



Paleo in 28: 4 Weeks, 5 Ingredients, 130 Recipes

Kenzie Swanhart

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Paleo in 28: 4 Weeks, 5 Ingredients, 130 Recipes Kenzie Swanhart **A Super Simple Guide to Going Paleo for Your Not-So-Simple Life**

Kenzie Swanhart knows firsthand just how hard it can be to introduce a Paleo diet into your hectic routine. In *Paleo in 28*, she teaches you that it takes only five ingredients, plus a few basic pantry staples, to create mouthwatering Paleo recipes for today and everyday. Making the transition to Paleo has never been easier with this effortless guide, which boasts:

- A flexible 28-day meal plan so that you never have to wonder what to eat
- 130 delicious recipes, from Good Morning Mug Biscuits and Nacho Kale Chips to Fall-Apart Short Ribs and Almond Butter Bars
- Streamlined shopping lists to save time and money
- A customizable one-week Paleo menu to help you strategize beyond your first 28 days
- Nutritional information for every recipe

Enjoy the classic flavors of all your favorite foods with gluten-free Paleo recipes that will jumpstart your healthy lifestyle and keep your taste buds happy.

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