



Paleoista: Gain Energy, Get Lean, and Feel Fabulous with the Diet You Were Born to Eat

Nell Stephenson

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Building on the huge success of books like *The Paleo Diet*, Nell Stephenson's *Paleoista* offers a fun, female-friendly way for women to enjoy the health benefits of what has been called the "Caveman Diet," including more than fifty simple, delicious Paleo recipes!

A Paleoista has radiant skin, boundless energy, eats decadent food at every meal, and never feels deprived. As the ultimate Paleoista, Nell Stephenson knows exactly how to incorporate the Paleo diet into one's day-to-day life with ease, efficiency, and style. *Paleoista* is an easy-to-follow guide for any woman interested in reaching her healthiest potential and includes:

- A Kitchen Makeover Guide, to get started on the right foot.
- A Healthy Grocery Store Field Trip, to stock a Paleo-friendly kitchen.
- Two Weekly "Hours in the Kitchen," to prep a week's worth of meals ahead of time.
- A Move-to-Lose Plan, to show you what to do with all your extra energy!
- Sticking with It Socially, to prepare for ordering at restaurants, traveling, keeping your kids Paleo, and getting together with friends without compromising your Paleo eating plan.
- More than fifty simple, delicious Paleo recipes!

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