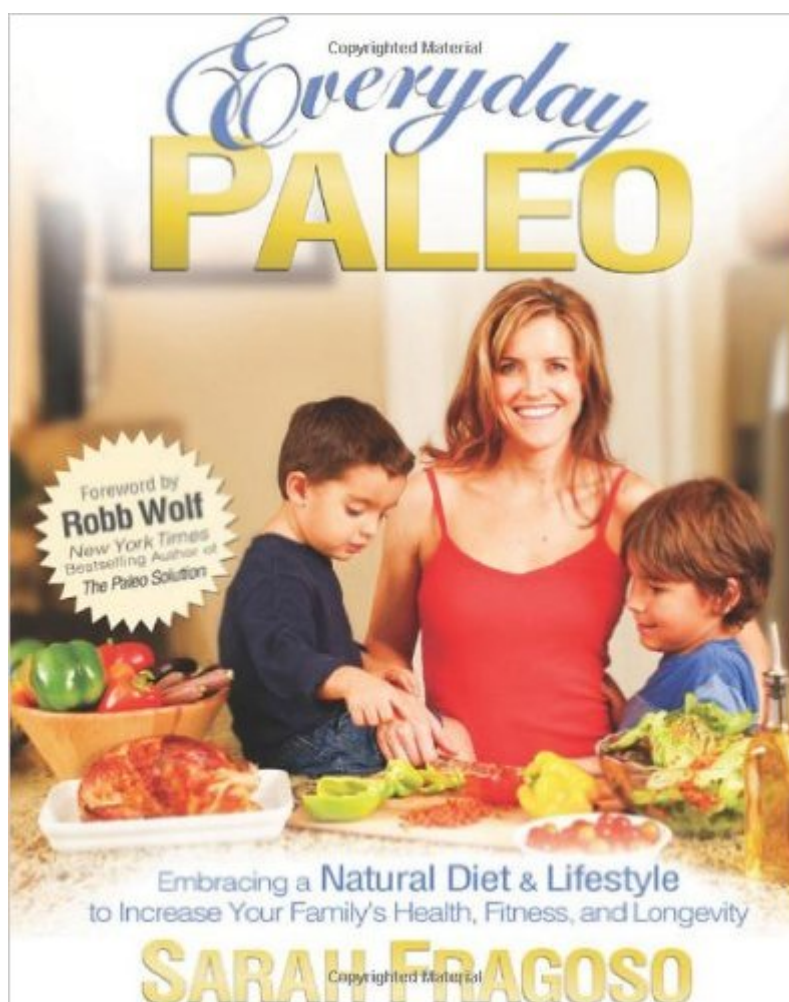


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# Everyday Paleo



## Synopsis

Do you want to lose weight, regain your health, and achieve a level of fitness you never thought possible? Are you interested in eating the foods that our bodies are intended to eat, but have no clue where to begin? You may already be a Paleo diet enthusiast; but are you struggling to feed your family the same foods that fuel you? In *Everyday Paleo*, Sarah Fragoso gives detailed instructions for acquiring a Paleo lifestyle and improving the health and longevity of your family. An active mother of three, Fragoso shows that eating Paleo is not only feasible for the busiest of families, but also easy, delicious and completely life-changing. She offers numerous recipes for all meals of the day, and provides tips for getting around common roadblocks, such as eating out. Finally, to keep your entire family fit and sane in the 21st century, she lays out easy-to-follow workout routines that you can do either in the gym or your own home. In *Everyday Paleo*, Fragoso shows you how to make Paleo your lifestyle, not just another fad diet.

## Book Information

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## Customer Reviews

I admit to being so disappointed by some of these recipes that I came back to look at the reviews here again. As another reviewer says, it is surprising that there aren't more negative reviews, and I second her opinion that the author's enthusiasm is so infectious and inspirational that it's hard to deliver bad news (you almost begin to believe something is wrong with you for not liking her food). What I DID like about it: I was hesitating to start the paleo because, as a mother of 3 small boys, it seemed overwhelming. Reading this book not only inspired me to start it sooner than I would have otherwise, it gave me 5 day meal-planners that made it seem easy to shop and cook in

such a new way. What I DIDN'T like about it: the shopping lists need to be proofed better--I found myself missing key ingredients that were not listed. Also, the recipes were just not that good, especially for little kids. Mine are adventurous, but even so, her menu is a bit of a stretch (foods are too spicy or not very kid-friendly--the egg cupcakes were green because they were so filled with veggies and, frankly, didn't taste that great (more flavor, less veggies!)). Great ideas for kids are sometimes not that practical. For example, I made the lunchbox rollups with ham and turkey, but how to get them to stay closed and to prevent ingredients from slipping out? I spent 10 minutes cutting thin strips of scallion and painstakingly tying them together, then added some toothpicks for good measure. I imagined the other kids at school asking my son what the heck he was eating! One hesitates to criticize, but she is clearly not a foodie--she relies on things like garlic powder and calls hollandaise sauce bearnaise sauce.

My husband and I started a primal diet months ago and ordered Mark Sisson's 2 primal cookbooks, The Primal Blueprint Cookbook and Primal Blueprint Quick and Easy Meals. We loved both of those cookbooks and have gotten a lot of good use out of them. We cook a lot (3 meals a day, everyday) so we were looking to branch out and bought Everyday Paleo and Paleo Comfort Foods based on the stellar reviews. Everyday Paleo just is not what we were expecting. The recipes are boring and remind me of paleo versions of recipes from an old Taste of Home magazine. My family is rather adventurous and couldn't even pick out a single recipe that seemed appetizing to them. They are used to exciting, ethnic or exotic foods because that is what I make. This book just doesn't have the quality that I was hoping for. I thought that "Everyday Paleo" would be about making fun and exciting paleo meals every day without getting boring, but this just falls short. Who needs a recipe to make meatloaf or a spinach salad paleo? The Ginger Shrimp Salad is just shrimp with ginger on arugula. I mean Apple Flowers? It is literally a cut up apple arranged around a blob of almond butter. Bugs in a Boat?

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