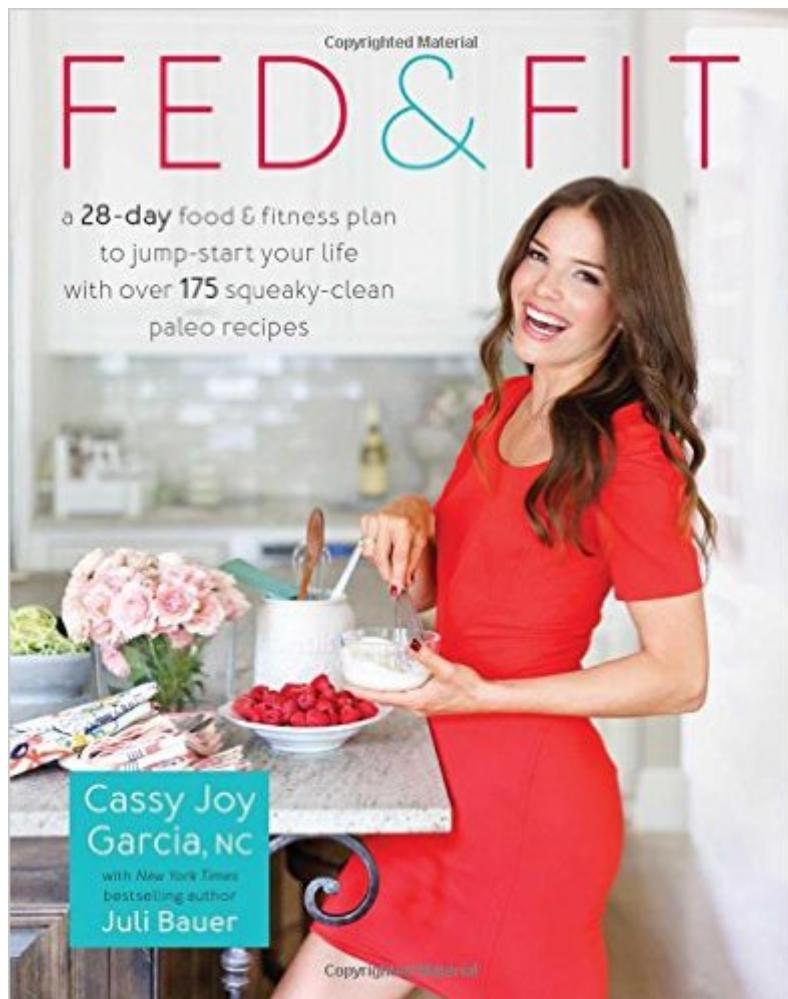


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# Fed & Fit: A 28 Day Food & Fitness Plan To Jump-Start Your Life With Over 175 Squeaky-Clean Paleo Recipes



## **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**

I never review anything, but I always read reviews. I'm horrible person that way. Any way! I have

been waiting for this book, since Cassy sent out an email to her newsletter subscribers about a big announcement. And it was this book! Then she shared sneak peaks and behind the scenes shots of cooking for the book on Snapchat, then you got a few sneak peeks on the blog, and the eBook for snacking. So by the time, I got my hands on this book, I felt like I had tag along with her in away for this book! And it did not disappoint! I'm still going back and reading the health chapters more thoroughly, because there is a lot of information and its broken down in a way that is not scary at all. I have recipes with sticky notes already for what I'm going to be making from the book for next weeks meals. I am excited to try all of these amazing looking and sounding recipes. If you have any food issues, she shares what to omit or swap out to make it fit for you. Honestly, you can't ask for more of a cohesive, well planned book to guide you through a healthy lifestyle!

I LOVE this cookbook. I actually did the Fed and Fit project online, and know and trust the concepts that Cassy so eloquently puts forth in her book. Her approach really helped me figure out how much and which foods my body needs to feel its best and sustain energy without snacking, and helped me lose some weight! She has put a lot of work and research into the book and it shows. There is so much useful information about her approach to the paleo lifestyle included beyond just the recipes. The exercise section is also unique and helpful, so cool and different. I love how the book is laid out a bit differently than other cookbooks - for example, I like that there is a slow cooker chapter and a casserole chapter - it helps me with my biweekly meal planning. I also really appreciate that she has pictures for almost all of the recipes, I have a hard time with cookbooks that don't have pictures with each recipe for some reason, the pictures help me decide what to make. It helps that her pictures are gorgeous. Having just gotten the book, so far I have made the Chipotle Carnitas and holy crap were they amazing. I can't wait to try more of the recipes, they look amazing.

This excellent volume proves that like a good marriage that improves with age, exercise and healthy dietary choices will go a long way toward maintaining good health and delaying the inevitable aging process. Whether or not the reader actually follows the 28-day recommended "food & fitness" plan, he or she will glean a lot of useful information as well as creative recipes that focus on preparing fresh ingredients in a simple yet tantalizing fashion. There are more than 175 paleo recipes, ranging from Tomatillo Turkey burgers and baked Crispy Garlic Steak Fries, to Eggplant Lasagna and Shrimp Fried Rice accompanied by a glass of refreshing Hibiscus Mint Sparkler. Fed & Fit is guaranteed to definitely get you thinking about giving the heave-ho to some lifestyle choices and dietary habits that are working against your vitality, providing a workable plan designed to gift you

with more energy and improved good health.

This book could not have come into my life at a better time. From the front cover with a beautiful picture of Cassy Joy to the back cover with lovely entree pictures, this book incorporates everything from diet to exercise to loving yourself and beyond! 175 squeaky clean Paleo recipes, a 28 day meal plan, and a fitness plan with the amazing Juli Bauer. I could not have asked for more. I love Cassy's infectious happiness spilled throughout the pages. This is a must have for anyone struggling to start Paleo or a seasoned veteran that needs some help losing weight. 400 pages of help, compassion, love, and encouragement!

Fed & Fit is a very well thought out book. The information and knowledge that Cassy Joy includes in the book is extraordinary for those new to a Paleo lifestyle as well as those that have been following a paleo lifestyle for years. This book is clearly written to help people find a healthier lifestyle, not just eat better but live better. I received the book five days ago and have already made 6 meals, all of which my family have loved, including my four and two year old. I will admit that I am a cookbook junkie, but normally I purchase a cookbook, page through them and use it for inspiration but don't actually cook from it, for some reason I was inspired to read and use this book right away. If you are struggling to find a balanced lifestyle, lose weight, are lacking energy, have digestive issues, hormone imbalances this book and the 28 day plan will be an amazing tool.

I LOVE this book! It is so much more than just recipes - it discusses the pillars of health, gives a detailed 28 day plan, gives tons of recipes, and gives awesome workouts with descriptions of every work out move (plus warm ups and cool downs)! I look forward to looking through this book every evening. So far I have made the barbecue chicken potato casserole, the Sonoma chicken salad, and the healthy fruit gummies, and LOVE all of them and feel so good after eating them! Each recipe has a nice little intro (it might tell a story behind the recipe or what it pairs well with) as well as helpful tips for the recipe. I have done 3 of the workouts and shockingly loved them as well... One of them is my new favorite workout and I have done it twice - it takes about 30 minutes, is fun and enjoyable, and I drip with sweat afterwards (I don't usually sweat that much in my daily youtube workouts). I am high on endorphins and my legs are sore the next two days! I never thought I would like doing a workout from a book so much. This book is so rich in wonderful information and beautiful photographs. You really get a lot of bang for your buck. And you do not have to be paleo to love this book and these recipes. I plan to buy it for lots of my loved ones as gifts.

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