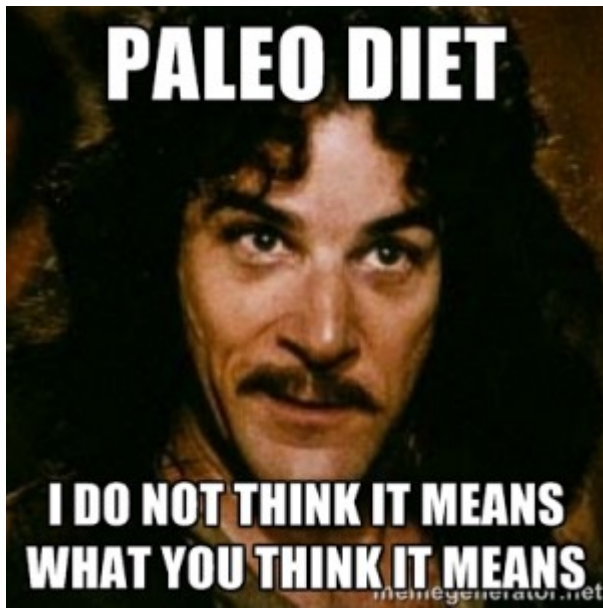


Paleo



Everyone has their views on Paleo these days. What you'll find here will be strict paleo recipes unless noted otherwise in the notes section of the recipe itself. There will also be add-in ideas for people who have gone past their 30 days and introduced a few other foods into their diet again.