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Clearly, meat is one of the main ingredients in Paleo diet recipes, since it was largely consumed by Paleolithic people. Today we cook meat in many ways and not necessarily in the healthiest of manners; however, here we give you 8 delicious and beneficial ways to cook it. First, know that cooking meat after it reaches room temperature helps it cook faster and more uniformly.

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This easy paleo recipe adds a few more ingredients than usual to the slow cooker in order to infuse Asian flavors into the tender meat. Prepare this in the morning, and then a nutritious and very delicious meal will be ready and waiting for you by dinnertime.

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Tons of great Paleo recipes. Red meat, poultry, sides, salads, soups, desserts, snacks... Never run out of Paleo meal ideas again.

Ketogenic Paleo Recipes 2# Meat, Cheese, Fish, Cheese.

Hello to all. My name is Damian. I am a full paleo lifestyle athlete, and I want to share you my meals. In this series I will try to show you some ketogenic paleolithic meals.

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