

Check out the resources mentioned in The Paleo Athlete!

## **Books**

- [It Starts with Food](#)
- [Food For Humans](#)
- [The Paleo Diet](#)
- [The Paleo Slow Cooker](#)
- [The Paleo Solution](#)
- [Well Fed](#)
- [Well Fed 2](#)

## **Food / Nutrition**

- [Elete Electrolyte Replacement](#)
- [Ella's Kitchen Organic Baby Food Packets](#)
- [Epic Bars](#)
- [Peter Rabbit Organics Baby Food Packets](#)
- [Primal Pacs](#)
- [Stronger Faster Healthier Recovery Whey Protein](#)

## **Equipment / Gear**

- [7" Inch Santoku Knife](#)
- [Amber Glasses](#)
- [Cast Iron Skillet](#)
- [Crock Pot](#)
- [Cutting Boards](#)
- [Paring Knife](#)
- [Refillable Gel Flasks](#)
- [Vitamix](#)

## **Videos**

The Very Low Carb Athlete

<https://vimeo.com/71512778/c8d258fc50>

Pre-Workout Nutrition

<https://vimeo.com/71481604/54f30a4c84>

Post-Workout Nutrition

<https://vimeo.com/71508468/6623dd6e15>

Competition Day Fueling

<https://vimeo.com/71517670/811c3cc357>

## **Downloads**

Energy Systems

<https://s3-us-west-2.amazonaws.com/paleoathlete/Energy-Systems.pdf>

Fueling Summary

<https://s3-us-west-2.amazonaws.com/paleoathlete/Fueling-Summary.pdf>

Fueling for Endurance

<https://s3-us-west-2.amazonaws.com/paleoathlete/Fueling-Endurance-.pdf>

Fueling for High Intensity

<https://s3-us-west-2.amazonaws.com/paleoathlete/Fueling-High-Intensity.pdf>

Fueling for Strength & Power

<https://s3-us-west-2.amazonaws.com/paleoathlete/Fueling-Strength-Power.pdf>

Paleo Carbs

<https://s3-us-west-2.amazonaws.com/paleoathlete/paleo-carb-table.pdf>

Paleo Fats

<https://s3-us-west-2.amazonaws.com/paleoathlete/paleo-fat-table-.pdf>

Paleo Proteins

<https://s3-us-west-2.amazonaws.com/paleoathlete/paleo-protein-table.pdf>