



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

*Leanne Ely*

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## **Part-Time Paleo: How to Go Paleo Without Going Crazy** Leanne Ely

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.

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