

Paleo and Gluten-Free Resources

We recognize that starting a Paleo or gluten-free diet can be overwhelming, especially if this will be a big change from your current diet. Here are just some of the many resources available that can help make this change easier.

BOOKS

- ***The Paleo Cure***, by Chris Kresser
- ***The Paleo Approach: Reverse Autoimmune Disease and Heal Your Body***, by Sarah Ballantyne
 - This book is really helpful if you have an autoimmune condition, as it details the autoimmune protocol (AIP).
- ***Practical Paleo***, by Diane Sanfilippo
- ***Paleo for Beginners***, by John Chatham

COOKBOOKS

- ***Nom Nom Paleo: Food for Humans*** and ***Ready or Not!***, by Michelle Tam and Henry Fong
- ***The Zenbelly Cookbook: An Epicurean's Guide to Paleo Cuisine***, by Simone Miller
- ***The Complete Paleo Slow Cooker***, by Karen Frazier

WEBSITES AND BLOGS

- www.robbwolf.com
- www.marksdailyapple.com
- www.zenbelly.com
- www.nomnompaleo.com
- www.againstallgrain.com
- www.livinglovingpaleo.com
- www.whole30.com
 - Whole30 is a popular 30-day Paleo diet challenge. Starting a Paleo diet with Whole30 is a great option if you know that community support and lots of resources will help you succeed in implementing this diet change.
- www.wellnessmama.com
- www.realplans.com
 - This service provides shopping lists, recipes, and meal plans for a variety of diet preferences including Paleo, gluten-free, and keto diets.
- www.glutenfreewatchdog.org
 - This organization independently tests labeled gluten-free products and publishes the results publicly to help you feel more confident in the products you buy.
- www.elanaspantry.com

- www.predominantlypaleo.com

ONLINE MARKETPLACES

- **Thrive Market** – An online market that requires membership, but offers very competitive prices compared to local health food stores. They also offer meat and seafood.
- **ButcherBox** – Quality meat delivered to your home.
- **US Wellness Meats** – Another great meat delivery service that is particularly good for organ meats.
- **Vital Choice** – Wild and sustainable seafood.

MEAL DELIVERY SERVICES

All these companies offer gluten-free options, and many also include Paleo and keto options. Some deliver ingredients for cooking at home and others deliver already prepared meals.

- www.greenchef.com
- www.sunbasket.com
- www.factor75.com
- www.petespaleo.com
- www.paleoonthego.com
- www.onepotato.com – Great for kid-friendly meals
- www.thegoodkitchen.com
- www.blueapron.com
- www.cateredfit.com
- www.eatology.co

BRANDS

There are now many companies that are making Paleo and gluten-free foods. Below are some of our favorites.

- **Primal Kitchen** – Condiments, bars, and protein powders that are all Paleo
- **Kettle & Fire** – Shelf-stable bone broth
- **Siete Foods** – Grain-free chips, tortillas, and more
- **Simple Mills** – Grain-free mixes and crackers
- **EPIC Provisions** – Bone broths, jerky, and cooking fats
- **Wild Planet** – Sardines and other canned seafood
- **Bread SRSLY** – Delicious gluten-free bread
- **AWG Bakery** – Delicious grain and gluten-free bread
- **Canyon Bakehouse Gluten Free** – Gluten-free bread, bagels, and more