

NEW YEAR - FIRST EDITION

# PRIMAL PAGES

JANUARY 2019 - ISSUE 3

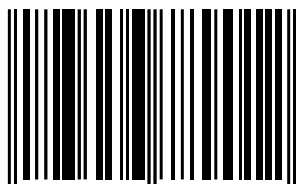
FEATURED RECIPE

PALEO BROWNIE  
RECIPE

GOOD BYE EVOLVED11

CUSTOM BARS ARE HERE!

WHY DID WE DO A 200% MARKUP STORE WIDE?



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# GOODBYE EVOLVED11

We've had such a fun time getting to know you, but we're saying goodbye to Evolved11. But don't worry! We're still going to bring you content twice a week! Our goal is to create more content heavy material, as well as letting you get to know us on a more personal level. Get ready for better quality videos, challenges, live guests and so much more!



**EVOLVED**

As EatingEvolved continues to grow so does our brand. We're excited to announce that we will launch our new logo and new product packaging soon! We love our simple ingredients and we know you do too. So why not have our products reflect it? Our new and sleek designs will continue to reflect our limited natural ingredient. Don't worry though, we're not letting go of our monkey!

# EATING EVOLVED REBRAND!

# INTRODUCING CUSTOM BARS

Ever thought of a topping or flavor you wanted but couldn't find it? We've got you covered. Get creative and make your own custom chocolate bar!

## WE HAVE A LARGE RANGE OF TOPPINGS INCLUDING:

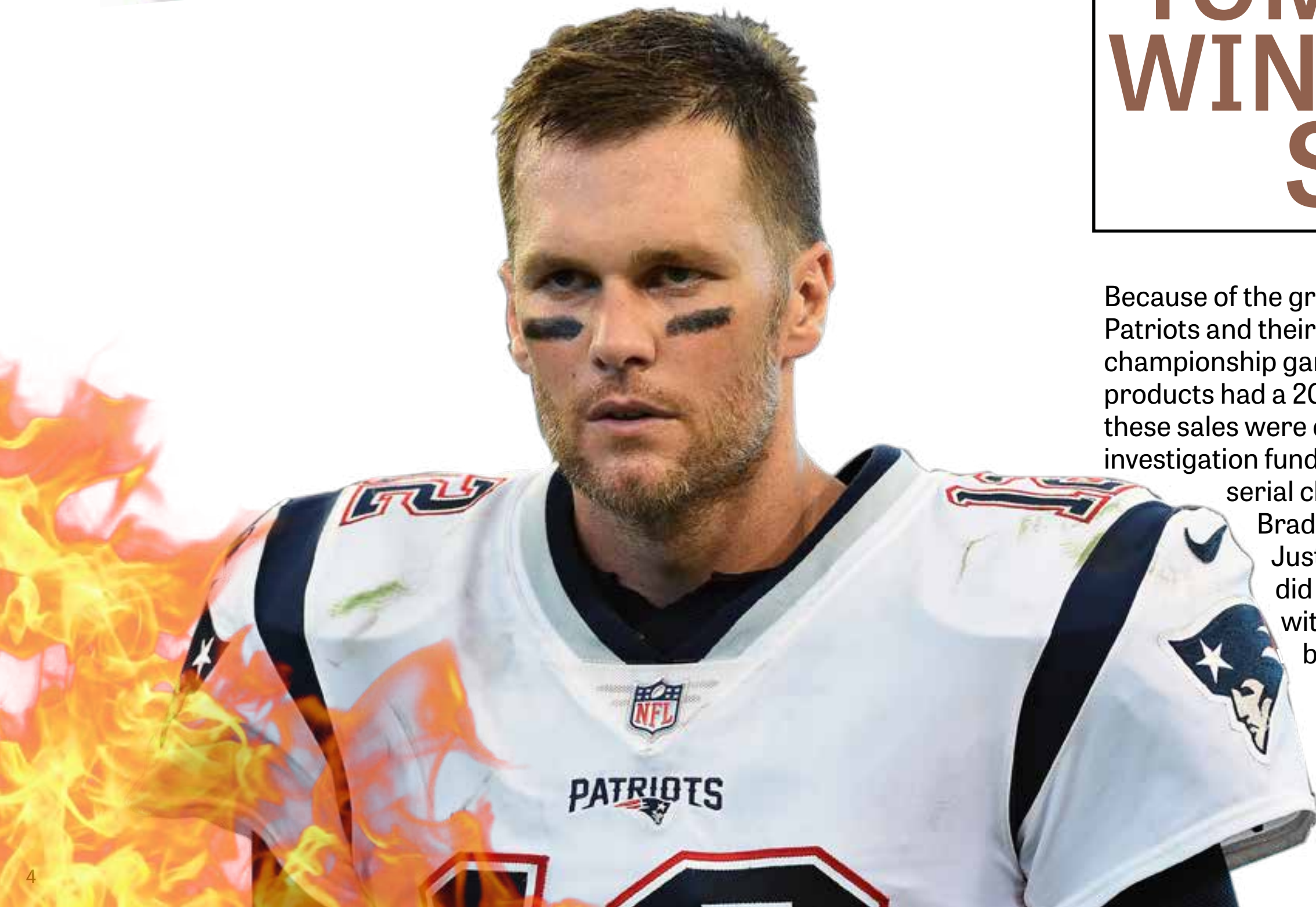
- Freeze-Dried Strawberries\*
- Chewy Dried Bananas\*
- Dried Orange Slices
- Freeze-Dried Raspberries
- Turkish Figs
- Freeze-Dried Blueberries\*
- Tart Cherries
- Shredded Coconut\*
- Almonds\*
- Cashews\*
- Pistachios
- Macadamia Nuts
- Sunflower Seeds
- Dry Roasted Hazelnuts
- Walnuts\*
- Gluten Free Graham Crackers
- Gluten Free Pretzels
- Puffed Quinoa\*
- Ground Coffee\*
- Gluten Free Oreos
- Gluten Free Gingerbread
- Matcha Powder
- Cacao Nibs
- Himalayan Sea Salt
- Pederson's Natural Farms Bacon
- Jackson Honest Potato Chips
- Caramel Crunchies\*
- Marshmallows
- Dandies Vegan Marshmallows
- Gluten Free Lucky Charms
- Plantain Chips

\* = Organic





# TOM BRADY WINS AGAIN SALE



Because of the greedy nature of the New England Patriots and their refusal to lose in an AFC championship game, on January 21, 2019 all EE products had a 200% markup! All proceeds from these sales were donated to the deflate-gate investigation fund, exposing the true criminal and serial cheater known as one Mr. Tom Brady.

Just kidding...What we actually did was send out golden tickets with codes for a free custom bar order with every purchase that people made with the doubled price.



# PALEO BROWNIE SKILLET

**DIFFICULTY: EASY**  
**PALEO & GLUTEN FREE**

<b>Prep Time</b>	10 mins
<b>Cook Time</b>	20 mins
<b>Total Time</b>	30 mins
<b>Servings</b>	3 servings

## INGREDIENTS

- 3 tbsp coconut oil
- 1/4 cup melted chocolate
- 1 egg
- 1/3 cup coconut sugar
- 1.5 tbsp arrowroot powder
- 1 tbsp cocoa powder

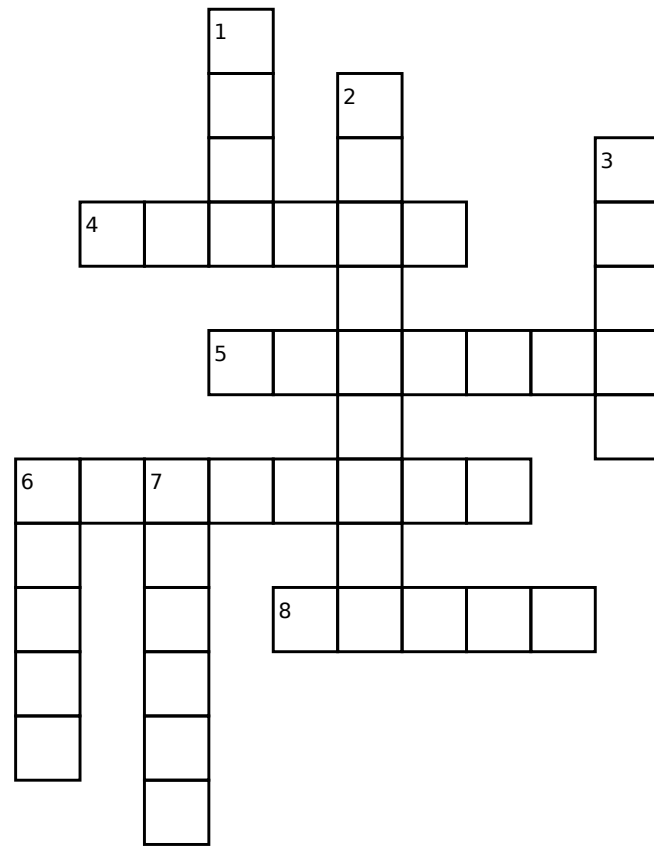
## INSTRUCTIONS

- In a large bowl, mix oil, chocolate, sugar, and egg.
- Add arrowroot powder and cocoa powder.
- Carefully pour and spread in a 4" skillet.
- Bake at 350 degrees for 25 minutes. Take out of the oven and let cool completely.
- Enjoy!!





# EATING EVOLVED CROSSWORD PUZZLE



## Down:

1. We manufacture Coconut \_\_\_\_\_
2. A food made from cacao
3. Known as the "caveman diet"
6. Our Facebook group is the Monkey \_\_\_\_\_
7. Our mascot animal is the \_\_\_\_\_

## Across:

4. We're now offering \_\_\_\_\_ bars
5. Our featured recipe is the \_\_\_\_\_ skillet
6. A football player known for cheating
8. Abstaining from animal products