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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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### **100 Best Paleo Diet Recipes of 2019 Breakfast, Dinner ...**

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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Our recipes are a fast and healthy way to lose weight, feel better, and get in shape on the Paleo diet. From breakfast to dinner, we have a variety of meals for every occasion. With so many amazing recipe options to choose from, you're sure to find a delicious, satisfying, and 100% Paleo diet meal that's perfect for you, your family and friends.

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