



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

Leanne Ely

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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.

Part-Time Paleo: How to Go Paleo Without Going Crazy Details

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From Reader Review Part-Time Paleo: How to Go Paleo Without Going Crazy for online ebook

Barbara Woodford says

What a wonderful help to those of us who have been trying to take off a few pounds and keep them off! I already go to the "Y" regularly to work out and to walk and even joined Weight Watchers but I lose a few and gain a few back.

My daughter has serious thyroid issues and she is looking forward to helping that situation. I am excited about trying the recipes. I made a smoothie this morning with Greek yogurt, almond milk, a protein powder, handful of spinach, blueberries and a little frozen mixed fruit with ice cubes. It was delicious and has stayed with me throughout the morning.

Karinna Dawbin says

Good recipes, excellent advice.

Diana says

My family tries to do some Paleo meals every week. I borrowed this from the library to see if there were any decent recipes in it. I found lots of them, I will definitely be adding this book to my cookbooks very soon.

Alison says

A quick and easy to read introduction to Paleo, though I found her 'part-time' to be a little confusing as she seemed to be more about sticking to the paleo diet than finding easier ways around it or to mix it in with your normal lifestyle.

Linda Kenik says

My hubby picked this up for the recipes. I read all of the beginner paleo ideas within a few hours. This book will definitely be a keeper in our cookbook library.

Mary says

This is a great cookbook -I didn't know what eating a "paleo" diet entailed until I got this book. you don't have to be a fanatic about eating paleo, but can get started with her instructions and kind of not even know you are doing it. There are also some slow cooker recipes, which I will use a lot. I do wish there were more

pictures.

In accordance with FTC guidelines I did receive this book as a "win" from Goodreads.

Marie says

After completing a Whole 30 last June, this is basically the way I've been eating since. This book was a good reminder of why, and some practical tips. I have followed Leanne since before she went Paleo herself, and while I disagree with some of her research (because there is so much contradictory food information out there), her strategies are solid for managing food prep while leading a busy life.

Michelle Frome says

Expensive recipes! I spent \$600, \$800 and then \$900 per month to feed ONE person using these recipes. This last week I noticed her recipes use a lot of FODMAP ingredients and a ton of eggs. So if someone is trying to navigate 1) budget and 2) food sensitivities, this is not the right book for you. I bought the book from internet hype on a pre-release that included a few "bonus's" for buying right away. The preview recipes were fantastic (eggs baked in an avocado - how cool!) but I just couldn't get the hang of the book. The meal plans, like typical recipe books, are for families. Doesn't work to scale it down to a solo person.

P.e. lolo says

This is a good book to get started with the Paleo diet or food plan. The author takes you through your kitchen in what you need to change, and how to stock your pantry, or shelves. She also shows easy step recipes that will make your switch smoother. For those people you are on the go she also has recipes for the crock pot. A good book in describing the foods you need and easy to follow recipes. The main thing is that the author is trying to let you know that it is not as difficult as you may think it is. A good book to start with. I got this book from netgalley. I gave it 4 stars. Follow us at www.1rad-readerreviews.com

Deanna says

Ely excels at reasonable meal plans and simple make-ahead options.

Vivian says

Okay, by "finished it" I meant that I read all of it other than the recipes. Lots of good information here. As far as the recipes, I plan on taking my good old time reading and making them. Made two already and both were absolutely delicious.

Kate says

Easier way to start and some nice recipes for things that are hard to give up in the beginning like paleo mayo

Denise Morse says

This is exactly the book that I needed. I am not ready to make a full time Paleo commitment since my family is not fully on board yet. This had helpful tips on how to make the transition and how to just eat better in general

Jamie Holloway says

Love it. Read my book review on my blog.

Maxine says

A good, thorough, introduction to Paleo - what it is, how it works, and how you can navigate with it through your regular day.

The recipes I've tried so far have been great - and I'm sure I'll be trying more of them!
