



Favorite Paleo Resources

Blogs and Websites

1. <http://urbanposer.blogspot.com/>
2. <http://wellnessmama.com/>
3. <http://www.againstallgrain.com/>
4. <http://beta.primal-palate.com/> The Food Lovers Kitchen
5. <http://everydaypaleo.com/>
6. <http://fastpaleo.com>

Facebook Pages

1. Just Eat Real Food
2. The Unrefined Kitchen
3. Eat Real Food
4. The Paleo Mom
5. Against All Grain
6. Civilized Caveman Cooking Creations

Recommended Reading

1. It Starts with Food by Dallas & Melissa Hartwig
2. Primal Body, Primal Mind by Nora Gedgudas
3. Practical Paleo by Diane Sanfilippo (cookbook)

Check our website www.familyfocuschiro.com for lots of great recipes and follow us on Facebook: <https://www.facebook.com/familyfocuschiro> to see what the latest recipe is!

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Dirty Dozen (buy organic)

1. Apples
2. Sweet Corn
3. Bell Peppers
4. Peaches
5. Strawberries
6. Nectarines
7. Grapes
8. Spinach
9. Lettuce, Kale
10. Cucumbers
11. Blueberries
12. Potatoes

Clean Fifteen (can go non-organic if needed)

1. Onions
2. Celery
3. Pineapple
4. Avocado
5. Sweet Peas
6. Cabbage
7. Asparagus
8. Mangoes
9. Eggplant
10. Kiwi
11. Cantaloupe
12. Sweet Potato
13. Grapefruit
14. Mushrooms
15. Watermelon