



Building a Nourished Family in an Ultra-Processed World

Real world tips, hacks, and lessons learned



MODERN
STONE AGE



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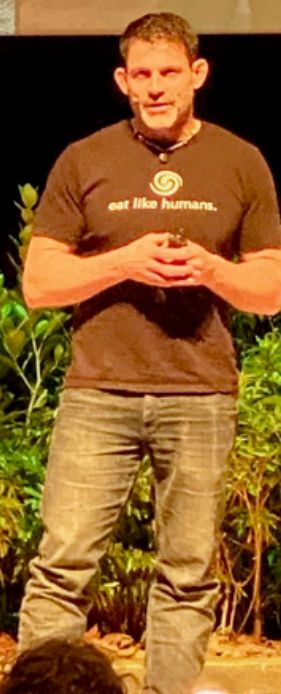
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My journey to learn how to eat like a human again



MODERN **STONE AGE**
DIET





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Co-Founder & Owner, Modern Stone Age Kitchen

President, Modern Stone Age Food Lab

Mom, Wife, Daughter, Sister & Recovering Vegetarian



2013

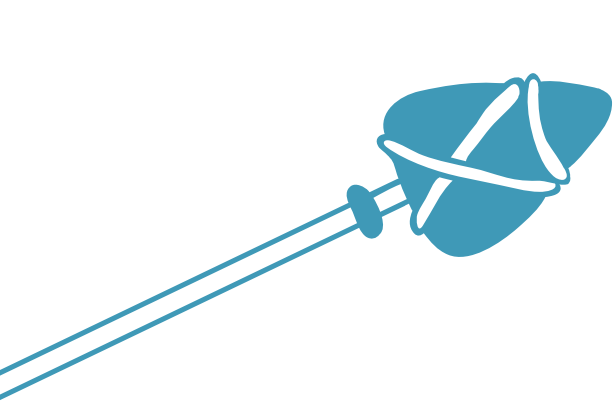


2024



True Confessions





It all
started
with a
rock



The Turning Point:



When Our Family First Connected
Behavior and Food



Our Nutritional Journey

Exploring Diets to Find What Truly Heals



Our Eat Like a Human Approach





Building a Community Around Real Food



25 Years of Learning



1 Make sure you are having the same conversation.



2 Social pressures around food are real.



3 Start small and be consistent



4 Make familiar food as healthy as it can be – and delicious!



5 Pick your battles.



6 Involve. Don't Shelter.



7 With Death Comes Responsibility



8 Meet them where they are



9 Be an ingredient household



10 Make sure your foundation is SOLID



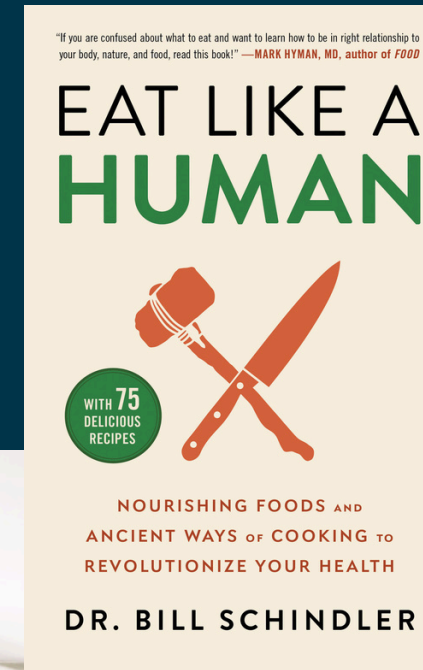


Make the change

1. Get rid of everything that is not food from your kitchen
2. Identify the thing your family eats most and start there
3. Commit to removing a link from your food chain
4. Give yourself grace.



Connect with us!



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