

# Download Paleo Meat Wp Well Being

Susan Lacke went 8 weeks as a paleo vegetarian -- here's how she made it work (and lost 19 pounds in the process).The chuck or “shoulder” area of the bovine is a tougher piece of meat. There’s no getting around that. Chuck roasts and steaks come from a part of the animal that is used excessively.The Paleo Diet solution mimics our hunter and gatherer ancestors.So if you can find or kill it in nature, you can eat it...essentially. For those of you that would like the hard core rules ironed out, so here we go with our Paleo Do’s and Don’ts.The ultimate 100% paleo, gluten-free, and dairy-free recipe for paleo lasagna. Made with zucchini noodles, cashew cheese and a rich meat sauce. Popular!