advice of my physician) and see whether these were at the roots of my problems. How to do that? Part-time Paleo to the rescue. Her meals are delicious, varied, and not fussy to prepare. Easy to use recipes, most take less than an hour to prepare. I've used them for more than 4 wks now and feel great. I especially love that she includes a weekly grocery list since I hate planning meals. Leanne has never steered me wrong and she's on target once again. Highly recommended.

this book is for those who are dipping their toes into the paleo planet and is great for maintaining energy and vitality fabulous delicious recipes. it has guides on what to keep in the kitchen, crock

recipies (my favorite) and makeing stuff to put into the freezer for those super busy days. Its all in here. best of all, my husband needs this so he can cook, and wow these have been pretty good as hes surpassing my cooking prowess with these recipies. uggg now what am i going to do? and kids love them. Leanne always over delivers. she is passionate about her skills in the kitchen and passionate about helping others. i have been a part of her saving dinner menu mailer for about 10 years now except when i decided to go raw, which fail when winter in chicagoland comes. so i do raw in summer, paleo winter.i dont use pork, i hate it so much it makes me quake just thinking about it. so i just substitute. i have been feeling like i have been eating very richly lately, but have not gained any weight, thats the paleo effect. i also have lots of energy too, thanks Leanne for putting a book together like this. Leanne did not compensate me for this review in anyway, i just looove her and have followed her for the last 10 years introduced to my by the flylady. check her out if you haven't, you be a home goddess or god in no time.

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