



## Frugal Paleo: 49 Paleo on a Budget Meals-Eat Hight Quality, Paleo Approved Foods, All While Sticking to a Budget (Paperback)

By Maggie Bradley

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm.

Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.49 Paleo On A Budget Meals-Eat Hight Quality, Paleo

Approved Foods, All While Sticking To A BudgetYou might think that paleo is an expensive diet/lifestyle, but there are definitely ways to cut your costs and eat paleo on a budget! Fortunately, with a little planning and some smart shopping techniques, theres no reason why eating a Paleo diet should cost significantly more than your old way of eating.You might be wondering what impact living Paleo will have on your budget. The truth is that eating like cave men meat, vegetables, fruits, and healthy fats is more economical in the long run than eating packaged food that s devoid of nutrition.Following a Paleo diet does not have to be expensive. Careful preparation and research will save you a lot of money in the long run. For instance, you can purchase your meat in bulk. Cook more egg dishes and make your own broth. Break out of your grocery store routine and explore farmers markets and coops. Most of all, learn how to prepare all of these...

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