

# Making a Major Change in Your Diet? – Technology Can Help

These days, more people are making the choice to switch to a Paleo, gluten-free or other anti-inflammatory diet. Whether for medical reasons or just choosing to live a healthier life, that big of a lifestyle change can be confusing and scary at first. Thankfully, there are many great apps and resources out there to help make your transition easier and even fun!

## **Web**

The web is full of great resources on how to make the move to a [Paleo diet](#), along with recipes, list of what to eat and what not to eat as well as tips for making the change go smoothly. Here are some valuable links we found which can help:

[RobbWolf.com](#)

[ThePaleoDiet.com](#)

[PaleoLeap.com](#)

[Everyday Paleo](#)

[The Domestic Man](#)

[Real Food Liz](#)

Following a special diet can be difficult enough at home, so when you're on the go, you can also take all that great information with you on your phone, tablet or web portal using just a few great apps.

## **Evernote**

Use [Evernote](#) to store your lists of safe foods and what foods to avoid, links to great Paleo diet sites and even pictures of fabulous foods. Evernote lets you divide up all your notes into “notebooks” so you can keep all that information organized, your way. You can also use Evernote's web browser plugin to bookmark and store recipe sites, [Paleo diet food vendors](#) and informational libraries. You can store just about anything in Evernote and even share those notes with your friends.

## **Wunderlist**

[Wunderlist](#) is a great app to use for keeping track of grocery lists. You can organize your foods into different lists for specialty stores, for things like rare ingredients at your local health food store or online resource for supplies. Wunderlist has a ton of nice features such as check off when purchased, sorting, repeat items and reminders.

## **Paprika**

Become your own master chef with [Paprika](#)! Paprika is a fantastic app for storing all your Paleo recipes. You can segment them into helpful categories, create grocery lists, keep inventory of your on-hand ingredients and even use the built-in browser to search for Paleo recipes and then with the click of a button, copy it into your library. Paprika's interface is beautiful and easy to navigate on every device.

## **MySymptoms**

The [MySymptoms](#) app is helpful when you are just starting out so you can track which foods make you feel better and which foods make you feel sick. If you have any adverse reactions to anything, you can log it in your MySymptoms diary and then remove those foods from your safe list; this takes the guesswork out of meal planning and ensures that every Paleo recipe is helping you feel your best.

## **Paleo.io**

[Paleo.io](#) is a Paleo-specific app, which helps you determine if a food is Paleo or not. Not only does it include a vast library of foods, it also determines which foods are more "primal" allowing you to control where you want to be on the Paleo diet spectrum. This app also links you to more information about each food type.

These are just a sampling of some of the great apps that can help you on your new journey towards a much healthier, happier you!