

BOOST YOUR WELLBEING

*don't make resolutions
create habits*

BUILDING
HEALTHY
DELICIOUS
MEALS
BOOKLIST

Nourishing Traditions
by Sally Fallon

The Worlds Healthiest Foods
by George Mateljan

Earthbound Cook
by Myra Goodman

Paleo Comfort Foods
by Julie Mayfield

The Primal Blueprint
by Mark Sisson

Make It Paleo
by Bill Staley

Paleo Indulgences
by Tammy Credicott

Primal Body, Primal Mind
by Nora T. Gedgaudas

Paleo Slow Cooking
by Chrissy Gower

Stop Prediabetes Now
by Jack Challem

The Metabolic Diet
by Mauro Di Pasquale

Eat Right For Your Type
by Peter D'Adamo

The Diet Cure
by Julia Ross, M.A.

Food, Inc. (book & dvd)
Book Edited by Karl Weber

Eating Between the Lines
by Kimberly Lord Stewart

Cereal Killers: Celiac Disease and
Gluten Free A to Z, by Dr. Ron Hoggan

Food Energetics
by Steve Gagne

