



The Paleo Journey: Recipes for Weight Loss, Allergies, and Superior Health—the Natural Way

Simone McGrath

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Enthusiasm in “going paleo” continues to grow as more people embrace the diet our ancestors thrived on. However, choosing paleo is more than just a diet—it’s a lifestyle. And this is more than just a cookbook. In *The Paleo Journey*, Simone McGrath will teach you about various lifestyle components, such as the hard facts about the diet, what’s taboo, and what’s up for debate. It highlights the many benefits of the paleo lifestyle and addresses exercise, dining out, and stress factors, to name a few. There are more than eighty original recipes, including:

- Spinach and ’shroom soufflé
- Coconut crab cakes
- Pistachio pork
- Spicy roasted veggie chips
- Caramel crunch bites
- And so many more!

Also contained in this book is a fourteen-day eating plan as well as many tasty and nutritious sections on breakfast, lunch, dinner, salads, sides, desserts as well as snacks and smoothies. It’s a complete go-to guide for anyone interested in the paleo lifestyle.

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We’ve been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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