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Sarah Fragoso is an international best selling author of 6 books, co-owner of the Chico, CA based gym JS Strength and Conditioning, and founder of the Everyday Paleo franchise. Sarah is the

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co-host of the popular Sarah and Dr. Brooke Show podcast and she also conducts workshops and retreats on the subjects of nutrition, lifestyle and fitness.

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Book by Sarah Fragoso ...

Everyday Paleo Family Cookbook by Sarah Fragoso, 9781936608638, available at Book Depository with free delivery worldwide.

**Everyday Paleo Family Cookbook :
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The Everyday Paleo Family Cookbook

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has over 80 family friendly recipes that are easy to prepare as well as healthy versions of condiments and sauces. It is a great resource for families just starting off on a paleo/real food way of eating as it has a budget guide, list of staples, week long meal plan and shopping list and more.

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