

**EPISODE 223**

## [INTRODUCTION]

**[00:00:10] AVH:** Hey everybody, welcome to the podcast. Today, we're going to talk a little bit about individualized food plans I guess. Because really, there's an ideal food plan or diet out there for everyone but they look different, even if it's kind of minor tweaks here and there, the one size fits all approach just kind of doesn't really work anymore. We're trying to find this ideal food plan that makes people feel their best but it also aligns with their values, their preferences, their goals.

In the case of Lauren Lobley who is the guest today, it is a mostly vegetarian, vegan, paleo approach. Her book is called *The Accidental Paleo* which I love that name. She talks about how she found the balance that works for her. Many of you out there probably aren't the vegan, vegetarian, paleo type but you know, perhaps in response to the rise of the carnivore diet that we're seeing peripherally in the keto and paleo circles, we're also seeing an increased focus on plant based paleo.

Which doesn't necessarily mean vegetarian but it means, where plants are the star of the show and the animal protein kind of plays a supporting role rather than maybe a plate with like a big old hunk of steak on it and like a single broccoli on the side. Whatever works for you. Look, I think in most cases, we can all benefit from more vegetables, most of us. And also finding interesting and varied and delicious and fun ways to enjoy them. I'm on board with that, even if I'm not necessarily on board with the whole vegetarian part of it.

Look, isn't it nice when we can learn from and have interesting conversations with people whose opinions are different from ours? Isn't that a nice learning experience that we can take into the rest of our lives, right? Okay.

Before we get into the interview with the lovely Lauren Lobley. I want to read a quick iTunes review that made me very happy this week. If this is you and if you hear your review on the podcast, send me a DM on Instagram @themuslcemaven, so we can coordinate and I can get you some Paleo Magazine treats because I want to thank you not only for your support but for

your help in sharing knowledge with other people. That's a big deal. I love paleo , I love working out, I love talking obviously but most of all, what I love is sharing information with people. Truly. One of the best ways you can help me do that is by leaving an iTunes review so that people are exposed to this podcast.

I thank you for everyone who takes the time to do that, I really appreciate it and yeah, this review is from Mandy Moo 2012. She says, "I really enjoy listening to your podcast, I'm new to the podcast world. I'm a nanny and I pickup two kids from school, two to three times a week. Before picking them up, I walk about four miles with my camelback on to keep hydrated and my Bose headphones so no other noises can distract me," amazing. "I am fully focused and soaking up as much as I can while I walk and listen to you. Thanks for all the interviews, info and motivation. You inspire me on a weekly basis."

That is amazing. What a great daily practice too. Four mile walk, listening to some podcast, learning some stuff, no distractions, sounds beautiful to me. Mandy Moo 2012. Thank you very much for leaving that review, send me a message on Instagram so that we can send you some treats. That's it, enough for me, on to my interview with The Accidental Paleo, Lauren Lobley.

[INTERVIEW]

**[0:03:37.1] AVH:** All right Lauren, welcome to the podcast, thanks for being here.

**[0:03:39.9] LL:** Thank you for having me.

**[0:03:42.1] AVH:** I guess let's just dive right into it and tell our listeners a little bit about who you are and your background and what you do.

**[0:03:48.8] LL:** Wow, how long do we have? No, just kidding.

**[0:03:51.4] AVH:** As long as you need.

**[0:03:54.7] LL:** Okay, let's start with the present time. I just released a cookbook called *The Accidental Paleo* which is vegetarian paleo recipes and actually mostly plant based that basically, my whole premise is, I make healthy food taste good, like really good.

The reason behind that is because before I did this, I was a pastry chef and before I was a pastry chef, I was a sugar addicted processed, food addicted kid who wouldn't eat anything green unless it was smothered in some kind of not so great sauce that was jarred from the grocery store. That's it in a nutshell, that's what I do now.

**[0:04:39.1] AVH:** Okay, were you always a vegetarian as well?

**[0:04:42.4] LL:** No, I became a vegetarian about 10 years ago. I'm originally from Montreal in Canada and I moved to Los Angeles with the company I was working for them called Lululemon which I'm sure many of you who are aware of that company. I gained 10 pounds out of nowhere within a few weeks of moving here and I was like, this is so strange because I'm still eating the same things and a few months later, I got a cold and I was like, you know what? I'm just going to stop having milk and cheese for a little bit because you know, it's mucousy and probably isn't good for our cold.

I dropped 10 pounds in a week. I was like, well that's weird, I just started exploring more and more about the world of vegetarianism and eventually within about nine months, I became a vegetarian.

**[0:05:32.1] AVH:** It wasn't ever necessarily like moral reasons for you, it was more like health reasons, you felt better when you weren't eating dairy?

**[0:05:40.2] LL:** Exactly. Now I know more about it from a moral standpoint and also from an environmental standpoint. How much of a footprint having dairy and meat can leave on the planet so that has become part of it but no, originally, it was for health reasons.

**[0:05:58.1] AVH:** Well first I just have to shout out that I have another awesome Canadian on the podcast. I'm actually originally from Nova Scotia and yeah, fellow Canadian and I've been

having like a bunch of – it just seems like everybody I'm talking to these days is Canadian, it's like we're taking over the health and wellness space and I'm down with it.

Anyway, I just always have to kind of shout that out for our Canadian listeners but it's funny that you mentioned, you call your book which I think is such a funny name, *The Accidental Paleo*.

I kind of love that title and you mentioned, there's a description somewhere that says that you take a carnivore's approach to plant based eating. Can you kind of get into that a little bit more what that approach, what that really means?

**[0:06:40.6] LL:** Sure, well the accidental part is, because I was eating mostly plant based and did not realize that I was actually also eating paleo. So that's where the accidental came in. It's like wow, accidentally paleo. And the carnivore's approach is really – I grew up, my parents are still carnivores and I grew up in a household where that's what we ate, breakfast, lunch and dinner always had the main player of every meal was meat. Then the accoutrements were really the vegetables and whatever and my parents were like whatever.

If you eat the meat and like a little bit of your vegetables, we don't care. When I became a vegetarian, I didn't understand how you could possibly feed yourself and have - like be sustained with just vegetables and grains and whatever else but you know, no meat.

I didn't – it was like, I just couldn't fathom that because I was not brought up that way. I didn't come at this way of eating that I have practiced now for 10 years from somebody who was always plant based vegetarian. I came at it from somebody who was a carnivore for the first 25 years of my life and so what that translates into in the book is that I'm looking for textures that feel meaty.

I'm looking for flavors that kind of taste a little needy too because that's what I grew up with. Does that make sense?

**[0:08:09.0] AVH:** Yeah, that makes sense, okay. I think that that, you may be tapping in to something that is of interest to a lot of paleo folks because while there is this growth of like the carnivore diet that we're seeing in some places and the keto diet and these things. There is also

a move towards a plant based paleo approach that, while it isn't without meat, it is trying to really highlight fruits and vegetables and be really plant based rather than as you said, like the main player being a big hunk of meat and like a little bit of vegetables as an afterthought.

I think that this is definitely a book that meat eaters can enjoy too, right? Because it's given you inspiration and ideas for plant based meals.

**[0:08:52.9] LL:** Definitely. I always use my friend Tony Horton, the guy who created P90X. He comes over – he actually wrote the forward to the book and he eats meat and he comes over for Christmas every single year and I always make a vegetarian meal and he's always like, "My god, I can't believe, I'm full. I'm really full as the food is really good."

And so that makes me feel good and confident to know that carnivores will eat this too and same with my dad, he comes and visits from Montreal and he's a total meat and potatoes guy. Meat everywhere all the time and I don't cook meat in my house.

When he comes here, he eats the way I eat and same thing, every time. He's like, "This is amazing, I can't believe it, I'm full. I can't have anymore." Yeah. That's my litmus test.

**[0:09:40.8] AVH:** Right, yeah, the guys from Montreal will eat it because that is – I was actually just there and you know, it's a pretty meat heavy place. So yeah, I can understand that. Have you had any backlash in terms of the name and the concept of plant based paleo because – we don't have to get into the kind of the debate or the discussion here about the ethical or moral kind of standpoint about eating meat because I think that there are a lot of different standpoints that people can take and there are a lot of –

People that are much smarter than myself like Diana Rogers comes to mind, she's The Sustainable Dish on social media and she talks a lot about the ways that you can sustainably and ethically include meat into your diet and it's a lot about quality and quantity and there's a lot of discussion about you know, the fact that most of us probably should be eating less meat but not necessarily, not at all for ideal health.

But, the concept that paleo, the idea that the term paleo, relates to a diet that is ancestrally based and that in pretty much every society throughout history and around the world. These communities ate meat and vegetables, there are very few paleo – or entirely vegetarian societies. Can you really call yourself paleo if you're not eating meat because that's kind of part of what paleo is?

**[0:11:04.4] LL:** Well, I think that's what we thought paleo was and what I think that's – there's some research that actually shows that actually back, however many years ago, we were eating legumes, we were – don't know about grains but we were definitely eating legumes and then the part of it, I think it's Chris Kresser who talks more about that.

**[0:11:26.1] AVH:** Chris Kresser, yeah.

**[0:11:28.1] LL:** The other part of it is, we weren't eating meat every single day, every single meal. We were eating it when it was available and it wasn't always available. What were we eating when the meat wasn't available? Nuts, seeds, fruits, vegetables, basically whatever we could pick, you know what I mean?

That's where I always go to is yeah, you know? We did eat meat but we didn't eat it all the time every single meal because it wasn't readily available all the time for every single meal.

**[0:12:03.7] AVH:** Sure, yeah. I mean, I think ultimately too, one of the conversations that's happening in the paleo community as we grow and learn more and evolve is that, it's ultimately about personalized nutrition and what works for you. I would argue from what I know and the people I've spoken to and what I've learned that a strictly vegetarian diet probably isn't ideal for most people but neither is it strictly carnivore diet.

I think that there is a wide spectrum in between there that people can find what works for them. Some people can be vegan and vegetarian and thrive, some people can be purely carnivore and thrive and there's – there's most of us fits somewhere in the middle, right?

I think it's about taking what works for you and doing the hard work to kind of experiment and play with things and see what works for you, right?

**[0:12:51.8] LL:** Exactly. I'm so glad you said that too because I do think you know, I know a lot of people who were vegan for like 20 years and now they eat meat again or who were meat eaters and now they're vegan and so – I think there's also room within the phases of our lives is that sometimes we do crave meat and we eat meat and it works for us. Then sometimes it doesn't.

We kind of like, go in and out of what works for us but at the end of the day, it's your body that's going to tell you what it needs, it's not the trend of like what's trendy in the dietary world right now, it's what your body is telling you. You know, a lot of people I've heard of gone vegan. I have such a terrible stomach ache and I'll hear like well, what are you eating?

If they're just eating bread and Quinoa, I'm like well, you know, Quinoa can be problematic for some people and bread can certainly be problematic. There's so many – the point is at the end of the day, you've got to eat the way that makes your body feel the best and you're right, that's not always all vegetarian or all vegan.

**[0:13:53.1] AVH:** Right, it takes work, it takes work to figure these things out and it takes time and a lot of people would rather just kind of listen to somebody else's rules, right? Like a prescribed – just be vegan, just do this, just eat this and it will be fine. Just eat carnivore, it works for me, you know? It's actually a lot more difficult to find the balance that works for you but it's absolutely a worthwhile endeavor because when you find the balance that works for you and you feel good and healthy and your digestion works, you have energy. I mean, that's worth all the hard work for sure.

**[0:14:24.0] LL:** Yeah, exactly. It is work, it's not just you know, take a pill or follow the diet, you're right, that's the thing and my husband always says, I steal this from him. "When it comes to nutrition and most things but when it comes to nutrition, we are an experiment of one." Everybody's going to have something that tweaks differently. For their own diet and with the book that I wrote, I wanted it to be not to tell somebody, "You should be, you know, you should be vegetarian paleo," but just that, "Hey, if you're looking to sometimes not have meat. Try these recipes because you're going to like them."

You know what I mean? It can be like an accompaniment to what you already do. By no means trying to tell somebody that that's how they should eat, it's just – if that's the way you want to eat, all your meals, some of your meals, those recipes are available to you.

**[0:15:15.7] AVH:** Got it. You touched on something earlier too that I'd like you to get into a little bit more which is the idea that when people give up either meat or more relevant to our listeners, when they give up things like grains and processed foods, and they're left with – it seems like not a lot. So you're left with – I mean, a lot of vegetables and fruits and nuts and seeds and healthy fats and that's great but that can often be – like you're missing something now.

You're missing a centerpiece, you're missing something that's satisfying and filling and how do you kind of feel like you're getting all your micro nutrients, you feel like you're satisfied at the end of a meal without filling up on things that maybe it was pasta or bread or a big piece of steak. How do you and how have you addressed this in your book?

What kinds of meals or what kinds of ingredients and ways are you putting them together that are making these meals satisfying for people?

**[0:16:08.0] LL:** That's a very good question. I make the meals hearty and that's where the carnivore's approach comes in and the way to make the meals hearty is to, well, I've spent the last 10 years getting to know my ingredients and getting to know what's going to make me feel fuller and what's not.

I'm thinking, well, if I just look at the plate of food that I just ate for lunch. I've got two different types of cauliflower and a beet burger that I ate and I'm stuffed, I couldn't even eat the whole thing and I eat a lot of food. There's protein in the beet burger, there's actually protein in vegetables as well. It's also kind of like shifting your thinking a little and knowing, there's less protein, much less protein in vegetables than there are in meat and legumes and stuff like that but it's also differently bio-available to your body.

So I'm always thinking about that, I'm always thinking about the colors of the rainbow as well when it comes to the vegetables that I put on my plate. So I put a lot more vegetables into the

dishes to make them heartier more than you would normally eat, right? Because in basically replacing that big portion of meat with a big portion of vegetables. I cook a lot with coconut milk because it is a good fat and it's very filling.

So there is a recipe in the book, two recipes that have coconut milk. The savory ones because there is also dessert that uses it but there is a dhal, a lentil dhal and lentils that's is a more progressive paleo I realized because some paleo eaters will not have lentils. It's totally fine, you can make a dhal differently and there is a recipe for veggie curry. There is no beans or anything in that. That's just curried vegetables.

And you can add, if you want, you can add some kind of canned tofu or something in it but I find that just with the coconut milk and with the vegetables it's hearty enough and then I also like to manipulate vegetables to being more like meat. Vegetables and nuts. So nuts can be heavy. You can't rely on them for everything but there is a recipe in the book for vegan tuna that is made with almonds and cashews and chickpeas. You can leave the chickpeas out and just use the nuts.

But that is really hearty because of the protein and the fat content from the nuts and then I also love to use avocado. So you could, on your curry, you can put half an avocado on top of that for the good fat and that is going to help you feel full longer. I do that with my salads as well add then in there. So I've basically kind of gotten not tricky but just good at identifying the foods that are more satiating and creating recipes around those.

**[0:18:53.7] AVH:** Well it certainly makes sense, the coconut milk and avocado and nuts, like healthy fats are something that are absolutely upping your satiety factor, right? So that makes a lot of sense and you said that you have a background as a pastry chef. So do you still – we all, a lot of us struggle with the obsession with sugar and sugar addiction and it can be a slippery slope even for healthy stuff right? I can absolutely binge unpleasantly on paleo bacons, right?

So is that something that you will incorporate into your book? Is that still something that you incorporate into your life and how do you manage it better now?

**[0:19:32.4] LL:** Desserts are very close to my heart because of my background as a sugar addicted kid and as a pastry chef and so the original path to making healthy food taste good was to make dessert that tasted good that was healthy. So I started vegan, gluten-free, still processed, still refined, but better. I took out the dairy and I took out the gluten and now I've come all the way around to clean paleo, stuff that you can feel really good about eating.

So I have made room for paleo desserts that you know I wouldn't – you shouldn't binge on anything even broccoli. So I wouldn't say, "Yeah you can binge eat on these things." But you can also feel good about them and they're so rich because they're made with 85% dark chocolate or cashews or coconut or avocado, there is chocolate avocado pudding. There is chocolate chia seed pudding, there's cashew cheesecake in there.

You couldn't binge on that if you wanted to unless you're going to have a really bad stomach ache, you know? So that's how I have rectified that. I've just made healthy paleo desserts that are too rich to binge on basically.

**[0:20:45.9] AVH:** I accept your challenge, I know I get what you mean. I totally get what you mean and I think that is another concept about whole foods based things is that I am somebody who has a massive sweet tooth. I can totally relate to your struggles with desserts and sugars and stuff like that but totally, if you are eating something that is super dark chocolate and cashew based or coconut milk based, it's absolutely richer and harder to eat a ton of.

And you don't want to because it doesn't have that same sort of hyper palatable effect on your brain that like the pure sugar stuff does. So yeah,

I get that. It seems like your book too is really for foodies who want – like some people make cookbooks or paleo books that are very utilitarian and there's a space for that, right? For people who don't really want to get fancy and they want something that is simple and approachable and I'm not something that your recipes aren't simple.

But it seems like you really want to create food that is beautiful and appealing and for people who enjoy the process of cooking and serving others and is that something that was important to you?

**[0:21:56.9] LL:** Yeah for sure, I mean food is beautiful and I love to taste it and I love to create recipes that show off the colors of mother nature because it's just fascinating like I have never been a huge beet fan. I've made beet burgers though and I found ways to love beets. There's a beet pesto recipe in the book that's fantastic but it never fails when I make and boil the beets and I go to drain the water and like, "Oh my god that's the most beautiful fuchsia pink I have ever seen."

And that is natural, that's beautiful. So that was a huge part for me but I have to tell you 10 years ago, I was not cooking. I was Hamburger Helper and that I get imitation crab from the store and make some Lipton Side Kick rice or something and that was my dinner. I made toasts, I ate cereal, I didn't cook. My mother she doesn't, she fed us because she ought to but she did not like to cook and so she didn't impart that onto me.

I had to learn from - once I decided to go vegetarian and wasn't finding any good substitutes to meat, I had to teach myself how to cook. So it was also really important in writing this book that the recipes would be approachable to people who are intimidated in the kitchen. So I know it feels like I am trying to be two things to two different groups of people. One is people who can't cook and the other is people who do like to cook and appreciate food and all the colors that come with it.

But I really did try to marry those two together to make it simple. There may be like a handful of recipes in the book that require a little bit more time but otherwise, they are really easy to make the recipes.

**[0:23:39.2] AVH:** Got it and for people who are maybe flirting with the idea of going a little bit more plant based or maybe people who aren't even in the paleo world and all that are just kind of maybe they're coming from vegan-vegetarian background and they want to move into paleo or they just want to get away from processed foods and be more into the whole food space and they are looking at your book, what are some of the big popular recipes that will appeal to people?

**[0:24:10.5] LL:** Oh my gosh, I have to choose? Well I'll tell you that yes, you do. Okay, well the recipes that are featured very often in my house which are than they're served to friends are the veggie curry, the dhal, the vegan tuna, the sweet potato pizza crust is amazing, the pestos are great because you can make a really fancy meal and not a lot of time.

Yeah, those are the most popular and I am bringing those ones up and this is a really important point because you can make these in bulk. So I think there is a misconception with and people certainly think that about me like, "Oh you are cooking all the time," and nobody wants to cook for me because they are intimidated and they're like, "Oh you love to cook," I do love to cook but I don't love to cook every day.

So I make recipes that can be made in batches so that you can make a few recipes and they'll last you for the week or at least for like three to four days. I actually stretch my food out pretty like maybe more than I should.

I'll still eat the food after six or seven days like that's fine but I am not telling you to do that. I'm just saying but it's making the recipes that are popular and actually, all of the recipes in the book you can make ahead of time and keep in the fridge. So yeah, that's what I would say make it easy on yourself.

**[0:25:32.9] AVH:** Yeah.

**[0:25:33.6] LL:** Anybody who is listening who is thinking about going to the side of you know, being a little bit healthier even more whole or organic foods, think about how to make it easier on yourself because it's intimidating if you're like, "Oh my god, I have to chop what and how long does that have to soak? And no."

**[0:25:50.5] AVH:** So what's the feedback so far since the book has been out? What kind of response have you've been getting?

**[0:25:57.5] LL:** Honestly and I am not trying to toot my own horn here but I haven't heard anybody say that they didn't like it and everybody is like, "Oh my god it's so amazing." And my husband and I live in Malibu and we have yoga studio and his clients would come up and they'd

be like, "Allison made the veggie stew and it was so good and I love it!" And they will keep talking about it for weeks. So it's been really positive and I think the reason is because people are so pleasantly surprised.

They're pleasantly surprised that the flavors are good which is one of like if something doesn't taste good, there's no reason to eat it. So I am not going to put it any recipes in the book that don't taste amazing. But still there is a misconception. If you are going to go be vegetarian or vegan or paleo or whatever that you might have to sacrifice flavor and you don't. So I think people are pleasantly surprised by the flavor, the flavors in the book.

I think they are pleasantly surprised also by helpful. They are eating things, there are eggs in the book and mostly the breakfast recipes in one of the dessert recipes but I think that also just the shock of being full from eating only vegetables. And then which is I love this, they think it is such a beautiful book and it is. My friend April Wong did the photos and she worked for Expedia and she travels all over the world taking photos and she took all of the photos of the book and all the food that I cooked every single dish, in my backyard.

And so it's just, I don't know if you can just feel the labor of love that went into it. It's like a mixed bag of reasons why people love it but the feedback is positive. Now granted I guess you could say nobody is going to come up and say, "I hated your book."

**[0:27:40.3] AVH:** I don't know about that I mean people in my experience working online and being either on social media or even just putting your voice out there is that – I feel I don't want to be negative. I get lots of positive feedback from the podcast and introducing people to new people like yourself and I love this job but I feel like we're sometimes in a world where people are almost more likely to comment when they are displeased with something than when they're pleased with something.

So the fact that you are getting a lot of positive feedback I think is a great thing and yeah, you should be happy about that.

**[0:28:11.8] LL:** Well yes, I am. Thank you.

**[0:28:15.1] AVH:** So do you have anything like new on the horizon either another book or are you're traveling or is there anything else going on that you can tell us about?

**[0:28:23.6] LL:** Yes actually, I have already written another book. I am just trying to tweak it to decide what the theme of it is because I am just bursting with recipes. So hopefully that is something I can go out in the next year or two but most recently within the week, I am in the process of launching a vegan gluten free desert company, called Delectable You which is the name, the business name that I've been blogging under for 10 years and I am doing wholesale with restaurants around Los Angeles.

And I am going to be hitting up farmer's markets and I am really excited. And so, I am going to have there's going to be a paleo line and there's going to be maybe a cleaner less sugar kind of line and one that is kind of naughtier that maybe not paleo but it is still vegan and gluten free. So you will be able to decipher between the desserts that you would like to have.

**[0:29:19.5] AVH:** That's exciting, although I've got to say the one that you just labelled naughtier automatically is the one that I am kind of interested in hearing more about. Maybe you need to call one like naughty paleo and then naughty non-paleo because I totally am attracted to the naughty one now but maybe that is just me, I don't know.

**[0:29:34.4] LL:** Well, yes. Yeah, you know that's food for thought. Thank you.

**[0:29:38.4] AVH:** Yeah, so where can our listeners learn more about you, follow you online and find out more about your book?

**[0:29:45.7] LL:** So I am on Instagram, it is mostly how I communicate. My handle is @laurenlobley and I just opened one for Delectable You as well. So you can follow me on either of those places and the book is available on Amazon and in Barnes & Noble and if you are listening on Canada I do believe Indigo has it and Amazon.ca and I also posts new recipes every I was doing every week. Now it is every other week at delectableyou.com and I'll put it up on Instagram too when I post as well.

So that's a lot of places that you can find me.

**[0:30:26.2] AVH:** Yeah, awesome. Well we'll put all of that in the shownotes too so that people can find you when they listen to the podcast but Lauren, thank you so much for taking the time and thank you for putting all of these work into this book for us.

You know, I've got to say the vegan tuna thing is going to be a hard sell for me personally but I appreciate that you are putting different options out there for people like whether it's vegetarians who are looking to have a more whole foods approach and want to eat more vegetables, whether it's carnivore based paleo people who want to have a more plant based approach.

I think that you are going to be bringing more people into this community from a lot of different areas that maybe the regular paleo community is not exposed to and I think that that's really important and that's really good and at the end of the day, if you are making anybody eat more vegetables and enjoy it, I can get behind that 100%.

So I really thank you for taking the time to chat with us and talk to us about it and best of luck with the new book.

**[0:31:24.6] LL:** Thank you so, so much and thank you for having me on.

[END OF INTERVIEW]

**[0:31:31.8] AVH:** All right everybody, I hope you enjoyed that and if you are an aspiring vegan or vegetarian or even plant based paleo person or you just want to get more veggies in your life like I do always, reach out to us on social media, tell us how you are doing it. Maybe you have Lauren's book and you are enjoying it. Maybe you're just crushing some summer farmers markets but we'd love to hear how you're doing it.

Actually I will start, so there is a fantastic farmers market near my condo where you can basically show up with 20 bucks and leave with literally two tote bags full of local organic produce. It's amazing and recently I went through there and we picked up some zucchini. Okay so normally I would tell you I'm not really a zucchini person. I am not going to seek that out unless it is in, I don't know, a nice paleo zucchini bread, zucchini loaf, no judgments please.

It's delicious but anyway, in the spirit of open-mindedness, we took some zucchini home because it was local. We sliced those babies up super thin, coated them with a good olive oil and a lot of spices, put them in the oven and we made these delicious zucchini chips, this crispy thin chips and I was so into it. So instead of just turning my nose at something that I am not super into, we tried something. Tried to make it delicious, add another veggie to the repertoire and I am feeling super good about it.

So anyway that's my story. Feel free to share your vegetable discovery stories with me on Instagram because I am a nerd and I am into that stuff. All right, that is it for me. Thanks for listening today. Thanks for joining me and I will see you next time.

[OUTRO]

**[0:33:06.8] AV:** Paleo Magazine Radio is brought to you by the Paleo Media Group and is produced by We Edit Podcasts. Our show music features the song *Light It Up*, by Morgan Heritage and Jo Mersa Marley, and on behalf of everyone at Paleo Magazine, thank you for listening.

[END]