

Download 30 Inexpensive Paleo Diet Dinners A Cookbook Of Paleo Recipes

30 Cheap Main Dish Paleo Meals. ANY diet or lifestyle can be expensive. The USDA uses national food intake data and grocery price information to calculate different costs for a healthy diet at home. The latest numbers for a four-member family: a thrifty food plan, \$146 a week; a low-cost food plan, \$191 a week; a moderate-cost plan,...31 Days of Budget Friendly Paleo Recipes. A pound of meat is \$1.99-\$4.99, depending on the cut of meat and the current sale. So a Paleo meal is basically meat and veggies and fruit. There's no dairy, there's no starches (with the exception of sweet potatoes.) So you lose the least expensive part of a meal, and add an extra veggie or fruit. So you've decided to give Paleo (aka "the caveman diet") a go. While the idea of ditching grains, legumes, processed foods and dairy may seem daunting, there are actually tons of delicious, satisfying and easy options available. Here, 30 Paleo-approved recipes you can make in less than 30 minutes. There are hundreds of recipes for breakfast, lunch, dinner, sides, desserts and much more. As long as you have the basic paleo staples (coconut oil, almond flour, coconut flour, coconut milk, almond butter) and a well-stocked spice cabinet, you will have most of the ingredients on hand for these recipes.