

# Posh Paleo

Local gourmet meal-prep purveyors serve clean eats, caveman-style.

By Amelia Pavlik

When your iCal is packed full of office obligations, CrossFit seshes and tempting tailgates, it's easy to fall off the healthy eating plan wagon—unless you have a secret weapon up that lululemon sleeve.

Enter Edesia Meals and k squared meals, two of Atlanta's chef-prepped paleo meal services that cater to Atlanta's clean-eatin' set with smart dishes ranging from pork chili verde to spicy pumpkin coconut soup.

The key to creating paleo meals is to mimic what our ancestors—think the Geico caveman—ate 10,000 years ago, according to Rachel Brandeis, a local registered dietitian. And the advantages are pretty sweet: “The combo of plant foods and a diet rich in protein can help control blood sugar and blood pressure, and contribute to weight loss,” she adds.

But sticking to a paleo plan can become as challenging as making it out of a Saks Fifth Avenue shoe sale empty-handed. Both Edesia Meals and k squared meals were created to take the thinking out of clean eating. Here, the deets on each.

## Edesia Meals

**Chef Creds:** Veronica Case came by her culinary cred studying in Italy and opened Edesia in December 2012 after identifying a niche for high-quality, healthy prepared meals.

**The Food:** Taste bud-tempting options range from paleo banana chocolate chip muffins to curried salmon with sweet and spicy broccoli.

**Dollars and Discounts:** Prices are based on ingredients. So, a shrimp dish will demand a few more dollars than one with ground turkey. Get a discount of 10 percent off orders of \$55 or more.

**Get It:** Order online at edesiameals.com. Meals can be picked up at CrossFit locations across Atlanta.



## k squared meals

**Chef Creds:** For years, Kevin Kusinski has been a part of the Atlanta foodie scene, making appearances bartending and serving at the likes of Va-Hi's La Tavola and managing Surin of Thailand. Three years ago, he opened his biz to provide people with meals chock-full of the right protein and carb portions.

**The Food:** This international menu features flavors from around the world—think huevos rancheros for breakfast and Moroccan meatballs for dinner. People are obsessed with his almond flour and egg pancakes.

**Dollars and Discounts:** Breakfasts are \$5; lunches are \$6; and dinners are \$6.50. Get a 10 percent discount if you pay in cash or a month in advance.

**Get It:** Delivery to your doorstep is available to those in the metro ATL area. Connect with Kusinski at ksquaredmeals.com.

## Paleo-Pleasing Nosh Spots

*JEZ* asked the experts at **HashtagPaleo** ([hashtagpaleo.com](http://hashtagpaleo.com))—a local resource that provides the 411 on all things paleo—to share their top three picks around town. *@hashtagpaleo*

### Yeah! Burger

A hot spot for paleo passionistas hankering for a mouth-watering burger with locations in West Midtown and Va-Hi—try the lettuce-wrapped burger (shown here) or a Simple Greens salad. *@yeahburger*

### urban pl8

We're loco for this Westside haunt's paleo chipotle-rubbed angus hangar steak and coconut shrimp. Bonus: They deliver to CrossFit boxes across town. *@urbanpl8*

### Sprig Restaurant

This Decatur spot rocks the farm-to-table concept and is tops at incorporating seasonal local produce into its dishes. *@sprigrestaurant*



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