

Resources for Beginning Paleo

Just getting started on a Paleo diet? Here are some great resources to get you headed on the right track toward a healthier diet in no time.

- **14Four.me:** 14Four puts the power of a trainer, a life coach, and a dietitian all in your hands for a total of five weeks—all backed by Chris Kresser’s clinical experience—for a fraction of the cost of any of these experts alone.
- **The Paleo Cure:** Chris’s first book provides a flexible and accessible program with helpful charts and quizzes, a seven-day meal plan, and delectable, nutritious recipes to help you lose weight, reverse disease, and achieve optimum health.
- **Practical Paleo:** Diane Sanfilippo’s popular guide is jam-packed with more than 120 easy recipes, all with special notes about common food allergens including nightshades and FODMAPs.
- **The Paleo Approach:** Sarah Ballantyne’s complete guide to using diet and lifestyle to manage autoimmune disease and other chronic illnesses.
- **Against All Grain:** Danielle Walker takes you on a multi-course Paleo and gluten-free culinary journey from appetizers to dessert.
- **Juli Bauer’s Paleo Cookbook:** Juli Bauer of PaleOMG is a well-known Paleo cook who creates great recipes that are sure to please the whole family.
- **Thrive Market:** Shop the best healthy, natural, non-GMO, organic, vegan, raw, Paleo, gluten-free, and non-toxic items from the top-selling brands at wholesale prices.
- **Find Real Food:** This is an app version of the **Weston A. Price Foundation Shopping Guide** that can help you locate high-quality, nutrient-dense foods in your area.
- **US Wellness Meats:** If you’d rather buy your pastured animal products online, US Wellness is one of the best companies for nutrient-dense animal products.
- **Vital Choice:** This company sells the highest-quality delicious seafood and ships directly to your door.
- **Pete’s Paleo:** Pete’s Paleo is a gourmet prepared food service that ships pre-made Paleo meals nationwide.