

Download Paleo Meat Wp Well Being

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. Easy, hearty and delicious paleo and gluten-free beef stew. Loaded with veggies and fall seasonings, including a little dry wine for added flavor. Your slow cooker makes this beef stew super simple! Today was a very exciting day. My very good friend Kyle unveiled my new blog site. Let’s just say I am the chef and HE is my computer guy. 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.