

easy

SAVORING THE SMALL PLEASURES OF LIFE

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Have It Your Way / Healthy C



WING

choices / Should You Go Paleo? / I do.



Sweet Relief

It's summertime — who wants to fuss with a complicated dessert? **AMY GREEN's** modern take on an old-school treat couldn't be easier or more delicious. Plus, her tips for making it your own.

LOSE THE DAIRY

Instead of butter, use coconut oil or shortening and replace the whipped cream with nondairy cream with nondairy topping.

BREAK IT UP

Don't feel like getting out the food processor? Place the graham crackers in a resealable plastic bag and smash with a rolling pin. Pour into a bowl and mix the other ingredients in with a fork.

Strawberry Ice Box Pie

MAKES One 9-inch pie

PREP TIME 20 min (plus chilling)

COOK TIME 15 min

FOR THE CRUST

1½ cups gluten-free graham cracker crumbs (about 15 crackers)

2 tablespoons coconut palm sugar

5 tablespoons unsalted butter, melted

FOR THE PIE FILLING

8 cups (about 2½ pounds) hulled and sliced strawberries

½ cup plus 2 tablespoons honey

½ cup unsweetened apple juice

6 tablespoons cornstarch

¼ teaspoon salt

Whipped cream, for topping

EASY SWAP

If you don't have (or don't like) honey, just sweeten the filling to taste with agave nectar or sugar.

1 Make the crust: Preheat the oven to 350°. In a medium bowl, combine the cracker crumbs, sugar and melted butter. Press the crumbs evenly into the bottom and up the sides of a 9-inch pie plate. Bake until lightly golden, 10 to 12 minutes. Let cool.

2 Make the pie filling: Meanwhile, place 2 cups of the sliced strawberries and the honey in a 4-quart saucepan. In a small bowl, mix together the apple juice and cornstarch; add to the saucepan along with the salt and bring to a boil while mashing the berries with a potato masher. Cook until thick, about 2 minutes. Let cool.

3 Place the remaining 6 cups sliced strawberries in a large bowl. Add the cooked pie filling and stir to coat. Transfer to the cooled pie crust, smoothing the top. Cover and chill for 4 hours or overnight. To serve, top with whipped cream.



HEALTHY CHOICES

Chip off the Old Block

This easy, breezy salad works as a snack, appetizer or light dinner. —[JEN CAFFERTY](#)

THE CHOICE IS YOURS

Make these easy food swaps, and you'll be making changes for good.

INSTEAD OF

Canned black beans
Corn tortillas
Red bell pepper

USE

Low-sodium black beans
Whole-wheat tortillas
Orange or yellow bell pepper

Black Bean and Mango Salad



SERVES 6 to 8 **PREP TIME** 10 min

Two 15-ounce cans low-sodium black beans,
drained and rinsed
1 medium red bell pepper, seeded and finely chopped
½ medium green bell pepper, seeded and finely chopped
¼ red onion, finely chopped
1 mango, finely chopped
1 ripe avocado, finely chopped
½ cup loosely packed fresh cilantro, chopped
½ of a jalapeno pepper, seeded and finely chopped (optional)
2 teaspoons olive oil
4 tablespoons fresh lime juice
1 teaspoon salt
Homemade Tortilla Chips (recipe below)

In a large bowl, stir together all of the ingredients.
Serve with the tortilla chips.

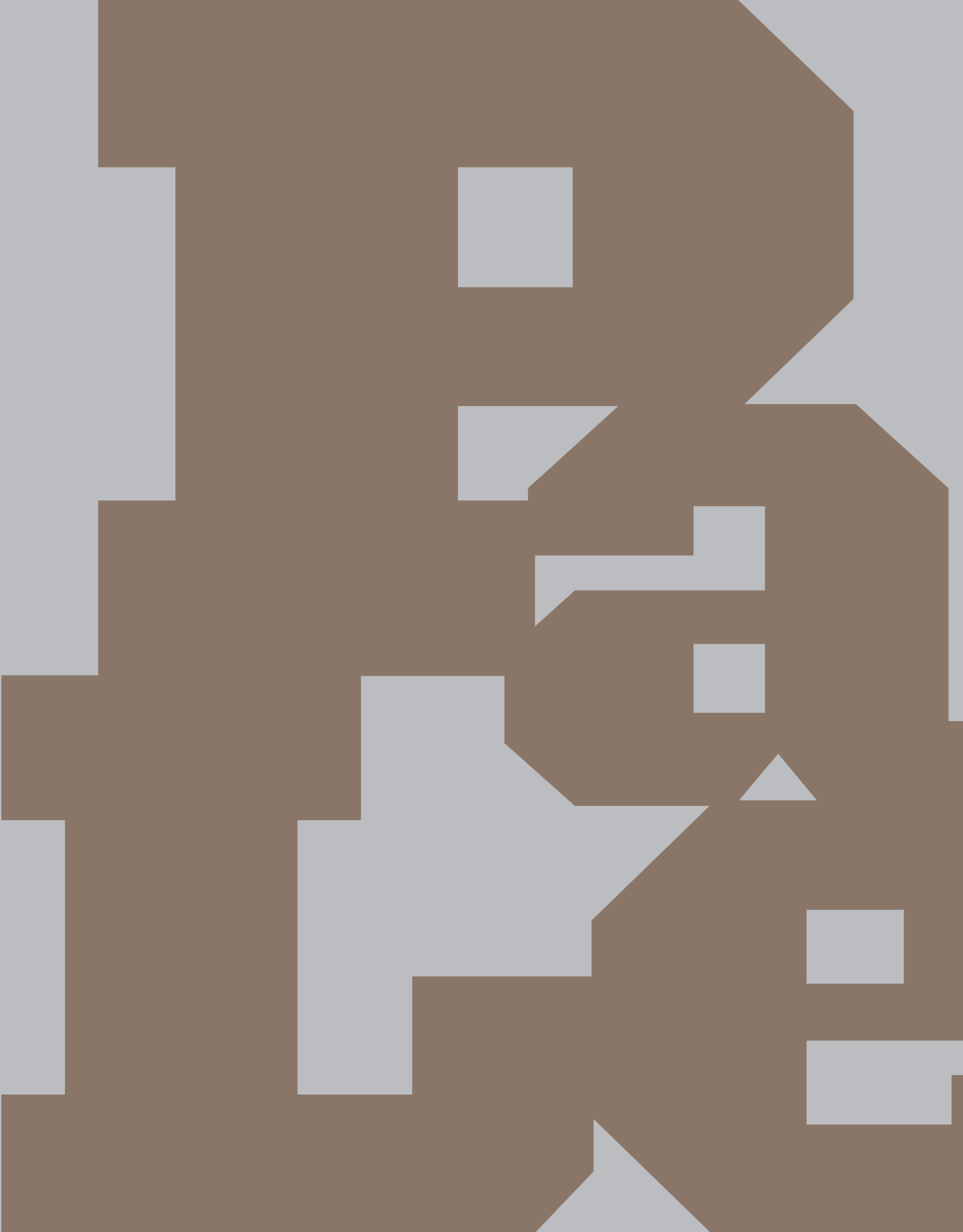
Homemade Tortilla Chips



MAKES 48 chips **PREP TIME** 5 min **COOK TIME** 6 min

8 white corn tortillas
Gluten-free cooking spray
Salt
Chili powder or Mexican seasoning (optional)

Preheat the oven to 400°. Stack a few tortillas at a time and cut in half, then cut each half into thirds. Place the tortilla triangles on a baking sheet and spray with cooking spray. Sprinkle with salt and chili powder, if using; repeat on the other side. Bake until golden and crisp around the edges, 6 to 7 minutes.



Should You Go

Try it for 30 days, then decide for yourself. We make it easy with expert tools and tips.

by Brittany Angell

By now, you've probably heard of the paleolithic diet, an eating plan based around the foods and cooking methods used by our ancient ancestors. The regimen, which is growing increasingly popular within the gluten-free community, includes lean meats, eggs, vegetables, fruits, nuts, seeds, healthy fats and the avoidance of all grains. Followers say that the so-called "caveman diet," can increase energy, reduce inflammation and help control autoimmune symptoms.

But is paleo right for you and your family?

Robb Wolf, a former research biochemist and *New York Times* bestselling author of *The Paleo Solution: The Original Human Diet*, believes that going Paleo is easy to do and beneficial for everyone. He switched to the plan 15 years ago and wouldn't even consider going back. "The paleo diet ends up providing more vitamins, minerals and antioxidants per calorie than any other way that you can eat. Who doesn't benefit from eating more nutritious food?" Follow our 30-day plan, and you might not want to go back, either.

WEEK 1



SUNDAY

- Paleo Granola + Fruit
- Baked Mustard Lime Chicken
- Latin Fries with Chimichurri
- Curried Coconut Flake Chips
- 30 Second Raw Chocolate Chip Cookie Dough



MONDAY

- Banana Walnut Muffins
- Mexican Chicken and "Rice"
- Chipotle Slaw
- Vegan Herb Crackers



TUESDAY

- Sausage Stuffed Pancake Bites
- Paleo Shepherd's Pie
- Spiced Cantaloupe
- Grain Free Granola Bars



WEDNESDAY

- Walnut and Coconut Porridge
- Chicken Pot Pie
- Fresh Fruit or Salad
- Cherry Vanilla Power Bars



THURSDAY

- Rosemary Parsnip Homefries and Sausage or Bacon
- Sesame Salmon Burgers
- Celery Root Fries
- Roasted Garlic Zucchini Hummus and Fresh Veggies



FRIDAY

- Muesli Scones
- Shrimp Cakes
- Asian Cauliflower Fried "Rice"
- Sweet Coconut Curry Granola Bars



SATURDAY

- Cherry Almond Pancakes and Breakfast Sausage or Bacon
- Simple Zucchini "Noodle" Soup
- Paleo "Wheat" Thins
- Cinnamon Rolls

WEEK 2



SUNDAY

Cinnamon Raisin Granola
Popcorn Chicken
BLT Salad
Pigs in a Blanket
• “Rice” Pudding



MONDAY

• Pumpkin Bread
Butternut Squash Gnocchi
Cobb Salad with Basil Vinaigrette
Brussels Sprouts Chips



TUESDAY

Cowboy Breakfast Skillet
Buffalo Chicken Tenders
Coconut Almond Green Beans
• Bacon Wrapped Sweet Potato Fries



WEDNESDAY

Breakfast Burrito with Turkey Chorizo Sausage
Chicken and Vegetable “Lo Mein”
Bohemian Brussels Sprouts
Bacon & Guacamole Sammies
• Chocolate Chip Cookies with Candied Bacon



THURSDAY

Bacon & Sage Sweet Potato Hash
Rosemary & Garlic Dumplings
Tropical Chopped Salad
• Turnip and Dill “Potato” Salad



FRIDAY

Egg Muffins
Honey Ginger-Lime Thai Stir Fry
Thai Crunch Salad
• Paleo Pizza Bites



SATURDAY

Chocolate Granola with Dried Berries
Chili Verde Chicken Enchiladas
• Stuffed Portabello Caps
Flax Crackers with Hot Pepper Hummus
Grain Free Magic Cookie Bars

PALEO MADE EASY

5 tips for success,
no matter how
busy you are.

- 1 Start smart. Go to robbwolf.com for help on getting started, plus sample meal plans for different lifestyles.
- 2 Buy in bulk. Stock up on meat when it's on sale and freeze it. Get coconut and olive oil by the gallon.
- 3 Buy in season. Produce is cheaper when it doesn't have to be shipped. Frequent your local farmers' market and buy whatever is freshest.
- 4 Have a plan B. Sometimes things don't go as planned. Make sure you always have some thawed meat in your fridge and frozen veggies in your freezer so you're able to whip up something quickly.
- 5 Listen to your gut. Eat until you don't feel hungry anymore — not until you are full.

WEEK 3



SUNDAY

- Sunday Morning Crepes
- Caramelized Onion & Apple
- Cinnamon Breakfast Sausage
- Spinach, Butternut Squash
- Pesto Pizza
- Grilled Artichokes with
- Remoulade Dipping Sauce
- Chocolate Truffles



MONDAY

- Grain & Nut Free
- Breakfast Porridge
- Deconstructed Gyro Salad
- Lemon Rosemary
- Broiled Salmon
- Roasted Chestnuts



TUESDAY

- Blueberry Muffins
- Chili Lime Chicken Burgers
- Asparagus Quiche with
- Sweet Potato Crust
- Paleo Trail Mix



WEDNESDAY

- Banana Bread French Toast
- Jamaican Jerk Salmon
- Veggie Scramble
- Curried Coconut Flake Chips
- Stuffed Dates



THURSDAY

- Egg Benedict Florentine
- Sweet & Savory Sausage
- Stuffed Squash
- Garlic Cauliflower "Mashed Potatoes"
- Vegan Herb Crackers



FRIDAY

- Cashew Bread with Jam
- Mint Lamb Burgers
- Grilled Rosemary
- Sweet Potato Medallions
- Roasted Garlic Zucchini Hummus
- and Fresh Veggies



SATURDAY

- Sweet Potato Pancakes with
- Maple Pecan Coconut Butter
- Grain Free Fish Sticks
- Baked Squash Fries with Marinara Sauce
- Sweet Coconut Curry Granola Bars
- Mudslide Fudge Cookies

THE CROSSFIT CONNECTION

The obvious companion to a healthy eating plan is an exercise regimen. It is often CrossFit, a strength and conditioning program based on various

Wolf is the co-founder of two CrossFit gyms and says that the Paleo lifestyle has become part of the CrossFit program. "This diet sort of wove itself into the culture," he says. The people who follow the Paleo diet, like those

who are attracted to the CrossFit regimen are "looking for performance, seeking community, and want to look and feel better. So, there's a really good synergy between the two of them."

WEEK 4



SUNDAY

- Pumpkin Bacon Apple Chive Biscuits & Eggs
- Grilled Curry Shrimp
- Kale Salad with Tahini Dressing
- Strawberry Shortcake



MONDAY

- Chocolate Chip Pancakes
- Asian Almond Chicken Salad
- Tortilla Wraps
- Flax Crackers with Hot Pepper Hummus



TUESDAY

- Bacon & Eggs
- Savory Coconut Pancakes
- Shrimp Salad with Avocado
- Paleo Trail Mix



WEDNESDAY

- Sweet Potato Latkes
- Mexican Pulled Chicken Stuffed Peppers
- Deviled Eggs
- Fig Newtons



THURSDAY

- Waffles
- Thai Inspired Crispy Duck and Arugula Salad
- Maple Glazed Brussels Sprouts with Prosciutto
- Chicken Liver Pate
- Saltine Crackers



FRIDAY

- Blueberry Lavender Scones
- Cajun Roasted Chicken
- Easy Jicama, Papaya and Carrot Salad
- Biscuits



SATURDAY

- Dutch Baby Pancakes
- Peppered Lamb Breakfast Sausage
- Raw Noodles and Veggies with Asian Pesto Sauce
- Rosemary Spaghetti Squash Egg Nests
- Chocolate Almond Butter Ice Cream

men, and in the case of the Paleo diet, the workout of choice is varied, constant movement.

One of the benefits of CrossFit, he says, is that it doesn't seem to trigger unhealthy obsessions with exercise and dieting, the way some plans can. "I don't see the tendency to have eating disorders. This is a performance-

based plan, and if you skip meals you will suck at your workouts. You might get skinny, but you will be weak. Intuitive eating to satiety combined with performance-based activity is just a really good mix for people."

THE PALEO PANTRY

Stock your cupboards and fridge with these essential foods, then get started with four easy recipes.

LOCAL OR ORGANIC MEAT

Chicken, turkey, pork, beef, fish and exotic meats if you like them.



SUSTAINABLY FARMED SEAFOOD



FRESH AND FROZEN VEGETABLES



FRESH AND FROZEN FRUIT



RAW, UNPROCESSED NUTS AND SEEDS



ALMOND AND COCONUT FLOUR FOR BAKING



COCONUT OIL



GOOD-QUALITY SPICES WITHOUT ADDITIVES OR FILLERS



ORGANIC EGGS



SWEET POTATOES



Grain-Free Onion Rings



RECIPE



Bacon Burgers



RECIPE



Ranch Kale Chips



RECIPE



Vanilla Doughnut Cookies



RECIPE



I do.



Living with dietary restrictions means we often have to say “no” to the things we love. But for her wedding, AMY HOWARD was determined to create an event where the answer would be “yes” all day long.



I HAVE ALWAYS BEEN A GIRLY-GIRL. I LOVE THE COLOR PINK, FAIRY TALES AND MY SORORITY SISTERS.

I also *love* food. When planning my wedding, I knew I wanted to highlight both of these at a comfortable-but-elegant event for close family and friends. Townsend and I chose Wilmington, North Carolina, as our location — a beautiful town that we both feel connected to. We didn't live there, though, so this meant several weekend trips back and forth from New York City to choose the venue, hire the providers and, most importantly, taste the food.

Being gluten-free, I wanted to make sure that our entire wedding day menu — from cocktails to cake — offered something that everyone could not just eat, but enjoy. We worked with the chef at the venue to design a menu that included vegetarian, dairy-free and gluten-free options. We scouted area bakeries, focusing on finding the *best* wedding cake, whether gluten-free or not. The one we chose happened to offer gluten-free options, and I have seriously never tasted better cake.

We wanted our wedding day to be filled with personal touches, so we focused on a few things that were uniquely “us.” For example, I wanted the favors to showcase the Southern connection as well as our love of good food. So my mom and I spent an entire day right before the wedding making hundreds of mini pecan pies and origami boxes to pack them in. A little extra work? Yes, but well worth it. Plus, it's a day spent with my mom that I'll always remember.

The best wedding decision we made (aside from getting married in the first place) was to hire a wedding planner to help with the details. She took care of things while we were in New York, and she was the go-to person on the big day, ensuring that I could enjoy every single moment. Was I a stressed-out bride? Not at all. I had butterflies, but they were sparkly, happy butterflies. I felt like a princess in my lace gown and hot pink shoes. And because we knew what we wanted from the beginning and planned for it carefully, I can now look at every picture and smile, knowing that each moment was magical.

Plan Your Own Stress- (and Gluten-) Free Event

Follow these tips for making any special occasion one that you (and your guests) will always remember.

Love your location.

Don't choose a venue because they offer gluten-free food. Find a place that fits your personality and offers the things you want. Then focus on the food. You'll most likely be able to work with the chef, or even bring in an outside company, to make sure your needs are met.

Have a pro handle it.

Set aside money in your budget and hire an event planner. If you cannot afford a planner for the whole process, at least get someone to be your "day of" coordinator. Find someone who understands your (and your guests') dietary restrictions so that you can relax, knowing you are in good hands.

Be particular with providers.

Explain your expectations and your dietary limitations clearly to prospective caterers and bakeries. Ask to meet the chefs who would be preparing your food and make sure you understand each other. Once you have selected your provider, sample several menu items and work with them on any necessary adjustments. If you love the food, so will your guests.

Let them eat (amazing!) cake.

Do not settle for a crummy cake. Find a bakery that everyone raves about and ask them to make a gluten-free cake for you. Schedule tastings and work with the baker until it's perfect.

Make it personal.

Serve a "signature" cocktail or appetizer that matches the event's theme or colors.

Take a moment.

Sneak away from guests and obligations for a few minutes to observe and appreciate what you have created.

Shrimp Salad on Parmesan Crisps



Wilmington, N.C.,
is a beautiful town
that we both feel
connected to.



I felt like a princess
in my lace gown and
hot pink shoes.



I look at every picture and smile, knowing that each moment was magical.



Garden Greens with Triple Cherry Vinaigrette and Candied Walnuts



RECIPE



Crab Cakes and Lemon-Chive Aioli





I have
seriously
never tasted
better cake!



I wasn't a stressed-out bride. I had butterflies, but they were sparkly, happy butterflies.



One-Bite Pecan Pies



I'll always remember that day spent with my mom, making hundreds of mini pecan pies.

