

Diana Rodgers: Paleo Lifestyle

Diana Rodgers is a Nutritionist in the Boston area, living on a [working organic farm](#) with her husband and two children. They operate a sustainable vegetable and meat CSA. She is the owner of [Radiance Nutritional Therapy](#) where she sees clients, teaches cooking classes and conducts workshops. She also runs the blog [Sustainable Dish](#).

Diana spent many years in the corporate world, working for National Public Radio and Whole Foods Market in marketing prior to studying nutrition. She has an interest in food sustainability from a human nutrition, environmental and social justice perspective. Through her nutrition practice, her experience on the farm, her studies to become a Registered Dietitian, and her continued examination of the ancestral health field, Diana brings a unique perspective to the paleo community. Her nutrition practice is dedicated to helping people easily incorporate optimal eating habits to the entire family.

Her book, [Paleo Lunches and Breakfasts on the Go](#) was released in 2013.

Website: <http://www.sustainabledish.com/>