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Welcome to our Tastefully Plated® Paleo line!

As exciting as this meal program was to develop for the many people craving new Paleo options, it came with some challenges. When designing our Tastefully Plated® Paleo meals, one of the challenges we faced was the lack of a unifying definition of what constitutes a Paleo diet. Our nutrition and culinary teams referred to academic journals, our in-house registered dietitians, and key leaders in the Paleo community for guidance on what Paleo truly means. As expected, a wide variability existed in the way this diet is interpreted. Rather than a strictly defined diet, we realized that Paleo is more a lifestyle that is constantly evolving and changing.

Though the Paleo umbrella is large and encompasses a wide range of foods, it really comes down to individual preference. That being said, there are a few absolute components of a Paleo diet that all subscribers follow and is the foundation of our Tastefully Plated® Paleo meals.

These include:

- Eating whole, unprocessed, nutrient-dense foods. This includes meats, eggs, seafood and vegetables. Fruit, nuts and seeds are enjoyed in moderation and provide fiber.
- Avoiding gluten-containing grains, legumes and refined sugar.

In addition to those standards, our meals are also all-natural, preservative- and dairy-free and most are grain-free.

Keeping in mind that the majority of consumers are not strict adherents to the Paleo diet, with preference and economic availability typically being the overriding factor, we created our meals to appeal to a wide variety of individuals, even those who aren't necessarily following a Paleo diet. The inspiration behind our Tastefully Plated® Paleo line was to provide great tasting, convenient meals using wholesome ingredients at an affordable price.

If you have questions regarding specific ingredients in your Paleo meal please feel free to reach us at [info@tastefullyplated.com](mailto:info@tastefullyplated.com). We welcome your questions and comments as our meals continue to evolve with the Paleo lifestyle!

Sincerely,  
The Tastefully Plated® Paleo Team