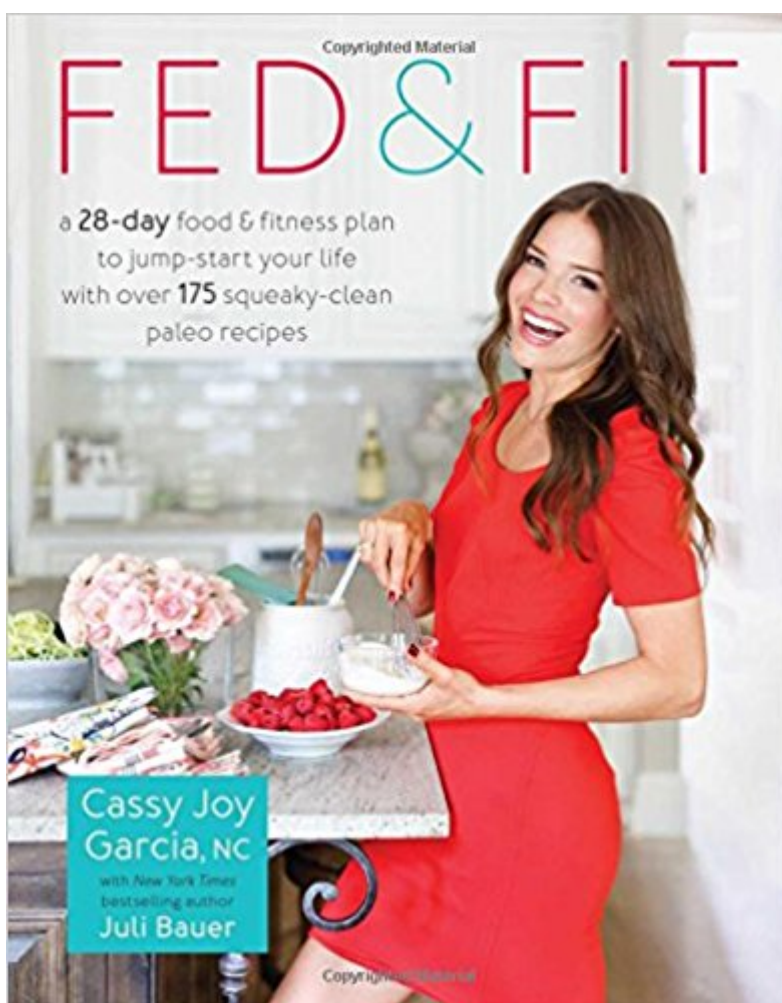


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# Fed & Fit: A 28 Day Food & Fitness Plan To Jump-Start Your Life With Over 175 Squeaky-Clean Paleo Recipes



## Synopsis

Fed & Fit is all-inclusive guide to achieving true health! Cassy Joy draws from her years of research and experience, to deliver a roadmap to mastering her revolutionary 'Four Pillars of True Health'™. With over 175 gluten-free and Paleo-friendly recipes, a 28-day food and fitness plan, portion guides, program guides and supplemental online tools, Fed & Fit provides readers a foundation for lasting success. Joy's recipes were hand selected to complement each of 'The Four Pillars' and include step-by-step instructions, full-color photos and personalized guides to help you achieve your individual wellness goals. Fed & Fit offers meal preparation guides and incorporates practical application tools that are centered around the 'Pillars' to ensure complete success and make transitioning to a healthy lifestyle a positive and rewarding experience. Fed & Fit also features expert techniques and fitness recommendations from New York Times Bestselling author and fitness coach Juli Bauer. Cassy Joy also incorporates detailed advice for parents, students, and professionals that can be tailored specifically to situational needs including: shopping lists, stocking your pantry, make-ahead tips, doubling recipes, cooking for just one and best practices for storage, freezing, and reheating. Readers will walk away from Fed & Fit with a new, practical, lasting lease on their healthy lifestyle. They will feel empowered to make positive decisions and confident with a new mastery of obtaining life-long health.

## Book Information

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## Customer Reviews

Cassy Joy Garcia is the creative force behind the popular food blog, fedandfit.com. She is a

Nutrition Consultant, creator of "The Fed+Fit Project: A 28-Day Food and Fitness Self Study," and voice behind the weekly Fed+Fit Podcast. After years of fruitless dieting, Cassy found herself 24 years old, with extreme joint pain, fatigue, mental fog, and at her largest, most uncomfortable size. In an effort to learn more about why her health was declining, she took to nutrition research. After just one year of implementing her newfound wellness practices, she lost 10 dress sizes, lived pain-free, and experienced more energy than ever before. Eager to share her healthy living secrets with the world, she started her recipe blog, [fedandfit.com](http://fedandfit.com), in 2011. Since then, she has become a Nutrition Consultant and leads people through her Fed+Fit Project each month so that they, too, can achieve their health and wellness goals without ever dieting again. She also regularly shares valuable free information on her weekly Podcast, blog, YouTube series, and social media outlets.

Â Juli Bauer was once called the Chelsea Handler of Paleo. She's not sure if it was intended as a compliment, but that is how she is taking it. Juli is out to make you laugh on her website and in her newest cookbook. And if you don't laugh, she'll teach you how. Juli is the New York Times bestselling author of *The Paleo Kitchen* and the creator of one of the most-visited Paleo websites, [PaleOMG](http://PaleOMG.com). She started her website to share her homemade Paleo meals, but now it's where she shares her life stories and experiences. From fitness to fashion to body image issues, you'll find it all on [paleomg.com](http://paleomg.com). When Juli isn't in the kitchen, she's coaching or working out in her CrossFit gym, feeding her passion for fitness. Or you'll find her on the couch, cuddling with her French bulldog, Jackson. They are best friends. They reside together in Denver, Colorado, continuously loving the sunshine.

LOVE, LOVE, LOVE this book! It is simple, beautiful and most of all DO-ABLE! The recipes, workouts and information are all super easy and wonderful. Healthy eating can taste great and Cassy helps you with this! BUY. THIS. BOOK! So glad I can turn to this girl and all her information! P.S. Thank you Cassy! My journey to healthier living is easier because of you and all your hard work and heart you put into this amazing book!

I LOVE this book. I've been trying for a while to become a better cook and broaden the range of recipes I can make and this book definitely helped me do that. Cassy is so sweet and funny and sincere and it's fun to read not just the recipes but all the little blurbs about why she loves each one and why she put it in the book. ALSO having the list of workouts and food ideas in the 28day plan is fantastic!! I've been able to pull workouts and snack ideas without even having started the 28day plan and that by itself has been great. I can't wait to try out more recipes and to keep reading. You

can tell she really put SO much effort into it. I love it.

Love love love this book! I've made 2 recipes so far: the gumbo, which was OUT OF THIS WORLD, And the buffalo chicken casserole which was so yummy that I literally kept going into the fridge for bites of cold leftovers. :) Cassy Joy, thank you for this gem!

Good program and recipes. Couple of issues....the fitness program assumes that the reader is already in shape (CrossFit-shape) and does not provide build up exercises....will need to create my own program. Also, the app and the website for the program are not yet available....so I plan to start Monday minus the overall support described in the book.

This book is AMAZING! It is honestly lifechanging. There are lots of great paleo books out there but this is by far the most comprehensive one available. It covers literally every topic and is so incredibly useful. Plus, the recipes are killer delicious. If you're at all on the fence about purchasing, just do it! It is definitely money well spent.

This is my absolute favorite cookbook right now, maybe ever. I'm not following the actual program, but probably will eventually. The recipes are so fun and creative, just like Cassy herself. The recipes use basic, whole ingredients-- nothing too complicated or intimidating. I would recommend this cookbook to anyone and everyone!

Cassy Joy's writing style is fun - you feel like she is really there talking to you. Her book is informative and easy-to-follow program is genius! Love Juli Bauer's input as well. Both women are so knowledgeable and just GET what the journey to a healthy life is like. Buy the book, follow the plan, and be the healthiest you!

Cassy Joy's book is not only packed full of information about healthy living, but is absolutely stunning. She makes healthy cooking approachable and easy to understand. The recipes (I've cooked three so far) are delicious and packed full of flavor. The book flows so well and the index is incredibly helpful. You can feel her personality through her beautiful writing and photography. I'd recommend this book to anyone looking to clean up their lifestyle without feeling like you have to leave your favorite foods behind!

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Paleo Instant Pot Cookbook: Amazing Paleo Instant Pot Recipes for Whole Family ( Paleo Instant Pot Recipes Cookbook, Paleo Diet Guide Cookbook, Paleo Diet Recipe Book, Paleo Diet for Beginners )  
Paleo Desserts: Satisfy Your Sweet Tooth With Over 100 Quick and Easy Paleo Dessert Recipes & Paleo Diet Baking Recipes (gluten free, lose belly fat, paleo ... diet desserts, paleo diet, wheat free)  
Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit)  
Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Paleo For Beginners: Paleo

Diet â “ The Complete Guide To Paleo â “ Paleo Cookbook, Paleo Recipes, Paleo Weight Loss  
Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean  
Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat  
Belly) Paleo: 30 Day Paleo Challenge: Discover the Secret to Health and Rapid Weight Loss with  
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