

## Paleo Meal Planning on a Budget

### Cover Blurb

Eat paleo, save money, and cure those meal-planning headaches!

Elizabeth McGraw, bestselling author of *Paleo on a Budget*, presents a practical guide to planning out paleo lunches, dinners, snacks, and desserts. With all the hard work done for you, your only job is to eat, enjoy, and easily shed those pesky pounds.

On top of the meal-planning guide, you'll find over 30 delicious, new, bonus recipes like:

- Strawberry Lemon Muffins
- Roasted Garlic Shrimp
- Inside-Out Burgers

Enjoy the benefits of a paleo diet so you can tighten up your abs without loosening your purse strings. This unique book offers you all the tools to make paleo work for your lifestyle, your budget, and your busy schedule!