

**Getting Well Fed with Melissa Joulwan
PMR-142**

October 25, 2016

Tony: Hey, Paleo Nation. I'm Tony Federico, and you're listening to Paleo Magazine Radio, the official podcast of the original Paleo lifestyle publication.

Recording: (singing)

Tony: One thing I've noticed working in the health and wellness industry is that people often assume that I've always had it all together. They assume that I've always eaten Paleo. They assume that I've always worked out, and they assume that I never struggled with staying fit. Of course, nothing could be further from the truth. I do this work because of the challenges I faced, not because I lacked them.

That's why it was so exciting to finally talk to Melissa Joulwan. Fashionable, fit and successful, Mel looks like she's always had it all together too, but as you'll soon find out, her early struggles, numerous as they were, were the very things that forged her into the person she is today. In our conversation, Mel and I discuss overcoming klutziness, having something to prove, the benefits of setting big, audacious physical goals, the psychology of roller derby, the success secret athletes don't often share, as well as her new cook book, Well Fed Weeknights, which will teach you how to put together fantastic meals in 45 minutes or less.

Before we get started, I want to take a quick moment to thank the sponsor of today's show, DNX Foods, makers of the DNX Bar. DNX Bars deliver complete nutrition without compromises. No more sacrificing taste, convenience, or clean ingredients to get the fuel your body needs. DNX Bars are protein rich meal replacements that combine grass fed bison meat with organic super foods, and they're a pleasure to eat. When I talked to DNX founder John Rooney, I asked him how he came up with the idea for DNX Bars, and his answer was pretty simple.

John: We said, "Let's just envision that you're sitting down and you're eating a meal, and what are the staples that you would include in that meal?" Then we tried to go beyond that, too.

Tony: When you look at the ingredients for DNX bar flavors, like the sweet potato pecan bison bar, you can see that John and his team did exactly what they set out to do. Combining grass fed bison, organic sweet potatoes, organic pecans, and paleo friendly super foods like goji berries, organic ghee, and sacha inchi seeds, it's a complete meal in a form that's both portable and convenient. Right now, you can get \$5 flat rate shipping on any order. Just go to dnxbar.com today to experience optimal nutrition without compromise for yourself. All right, folks, it's time to get well fed. Paleo Magazine Radio starts now.

Recording: (singing)

Tony: Hey, everyone. Welcome to Paleo Magazine Radio. I'm here with Melissa
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Joulwan. Melissa is the creator of the Well Fed series of cookbooks, as well as the blog meljoulwan.com. You may know it by its former name, The Clothes Make The Girl. Melissa, welcome to Paleo Magazine Radio.

Melissa: Thank you so much. I'm glad to be here.

Tony: Yeah, absolutely. I'm surprised that you haven't been on the show before. It seems like it should've happened sooner, but I'm glad we can get you on now and to talk about everything that you've got going on. Now, I'd like to start going way back. Everyone's familiar with Well Fed. I think it's a very popular cookbook. I've had people that, just that I know as a personal training client, or somebody who's not even in the paleo community, they talk about Well Fed.

Melissa: That's so nice.

Tony: I think you've had some great success with what you did there. I like the back story, and I want to know where Well Fed came from.

Melissa: Okay. Well, let's see. I don't even know where to start.

Tony: Well, I was looking over your background information and everything like that, and one thing that I thought was interesting is you weren't this athletic kid who just came out the gates rocking and rolling, scoring 3 pointers, all that stuff.

Melissa: Yeah.

Tony: What was your early experience with physical fitness and diet and all that stuff?

Melissa: Well, none. My family is not an athletic family. I play the piano, and I love to read, and I, as a kid, did not like to sweat.

Tony: All that stuff makes you real popular, back when you were growing up.

Melissa: Yeah. I was super popular. Yeah, pretty nerdy, A student, that kind of thing. There was a time when I was on a summer swim team, and I was actually pretty decent at backstroke.

Tony: Oh, nice.

Melissa: I was at a big county swim meet, and I was on the edge of the pool, waiting for my turn to start, and slipped and fell.

Tony: Oh, no.

Melissa: My body went into the pool, and one leg stayed on the side.

Tony: Oh, man.

Melissa: It was scary and embarrassing, and I was a chubby kid, so I remember I used to always wear my hair in 2 braids to keep it out of my face when I was swimming, and these snotty little girls from the competing team called me Pocahontas.

Tony: Oh, the mean girls from the other team.

Melissa: The mean girls from the other team, so my experience with athletics was not good. I was constantly, I would climb trees and fall out and get the wind knocked out of me.

Tony: Nice.

Melissa: I walked out the front door and twisted my ankle and was in a cast for a couple weeks. Just klutzy stuff, and now if I started being klutzy, I would think, "Oh, I need to figure out how to work on my flexibility and strength so I'm not klutzy," but then, it was like, "Well, I guess I'm just not cut out for sports."

Tony: Exactly. You just internalized all that.

Melissa: Yeah. Totally. There were little periods throughout my life where I would think, "Okay, I'm going to get in shape," and I would do aerobics with VHS tapes or something, but yeah. No athletic background whatsoever.

Tony: When you started to get out of it, it seems like you got through the high school, you got through the school years, managed to maybe avoid putting yourself in too many situations where you had to throw a ball or something along those lines. I know that was definitely my strategy growing up. Avoidance, I guess, would be the word. You started to find some physical activities that you did enjoy as you became an adult. Do you mind talking about some of that? I'm thinking about the roller derby stuff.

Melissa: Yeah, so prior to roller derby, I actually, when I graduated from college, was like, "I can't go on like this. I can't go on feeling so uncomfortable all the time." I started eating right. It was like a low fat, high carb kind of approach. I started doing, really seriously, aerobic exercise with VHS tapes, and I was like close-

Tony: Do you remember any of the titles of the tapes?

Melissa: Oh. Kathy Smith was my girl.

Tony: All right.

Melissa: I still think she's great. She has a great approach. She's really kind and accessible to people. I loved her.

Tony: Yeah.

Melissa: She's pretty and really aspirational. I would close all the curtains. No one was allowed to be anywhere around or watching me or anything. I got to say, it was really successful.

Tony: Awesome.

Melissa: I lost 40 pounds, and I started seeing muscle, and I was doing step aerobics, and kickboxing, and it was really fun.

Tony: All from the comfort of your home.

Melissa: All from the comfort of my home. I did that for a long time before I had the confidence to go to a gym and subject myself again to people seeing me in workout clothes, even though by that point, I'd lost a fair amount of weight, and it was pretty unlikely that anyone was going to, at least not make fun of me, face.

Tony: Yeah, definitely. Well, you'd hope not.

Melissa: I would hope not. What happened was I realized I liked moving, and wanted to then try everything.

Tony: When did that kick in? Just place us, was this early 20s?

Melissa: Yeah.

Tony: Okay.

Melissa: I was in mid-20s. I was about 24, 25.

Tony: What were you doing at this time? You weren't in school, were you working?

Melissa: I was working. I was living in the San Francisco Bay Area.

Tony: Okay.

Melissa: I had been working at a technology company, and then I actually left there and had my personal training certification.

Tony: Oh, really?

Melissa: Started a website, this is like 1996, and was going to be a personal trainer.

Tony: You had a website back in 1996?

Melissa: Yeah, early, huh?

Tony: Oh, man.

Melissa: Super nerd.

Tony: That's awesome.

Melissa: It was great. It was called Go Girl Magazine.

Tony: I like it.

Melissa: It was, I still think it's a great idea, and there are so many awesome women doing it now, but the idea then that I was trying to promote was if women think of themselves as athletes, whether they're competing or not, if you think of yourself as an athlete, then that makes eating right and getting the rest you need and your training all fall into place so much easier. It's like the mental switch from, "I'm exercising because I don't want to be fat," to, "I'm exercising because I'm an athlete and I want to take care of myself."

Tony: Yeah. Just a quick aside, I recently watched the video of the very first female American Ninja Warrior contestant to compete a certain stage of the contest.

Melissa: Yeah, that was so cool.

Tony: Okay, so you saw that, the girl who's the stunt double for Super Woman?

Melissa: Yeah.

Tony: It was amazing, and the thing that I thought was cool, just from a trainer perspective, it's what you just said. It's, her physique is off the charts, but her training is for function. It's for being able to jump and climb and do all these physical feats. I think we often get sidetracked, focusing too much on our appearance. That's a really, that can really be a bummer and a hindrance, I think, to making a habit of exercise and really enjoying exercise. I like that you thought of that, and were so ahead of the game, really, in terms of having that perspective.

Melissa: It was a really fun year, too, because 1996 was when the Olympics were in Australia, and that was the first year that triathlon was part of the Olympics. I had decided, at that point, that I was going to be a triathlete, even though I didn't know anyone who was a triathlete. Now, I'm like, the audacity that I had to just be like, "I'm just going to read some magazines and figure out a training program and go ahead and do this thing."

Tony: Right.

Melissa: That's what I did. I did a sprint distance triathlon to start, and-

Tony: Test the waters.

Melissa: Test the waters, and it was nuts, because it was in Tiburon, California, which is across the Golden Gate Bridge from San Francisco. The swim was in the Bay.

Tony: Oh, no. Are you serious?

Melissa: Yeah. I called them, and I was like, "Do I need a wetsuit?" They were like, "Eh, the swim is pretty short. You probably don't need a wetsuit," so I didn't have a wetsuit. When we got there, my husband is the sweetest man. He's been so supportive, and he watches me and encourages me doing these crazy things throughout our life. He was like, "Okay, I'm going to go with you as your support team."

We got to the starting line of the swim, and there was this little pier with a ladder that you had to climb down to get to this lower wharf area. I looked at him and I was like, "I can't do it. I can't climb down the ladder." I was terrified. I don't know where it came from, like terrified of trying to climb down this ladder. We found another way for me to get down to the pier, and then the starting line was in the water. You had to jump off the pier and get in the water and wait.

Tony: Oh, man.

Melissa: I jumped in the water, and I can still recreate the experience if I think about it hard enough. It was so cold that I just felt like I was in flames.

Tony: Oh, wow.

Melissa: Oh my god, it was nuts. Then I-

Tony: That is crazy. I actually visited San Francisco to see my sister a few years ago, and we did the boat ride or the ferry ride across to go to Tiburon, and it was in the middle of the summer, and I think I had a sweater and a coat on.

Melissa: Yeah. Yeah.

Tony: I was cold on a boat with fully warm clothes on. You didn't have a wetsuit?

Melissa: I didn't have a wetsuit.

Tony: Oh, man.

Melissa: The swim was only, I think it was a half mile swim. It was not that-

Tony: That's still a long time to be in that water.

Melissa: It was chilly, yeah, and I had been practice, like I said, I didn't know any triathletes, so I was reading all the advice in the books and the magazines.

In the swimming stuff, it encouraged you to learn how to breathe to both sides in case there's a wave or something that you have to contend with. I was doing my breathing to both sides, but when I turned my head to the left, I could see the whole San Francisco skyline all the way across the Bay. It was so scary.

Tony: Oh, man.

Melissa: I was like, "Yeah, I'm only going to breathe to the right side."

Tony: Yeah.

Melissa: I got through the swim, and I got on the bike, and halfway through the bike, I got a flat tire. It was just like-

Tony: This is all going very well so far, yes.

Melissa: It was like the replay of when I was a kid trying to do sports. Everything is going wrong.

Tony: There's this karmic force trying to test your will.

Melissa: My determination. Yeah. I fixed the flat tire, which felt like a huge accomplishment in and of itself, because I'm pretty sure I'd never done it before that particular moment. I finished the race, and I was super excited and proud of myself, even though I'm not fast.

I probably should have mentioned that, but I bet everybody figured it out by now anyway. Not fast. Very determined. Loads of endurance, but not fast. I really got the bug, and I really loved the training and I loved how accomplished I felt when I was finished. I ended up doing an Olympic distance race with a friend, which was really fun to have a buddy.

Tony: What are the distances, just for people that aren't into the tri scene?

Melissa: Long. I believe, we're going to get hate mail because people are going to tell me I'm wrong. I think that the Olympic distance was a half mile swim and, I don't remember. The bike ride is not insubstantial. I don't know. I'm going to be making it up if I-

Tony: It's a certain distance bike, swim, and run.

Melissa: It's shorter than an Ironman, and it's shorter than a half Ironman.

Tony: Oh, okay.

Melissa: My next adventure.

Tony: Nice.

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Melissa: I actually did a half Ironman, which is nuts. Now I realize that was completely nuts. It was the one in California called the Wildflower, and if you-

Tony: Sounds nice enough.

Melissa: Yeah, it sounds really pretty. If you research triathlons, there are people who hold the opinion that if you can do the Wildflower half, you can do a full Ironman somewhere flat.

Tony: Oh, man.

Melissa: It's really hilly and in the afternoon, the wind really picks up in that part of California, so you have headwinds and hilly terrain for the bike and the run. I was the very last finisher of the day.

Tony: Oh, man, but you still, but you finished.

Melissa: I finished, and actually, when I came off of the bike ride, the volunteers were like, "You technically can't go on to the running course because the course is officially closing because you missed the cutoff." Basically, I was so slow, I missed the cutoff.

Tony: Oh, no.

Melissa: The race was in a national park where you could, they were like, "The trail is there if you want to keep going."

Tony: Technically-

Melissa: It's just that it's not supported.

Tony: Right.

Melissa: My friend Mary was there to cheer me on, and she was like, "I'll go with you if you want to do the run."

Tony: Nice.

Melissa: I was like, "Okay, let's do it." The thing that is nuts is that the run of a half Ironman is a half marathon.

Tony: That's not, that's what? 13 miles? 13 and change?

Melissa: 13 miles. Now I'm like, "What?" I was out of my mind, but I ended up walking the vast majority of it, and I have to say, from an emotional perspective, it was a really fantastic experience because my friend Mary went with me part of the way. When she got tired, she peeled off to the campground, and her husband John got on his bike and just rode slowly around me and behind me

while I finished the course.

Then, the end of the course was this huge downhill to the finish line, and the finish line's officially closed. The deflated balloons and streamers there from the party that happened hours before, and my family was there, and my husband Dave, and a bunch of other people. I'd done it with a team in training, so there were people who were racing the next day. They all gathered at the finish line, and some people came and held up the tape so that I-

Tony: Oh, nice.

Melissa: Through the tape.

Tony: You had your own little support team. You had your own fans.

Melissa: Yeah.

Tony: Despite the fact that you came in last place, I'm sure you definitely felt like a winner.

Melissa: It's really interesting. I was really proud of myself.

Tony: Maybe not.

Melissa: Yeah, I mean I was proud of myself for finishing, and now, with 20 years between me and that experience, I'm like, "Really, sister? What were you trying to prove?" The me now, I wouldn't do that. Not that I wouldn't finish, but at the time, I know I really felt like I did have something to prove.

I think it's a sign that I've come a long way, that I'm like, "Wow, that was kind of silly. I could've just done training." I did enjoy the training, to be fair. I did really like it. It's not like I was punishing myself and hated every minute of it. I loved it. I had fun, but I think it's telling that I've not really been on my road bike since.

Tony: You got that out of your system.

Melissa: It broke me. That was a hard bike ride.

Tony: I think there is something to be said for doing these things. Not necessarily for the purpose of doing them for the rest of your life, but to do them for that moment. Digging deep and persevering despite setbacks, you can't put a value on those types of experiences.

It might not necessarily be this linear, physical fitness progression, but I think that it is worth taking on some of those challenges. I've done half marathons, and trained for a marathon. Never actually did it, because I ended up hurting myself, but I think going through those experiences where it's like you and

the road for hours. You get to work through some stuff.

Melissa: Yes, you do.

Tony: You accomplish what you needed to accomplish, and then what was next? Where did you go from there?

Melissa: Yeah, so the next adventurous thing we did was we moved from the Bay Area to Austin, and that's when I joined the roller derby.

Tony: The roller derby scene, at this time, and again, when are we talking? Is this-

Melissa: This is 2002.

Tony: Okay.

Melissa: Flat track roller derby in Austin was just getting started. We moved to town without really knowing anyone, and I saw a poster at the coffee shop. The illustration on the poster was a girl wearing fishnets and a push up bra and roller skates. I was like, I love everything about that.

Tony: Yes. Yes.

Melissa: I'm there, because, this is going to sound really shallow, but aside from the fact that I had no inherent athletic ability whatsoever, I also felt uncomfortable with the whole sporty thing, because I like makeup. I like to fix my hair. I like to look cute, and it always bugged me that if you wanted to play sports, you had to take all of that away.

I think that's changed a lot now. Particularly, if you look at the Olympics, like the track stars look beautiful. They have all their makeup and jewelry on and stuff, but when I was thinking about sports, it just seemed like so foreign to anything that I was interested in. Roller derby was this collision of-

Tony: A literal and figurative collision.

Melissa: Yeah, literal and figurative collision of music and costuming and performing and exercise and it was a bunch of girls, and I'd never really hung out with a bunch of girls before, so that was interesting. I went to see a bout, on a Sunday night, and within 10 minutes I said to my husband Dave, like, "I've got to do this." We had a mutual friend, and he introduced me to the star of the night, who was Pris, and she was a jammer. The jammer is like the sprinter who scores the points for the team. She had black bars painted over her eyes, like Pris from Blade Runner. Everybody on skates is 4 inches taller, so they all look like amazons.

Our friend was like, "Come on, I'll introduce you to Pris." I was like, "What, like right now? You're going to introduce me to her right now? I'm not really prepared." He introduced me to her, and she was like, "Hey, how ya doing?"

She was super cool. I told her how much I liked the roller derby, and she was like, "Cool. You should come to practice tomorrow," and skated away.

Tony: Awesome.

Melissa: That was it, and I'm like, "Oh my god, I'm going to practice tomorrow." I went the next day and bought a really lame pair of roller skates at the sporting goods store, and went to a different roller skating rink in town so I could practice a little before I actually went to the practice.

Tony: Yeah, brush up a little bit, uh-huh.

Melissa: I was so worried about being humiliated. In my illustrious sports background, I forgot to tell you guys that I was a big roller skating nerd in junior high and high school. Every Friday night, Saturday night, and Sunday afternoon I went roller skating.

Tony: Skating rink?

Melissa: Yeah, skating rink.

Tony: Nice, so not like skating around town necessarily, or maybe you also did that.

Melissa: Well, there was this time in my life when I used to roller skate to the library.

Tony: Nice.

Melissa: Can't you just, doesn't that make you want to punch me in the face? It makes me want to punch me in the face.

Tony: It sounds like we're talking about a movie, like one of those John Hughes movies.

Melissa: Yeah, pretty much. I was the star of my own John Hughes movie.

Tony: Nice, so you got the invite. You went to practice. How did that first day of practice go?

Melissa: It was really scary. It brought up all of my, I'm afraid somebody's going to make fun of me any second, thing. There was that, there was the emotional side of just being surrounded by all these girls who I thought were really cool, and feeling like any second now they're going to shove me into a locker or call me a name or something.

Then there was the physical part where I was pretty good at skating. The skates I had on sucked. I immediately, the next day, went and bought actual real skates for skating and roller derby, but the skates I had on were not very good. One of the girls who was coaching said, "All right, new girls, come

over here. We're going to practice jumping over stuff." I burst out laughing, because I thought she was kidding.

Tony: Oh, wow.

Melissa: Yeah, she wasn't kidding. We started jumping over cones, and yeah. I had to, it was a great experience in that it showed me, again, like triathlon started this evolution for me. It showed me again, even if you're scared of something, if you try it, crashing to the floor in pads and roller skates was not as bad as thinking about crashing to the floor.

Tony: Ah, got you, sort of the perceived danger versus the real danger?

Melissa: Absolutely, and I think that, even now, I still sometimes don't give myself enough credit for how strong and more coordinated I am, because I was such a colossal klutz when I was a kid. Those memories are still deeply in there. I'm really strong and agile now. I don't fall down.

Tony: Yeah.

Melissa: I don't generally hurt myself. I can heft a lot of weight. Roller derby showed me, again, like I just need to have a little bit more confidence in my abilities. That translates into real life, too, which is a thing that I learned playing roller derby and doing triathlons and doing CrossFit eventually. That confidence that you get when you tackle a physical endeavor translates into the rest of your life, which is the secret that athletes don't always tell you.

Tony: That's awesome, and let's go ahead and get into some of the stuff that you then created from this story and from this background. Your blog was originally The Clothes Make The Girl. It was a lifestyle blog to begin with. Then, probably went more towards the food angle, and then maybe back out towards more big picture. Can you talk a little bit about that?

Melissa: Yeah. I started my blog, honestly, one day I was bored at work and I was like, I've always been a writer and I was working for a web company, and I was a content strategist. I just was not getting to flex my writing muscles enough. I was done with my work for the day, and I thought, "I'm just going to go on blogger.com and I'm going to start a blog."

I've always, I thought it would be fun to have a fashion blog. I don't know. Sure, why not, because it was just for me. I never thought anybody would read it. I thought, "I know, I'll call it The Clothes Make The Girl," which is a riff on, the clothes make the man. I thought this was a really funny name. Well, nobody got the name.

Then when I started, I started talking about my workouts, because again, there were literally like 4 people reading it. My mom, my husband, one of my friends at work, and somebody in my CrossFit class. I started out writing about clothing and fashion for 2 days. Then, I started writing about my

workouts because, at that time, I had just started CrossFit and I had just started being pretty serious about the Zone. That was all fascinating stuff to me. That's what I started writing about.

Little by little, my audience grew. More people at my CrossFit gym started reading it. Then, one day, for fun, we decided to do a zombie preparedness workout. We recruited some of our friends, and we dressed like zombie hunters, and my husband and I made up this workout of exercises that you could do so you'd be prepared for a zombie attack. Our friend who was an improv actor dressed up like a zombie and brought his tiny little daughter.

Tony: That's awesome.

Melissa: He was the zombie chasing the little girl and chasing the zombie hunters. We took pictures for all the exercises, and I put it up on my blog, and Mark Sisson shared it in his Sunday Link Love. My audience doubled overnight. It was crazy.

Tony: That's awesome.

Melissa: It was really, really exciting and fun, and that's when I started sharing more recipes and things just evolved that way. Then, eventually people were like, "Hey, you should do a cookbook." I don't know, it just snowballed from there. It sounds nuts, like I wish I could say I had this master plan to become a successful cookbook author. I thought I was writing a fashion blog.

Tony: Yeah.

Melissa: I don't know.

Tony: Happened by accident.

Melissa: Happened by accident there.

Tony: Now, you're just about to release your third cookbook. If you could, tell us a little bit about what people can look forward to and what makes it different.

Melissa: Yeah, I'm really excited about this cookbook. It's called Well Fed Weeknights, and the premise is that you've maybe been at work all day, and you're on your way home, and you stop at the grocery store to pick up some groceries for dinner, and you get home and you have a fantastic meal on the table in 45 minutes or less.

I took this approach because in my previous 2 books, I talk quite a bit about doing a weekly cook-up where you do batch cooking for the week so that when it comes to mealtime, you can throw everything together in about 10 or 15 minutes. That's been really, really successful for me. The reason I put that in my first 2 books is because that's literally how my husband and I ate. When I first started eating paleo, I had to go to 3 grocery stores to find the

stuff I need. That was in Austin, where the grocery stores are pretty good.

Tony: Right. Yeah, it's a pretty good food scene.

Melissa: Yeah, but there was a thing you had to go to Whole Foods to get, and then your regular stuff at the regular grocery store, and then there was another kind of health food store that had some stuff that I wanted. In the beginning, I didn't really mind, and I think that this is the trajectory that a lot of people go on when they start eating paleo. It's kind of a project when you start. That's okay, because you're learning new habits and you're willing to invest that kind of extra time in it. Now, 7 years on, I don't want my food to take up that much mind space.

Tony: Right.

Melissa: I've heard that from other people. I love, people have said that they like the international spices and the bold flavors of my recipes, but could there be recipes like that that just take a little bit less time? That was the whole inspiration for this book. If people are used to doing a cook-up, I've also included in the book how you can break down the recipes so that you can do some of the components in advance.

It's the best of both worlds. If you're doing a cook-up and you want to get a head start on some of it, you can do some of that on a lazy Sunday afternoon. If it's been a crazy day and, oh my god, you have to stop at the store at 7:00 on the way home from the office, you can still have an awesome dinner in you by 8.

Tony: Yeah. Making eating well and enjoying food, doing all that stuff, it doesn't have to take up your whole day. It doesn't have to totally consume your life, and food is important and it's to be savored, but I think it's just one part of the picture. I can certainly relate to feeling like, yeah, I want to enjoy my food.

I want to eat well, but I have other stuff that I want to do also. I'm not necessarily going to invest an entire day into every meal. Sometimes I need something in 20, 30 minutes. In the book, what's your, maybe couple favorite recipes that you'd like to, maybe tease, and get people excited about?

Melissa: Well, whenever I say the name of this recipe, people gasp in a really good way. There's a recipe for Fried Chicken Meatballs.

Tony: Ooh.

Melissa: Yeah. They're not fried, obviously, they're baked in the oven, but they're little nuggets of boneless fried chicken. They're really good.

Tony: Mmm, nuggets.

Melissa: Yeah, and they're good at room temperature, so they're really nice for

picnics.

Tony: Nice, nice. All right. Well, I'm excited about that.

Melissa: Yeah, those are fun.

Tony: We've got Fried Chicken Meatballs. What else do you got in there?

Melissa: There's a group of recipes that I call Food Court recipes, and for people who are familiar with the other cookbooks, you know that I like to play this game called, you know how you could do that, where you take the base recipe and then you change things up to make a different version of it. The Food Court recipes are like that, only taken up a notch.

For example, there's a group of recipes called Meat and Potatoes, and the idea is that you, either at night before you go to bed or in the morning before you go to work, you wash a couple of potatoes and you throw them into a slow cooker. That's it. You just leave them for 8 to 10 hours. Then, once they've been cooked that way, you can cut them in half and eat them like a baked potato. You can cut them into strips and throw them in the oven and make french fries, or you can cut them into cubes and make home fries on top of the stove.

Once you have that base, then there are 8 different toppings to put on them. You can make street fries, or you can make hash with the home fries, or you can have a stuffed baked potato. There's stuff like sloppy joes, and steakhouse, and this awesome spicy Nigerian beef, and once the potatoes have cooked overnight, throwing that whole thing together takes 20 minutes.

Tony: Awesome.

Melissa: 20 minutes and you've got street fries. Ah, it's so exciting!

Tony: I'm in, I'm in. I can't wait to get my street fry on. Well, that's awesome. Melissa, thank you so much for coming on our show today. It's been a real pleasure talking to you, and we didn't even get into some of the stuff that I wanted to talk about, so I think we're just going to have to have you on at some point again in the near future, but I appreciate your time today, and wish you the best with the new cookbook. Anything else you want to mention to our audience before we go?

Melissa: I guess my parting words would be, it's okay to be scared of trying stuff and it's okay if you fail a whole bunch of times, as long as you don't give up.

Tony: Boom. I like it. Great message to sign off on, and thanks again for joining us, Melissa.

Melissa: Thank you.

Tony: That was Melissa Joulwan. You can find all of her books, including the brand new Well Fed Weeknights, by going to her website, meljoulwan.com. Next week's show will be a Paleo Radio Bite featuring transformational life coach Michael Tamez. Here's a preview.

Michael: I started eating a lot of fast food. I was eating fast food for breakfast, lunch, and dinner. I gained about 100 pounds in the course of about a year, year and a half, and because of that weight gain, I developed severe obstructive sleep apnea and high blood pressure, and also gum disease.

I really didn't have, I really didn't care about my health at that time. I was going through a lot of stuff from the dysfunctional relationship. What happened was, the dysfunctional relationship caused a dysfunctional relationship with my body, and then that created a dysfunctional relationship to food.

Tony: To find out more about Mike and how he eventually lost over 100 pounds, you'll have to tune in to next week's show. To make sure you don't miss it, be sure to subscribe to Paleo Magazine Radio on iTunes or favorite us on Stitcher. Before I go, I'd like to thank the sponsor of today's show, DNX Foods. We appreciate their commitment to making quality, tasty products.

Speaking of tasty, I'd also like to mention that there's a brand new issue of Paleo Magazine on newsstands now. In it, you'll find 28 Fall inspired recipes, challenges to help you go paleo, ways to relax around food, paleo friendly tips and tricks for Halloween, my business spotlight feature on the amazing FATFACE Skincare, and much, much more. If you don't have a newsstand nearby, or you just like reading things on your phone or tablet, you can also get digital issues on Amazon as well as paleomagonline.com.

Paleo Magazine Radio is brought to you by the Paleo Media Group. Our show music features the song Light It Up by Morgan Heritage and Jo Mersa Marley. Paleo Magazine Radio is produced by me, and on behalf of everyone at Paleo Magazine, thank you for listening.

Recording: (singing)

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