



CALIFORNIA CENTER *for*
FUNCTIONAL MEDICINE

Paleo and Gluten Free Resources

We recognize that starting a Paleo or Gluten Free diet can be overwhelming, especially if this will be a big change from your current diet. Here are just some of the many resources available that can help make this change easier.

BOOKS

- [The Paleo Cure](#) by Chris Kresser
- [The Paleo Approach: Reverse Autoimmune Disease and Heal Your Body](#) by Sarah Ballantyne
 - This book is really helpful if you have an autoimmune condition as it details the Autoimmune Protocol (AIP).
- [Practical Paleo](#) by Diane Sanfilippo
- [Paleo for Beginners](#) by John Chatham

COOK BOOKS

- [Nom Nom Paleo: Food For Humans](#) and [Ready or Not!](#) by Michelle Tam
- [The Zenbelly Cookbook: An Epicurean's Guide to Paleo Cuisine](#) by Simone Miller
- [The Complete Paleo Slow Cooker](#) by Karen Frazier

WEBSITES AND BLOGS

- www.robbwolf.com
- www.marksdailyapple.com
- www.zenbelly.com
- www.nomnompaleo.com
- www.againstallgrain.com
- www.livinglovingpaleo.com
- www.whole30.com
 - A Whole 30 is a popular 30 day Paleo diet challenge. Starting a paleo diet with a Whole 30 is a great option if you know that community and lots of resources will help you be successful in implementing this diet change.
- www.wellnessmama.com
- www.realplans.com
 - This service provides shopping lists, recipes, and meal plans for a variety of dietary preferences including paleo, gluten-free, and keto diets.
- [Gluten Free Watchdog](#)
 - This site has a plethora of awesome information.
- www.elanaspantry.com
- www.primarilypaleo.com



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ONLINE MARKETPLACES

- www.thrivemarket.com - Online market that requires you to purchase a membership, but then prices tend to be very competitive compared to local health food stores. They now offer meat and seafood too.
- www.butcherbox.com - Quality meat delivered to your home.
- www.uswellnessmeats.com - Another great meat delivery service, this one is particularly good for organ meats.
- www.vitalchoice.com - Wild and sustainable seafood.

MEAL DELIVERY SERVICES

All of these companies offer gluten free options, while many also offer paleo and keto options. Some deliver ingredients for you to do the cooking and others deliver meals that are already prepared.

- www.greenchef.com
- www.sunbasket.com
- www.factor75.com
- www.petespaleo.com
- www.paleoonthego.com
- www.onepotato.com - Great for kid friendly meals.
- www.thegoodkitchen.com
- www.blueapron.com
- www.fiasfreshmeals.com
- www.eatology.co
- www.shopetruefare.com - Fantastic option for AIP compliant meals.

BRANDS

There are now many companies that are making paleo and gluten-free foods. Below are some of our favorites.

- [Primal Kitchen](#) - Condiments, bars, and protein powders that are all paleo.
- [Kettle and Fire](#) - Shelf stable bone broth.
- [Siete Foods](#) - Grain free chips, tortillas, and more.
- [Simple Mills](#) - Grain free mixes and crackers
- [Epic Provisions](#) - Bone Broths, jerky, and cooking fats.
- [Jilz Gluten-Free](#) - Grain free crackers.
- [Wild Planet](#) - Sardines and other canned seafood.
- [Bread SRSly](#) - Delicious gluten free bread.
- [AWG Bakery](#) - Delicious grain and gluten free bread.
- [Know Foods](#) - Grain free waffles, cookies, bread, and more.
- [Canyon Gluten Free](#) - Gluten free bread, bagels, and more.