
Websites and Apps for Getting Healthy

Paleo Recipes

- [Paleo Recipe Generator](#) – Personalized Paleo meal planning app. Easy setup, instant plans, and automated shopping lists online, via email, and on your mobile device.

Diet/Nutrition Tracking

- The following are free calorie and macro/micronutrient trackers that can be used on computers or mobile devices. Use to track food intake and exercise, set goals, or look up nutrition information for specific foods.
- [MyFitnessPal](#)
- [Cronometer](#)
- [FatSecret](#)

Physical Activity

- [FitBit](#) — Fitness products and tracking devices help you stay motivated and improve your health by tracking your activity, exercise, food, weight, and sleep.
- [Jawbone Up](#) — Wristband and app allows users to track their sleep, eating habits, and daily activity including steps taken and calories burned.
- [MapMyFitness](#) — From running maps to gym workouts, track all of your fitness workouts online or via mobile application.
- [JEFIT](#) — This app gives you simple tools for crafting weightlifting workouts and keeping track of the details as you complete your routines.
- [StrongLifts](#) — StrongLifts 5x5 is a simple, effective workout to get stronger, build muscle, and burn fat fast using three exercises, three times a week, 45 minutes per workout.
- [Nike+ Training](#) — Choose from 100+ workouts created by Nike Master Trainers and led by Nike Pro Athletes.
- [Freeletics](#) — Get a personal workout plan based on your fitness level. High-intensity bodyweight training: anytime & anywhere.

Sleep

- [FitBit](#) —Wearable tracking device that also records sleep activity and quality.
- [Jawbone Up](#) — Wearable tracking device that also records sleep activity and quality.
- [Sleep Cycle](#) —Alarm clock app tracks your sleep patterns and wakes you up during light sleep. Waking up during light sleep feels like waking up naturally rested without an alarm clock.
- [Sleep As Android](#) — Similar to Sleep Cycle but specifically for Android devices.
- [SleepBot](#) — Helps log sleep quantity and quality; also includes alarm clock that wakes you during light sleep.
- [Deep Sleep](#) — This application is a guided meditation intended to help you overcome insomnia and get to sleep.

Stress Management

- [Headspace](#) — A digital service that provides short guided meditation sessions and mindfulness training. Its content can be accessed online or via a mobile app.
- [Calm](#) — Choose from several relaxing nature scenes, then select between a two-, 10-, or 20-minute guided meditation session.
- [Pacifica](#) — An app for stress, anxiety, and worry based on cognitive behavioral therapy and mindfulness.
- [Buddhify](#) — More than 80 guided meditations custom made for wherever you are and whatever you're doing—traveling, at work, at home, going to sleep, and much more.
- [Omvana](#) — Hundreds of world class meditation tracks for Focus, Peace, Sleep, Enlightenment, and more.
- [Yoga with Adriene](#) — Find a free yoga practice that suits your mood or start a journey toward healing. Work up a sweat, or calm and relieve a tired mind and body.

Behavior Change

- [Strides](#) — Track all your goals and habits in one place. Stay motivated and on track with flexible reminders and helpful charts to help you achieve your goals.
- [Goals On Track](#) —Work on your goals on the go with this app. Keep all your goals, tasks, habits, and journal data in sync between the mobile and web-based versions.
- [LifeTick](#) — Web-based software that helps you set, track, and achieve your goals in life.
- [Rise](#) — Work with a personal Rise coach to lose weight and change your diet and lifestyle.

Food Products

- **Wholesale Paleo Foods**
 - [Thrive Market](#)
- **Grass-fed jerky**

- [Steve's Club](#)
- [Gourmet Grassfed](#)
- [EPIC Bars](#)
- [Primal Pacs](#)
- [Tanka Bars](#)

- **Prepared meats**
 - [Kol Foods](#)
 - [Rocky Mountain Cuts](#)
 - [US Wellness](#)
 - [ButcherBox](#)

- **Smoked fish**
 - [Vital Choice](#)
 - [Ducktrap](#)

- **Nut bars**
 - [YAWP](#)
 - [Go Raw](#)

- **Nut butters**
 - [Artisana](#)
 - [MaraNatha](#)
 - [Once Again](#)

- **Kale chips**
 - [Brad's Raw Foods](#)
 - [Lydia's Organics](#)

- **Potato/sweet potato chips**
 - [Honest Chips](#)

- **Olives**

- [Tropical Traditions](#)
- [Sunfood](#)
- [Jeff's Naturals](#)

- Canned fish
 - [Vital Choice](#)
 - [Wild Planet](#)

- Full-fat yogurt/kefir
 - [Maple Hill Creamery](#)
 - [Blue Hill](#)
 - [Redwood Hill](#)

- Coconut products
 - [Tropical Traditions](#)

- Dehydrated fruit/vegetables
 - [Nature's All Foods](#)
 - [Just Tomatoes Etc.](#)

- Seaweed snacks
 - [SeaSnax](#)
 - [GimMe](#)

- Pork rinds
 - [4505 Meats](#)

- Mayonnaise
 - [Primal Kitchen](#)