

**PALEO ON THE CHEAP: SAVING TIME AND MONEY
WHILE SAVING YOUR HEALTH**

Nicolle Jobson

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You may remember during week 1 I bought potatoes, onions and almond milk that would be used during week 2. Yossif Etok. These comforting stuffed sweet potatoes do the trick. Checkoutmypaterecipeandchoppedliverwittheeggs. Be like the French: use broth to stretch protein In times of great hardship many cultures used broth to make their meat go. In fact, eating only muscle meat is not optimal and one should always try to have bone broths and organs incorporated in their diet regularly.

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