
Resources for Beginning Paleo

Just getting started on a Paleo diet? Here are some great resources to get you headed on the right track toward a healthier diet in no time.

- [14Four.me](#): 14Four puts the power of a trainer, a life coach, and a dietitian all in your hands for a total of five weeks—all backed by Chris Kresser’s clinical experience—for a fraction of the cost of any of these experts alone.
- [The Paleo Cure](#): Chris’s first book provides a flexible and accessible program with helpful charts and quizzes, a seven-day meal plan, and delectable, nutritious recipes to help you lose weight, reverse disease, and achieve optimum health.
- [Paleo on a Budget](#): Robb Wolf has created a fantastic guide to eating Paleo without breaking the bank. This is a great resource for large families, college students, or anyone on a limited budget who wants to reap the benefits of eating Paleo.
- [Practical Paleo](#): Diane Sanfilippo’s popular guide is jam-packed with more than 120 easy recipes, all with special notes about common food allergens including nightshades and FODMAPs.
- [The Paleo Approach](#): Sarah Ballantyne’s complete guide to using diet and lifestyle to manage autoimmune disease and other chronic illnesses.
- [Against All Grain](#): Danielle Walker takes you on a multi-course Paleo and gluten-free culinary journey from appetizers to dessert.
- [Juli Bauer’s Paleo Cookbook](#): Juli Bauer of PaleOMG is a well-known Paleo cook who creates great recipes that are sure to please the whole family.
- [Paleofood.io](#): Find great Paleo recipes online, submitted by your favorite Paleo recipe bloggers.
- [Thrive Market](#): Shop the best healthy, natural, non-GMO, organic, vegan, raw, Paleo, gluten-free, and non-toxic items from the top-selling brands at wholesale prices.
- [Find Real Food](#): This is an app version of the [Weston A. Price Foundation Shopping Guide](#) that can help you locate high-quality, nutrient-dense foods in your area.
- [US Wellness Meats](#): If you’d rather buy your pastured animal products online, US Wellness is one of the best companies for nutrient-dense animal products.
- [Vital Choice](#): This company sells the highest-quality delicious seafood and ships directly to your door.
- [Pete’s Paleo](#): Pete’s Paleo is a gourmet prepared food service that ships pre-made Paleo meals nationwide.
- [Pre-Made Paleo](#): Easy to prepare, home-delivered Paleo diet meals. These meal plan recipes are delicious, healthy, and chef inspired.