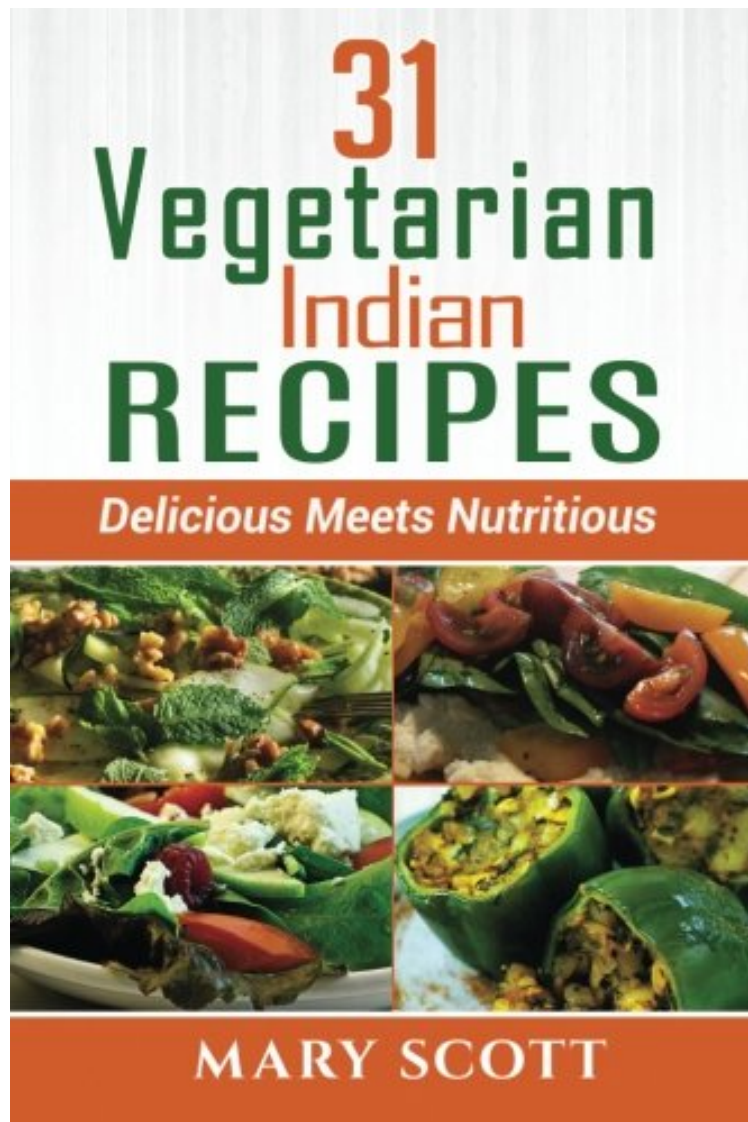


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About the AuthorMary Scott is a business woman, wife, mother, and grandmother living in the Kansas City area. While she is of Cajun descent and loves to cook Cajun food, she is also a strong advocate of the Paleo Diet. She and her husband love cooking and eating the healthy foods particular to the Paleo way of eating. She also enjoys finding new Vegetarian recipes for her youngest daughter.