



# 31 Proven Ways To Spend Way Less Money On A Paleo Diet

*Jeremy Hendon*

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## Everyday Paleo on a Budget

Do you love eating, looking, and feeling better, but you don't love the higher prices? Do you find it tough to balance your budget and still eat high quality food?

Fortunately, it *IS* possible to eat high quality food without spending a fortune. And it can be easier than you think.

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## The Paleo Solution for Your Budget

When I started eating a Paleo diet, I was still in school, and I had very little money. So I had to make a lot of tough choices about which healthy Paleo foods to eat and which to pass up.

And now that I run a Paleo magazine as well as popular Paleo blogs, I talk to thousands of people who struggle with the same issue. But I also talk to thousands of people who successfully eat Paleo on a budget.

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## A Paleo Book that will Save You Money

Most Paleo books cost money. This one is going to make money for you. The tips, tricks, and tactics in this book are designed to save you money in as many parts of your diet as possible.

There are no secret stores where you can buy high-quality foods for 1/2 price. But there are plenty of ways to save money while still feeding your family the best foods.

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## Paleo Mistakes can Cost You Money

Trying to be perfect on a Paleo diet is one of the biggest and most costly mistakes you can make. But many people make it.

If you need to make choices about which foods to buy, then you need to make the right choices that will keep you healthy but also go easy on your wallet. Most people don't do this at all.

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### Start Saving Now

Don't spend more than you should. And don't forgo getting as healthy and lean as possible. **Buy this book Now!**

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