

Online Resources

Below are a few of my "go-to" recipe sites. Even though many are "Paleo" sites, I do not feel it is necessary to eat meat or animal protein at every meal and think many of the Paleo purists have gone overboard. As you know, I tend to eat a more modified Paleo or ancestral diet with mostly veggies, some fruit, seeds, nuts, healthy oils, fish or chicken and even include some beans and legumes which is not in the Paleo approach. I do include eggs and have the odd strip of bacon here and there and feel the benefits of a good quality, full-fat yogurt outweigh the downsides of dairy. What I do agree with are the whole foods, low-sugar, alternative-grain aspects of the Paleo way of eating so find the website most in line with my approach. Hope you find these helpful.

Primal Palate
Nom Nom Paleo
Eat Drink Paleo
Paleo Parents
Ricki Heller - Candida Friendly recipes so very low sugar and low carb
Elana's Pantry
Against all grain
Sprouted Kitchen
Kris Carr for some good smoothie recipes

Coaching Support

The three coaching sessions I offered during the program are still available to you after the program ends. These three, 30-minute session may be just what you need to transition back into day-to-day life so you don't completely fall off the wagon and sabotage all your great efforts. We can use these sessions to tailor and develop your whole foods eating plan, including customizing based on Blood Type.

The special discounted rate is \$120 + hst. and available to Sugar Shift participants ONLY. Email me directly if you are interested in this package and we'll set you up.