

CAROLINE FAUSEL

www.OliveYouWhole.com



About Caroline

Recipe developer, clean living advocate, mom of two and founder of Olive You Whole, Caroline Fausel, has amassed hundreds of thousands of fans over the years through her highly popular blog, Olive You Whole. For nearly a decade, she has created and shared meals for those striving to eat healthier - whether that's gluten-free, dairy-free, Paleo, Whole30, or Keto. Out on December 21, 2021, Caroline's debut cookbook, *PREP, COOK, FREEZE: A PALEO MEAL PLANNING COOKBOOK*, makes it easy to get a nutritious dinner on the table with 12 weeks of Paleo recipes your whole family will love. Caroline is based out of Denver, where she lives with her husband and two children.

Why Caroline?

- Caroline's passion for the Paleo diet began after the birth of her first child. Born prematurely, Caroline's daughter needed nutrient-dense foods that would support her development. At the time, Caroline and her husband were practicing veganism. However, after extensive nutrition research, they decided to switch to a new diet mainly consisting of lean meats and vitamin-rich fruits and vegetables. The Paleo diet was beneficial not only to their daughter's health but their own.
- As a busy mom of two, Caroline's recipes are family-friendly and kid-approved. Her meals are delicious - even the pickiest of eaters will like what's on their plate! In addition, large-portioned recipes easily feed the entire family.
- Caroline has always loved nutrition, and after years of researching and perfecting Paleo, gluten-free, dairy-free and Whole30 recipes, Caroline works to spread her knowledge about nutritious meals and recipes that work for various diets.
- Caroline firmly believes in clean living - both inside and out. Eating Paleo drastically changed her life - Caroline slimmed down, had better digestion, and felt like her healthiest self. She now uses her experience and recipe developing skills to better the lives of others.

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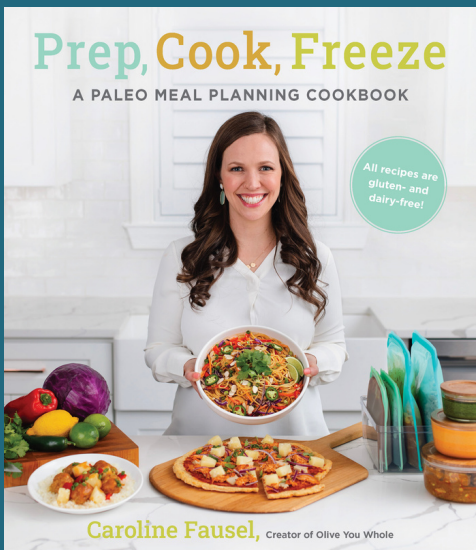
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About PREP, COOK, FREEZE

#1 New Release in Paleo Cookbooks on Amazon

PREP, COOK, FREEZE is a meal planning method that helps you get delicious, gourmet meals on the table faster. This method combines the best aspects of meal planning, meal prepping, batch cooking and freezer meals. The prep-day instructions are all in one place, nestled together to make prep as efficient as possible. Caroline also offers comprehensive grocery lists, step-by-step recipes, and instructions on how to freeze and reheat leftovers for an effortless family meal, even on the most hectic of weeknights. Best of all, the recipes yield large portions that are perfect for freezing, so you're actually making two weeks' worth of dinners at once—meaning you can look forward to yet another easy reheat night.

Why Prep, Cook, Freeze?

- PREP, COOK, FREEZE includes 12 weeks of Paleo recipes using Caroline's innovative method that combines the best aspects of meal planning. Batch cooking and freezer meals will revolutionize your evenings, allowing you to pull together mouthwatering meals, even on the busiest of weeknights.
- This comprehensive plan includes everything from simple instructions to detailed grocery lists, step-by-step recipes and instructions on how to freeze and reheat leftovers, so there's no need for guesswork in getting ready for dinner.
- Caroline has created bold recipes like Teriyaki Sloppy Joes with Asian Slaw and Spicy Shrimp Diablo over Zoodles. She has also created new takes on beloved comforting classics like Best-Ever Barbecue Chicken Pizza and Paleo Fried Chicken and Waffles.
- The recipes in PREP, COOK, FREEZE yield large portions perfect for freezing, so in reality, you're making two weeks worth of dinners at once.
- Caroline's recipes are rich in lean proteins, vibrant fruits and veggies, and texturizing seeds and nuts. Many recipes in PREP, COOK, FREEZE are gluten and dairy-free and suitable for Whole30 and Keto diets.

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Suggested Interview Questions

- What inspired you to write PREP, COOK, FREEZE?
- Why do you think many people quit diets such as Paleo, Whole30 and Keto? How do you think PREP, COOK, FREEZE will help people who are practicing a diet?
- What would you say to people who believe following a diet is too restrictive?
- Why is clean living important to you and your family?
- Are there recipes in PREP, COOK, FREEZE for picky eaters?
- Why was it important to add a “freeze” aspect to your cookbook?
- What’s your favorite recipe in the book?
- What is your children’s favorite recipe in the book?
- What advice do you have for parents who want to help their children eat more diverse and healthy foods but feel stuck on chicken nuggets?
- What dishes in the book are inspired by your family’s international travel?



Suggested Interview Topics

- Clean living, both inside and out
- Making diverse meals with diet restrictions
- Making the change from vegetarian to Paleo diet
- Paleo benefits for children
- Paleo benefits for expectant mothers
- Spending less time in the kitchen and more time with the family
- Importance of diverse foods in each meal
- Listening to your body when dieting
- How to save time when meal prepping
- Kid-friendly Paleo recipes
- Recipes for dietary restrictions (gluten-free, dairy-free, etc.)
- Making intentional lifestyle choices

