

THE COMPLETE IDIOT S GUIDE TO EATING PALEO GLASPEY JASON QUINN NEELY%0A

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Neely Quinn and Jason Glaspey's new book published by Alpha, a division of Penguin, is a fantastic introduction to the Paleo diet.

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She is the author of Paleo Comfort: Grain & Dairy-Free Recipes for Your Soul and the coauthor of The Complete Idiot's Guide to Eating Paleo. Jason Glaspey is the founder of paleoplan.com and works as a consultant for startups and e-commerce.

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More creator details: by Neely Quinn, and Jason Glaspey. General note: Includes index. Contents note: All about paleo. Paleo 101 ; Benefits of eating paleo ; What to eat

(and not to eat) ; Breaking down the diet -- Implementing paleo. Eating paleo in a non-paleo world ; Paleo nutrition for athletes