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I've tackled the question of thrifty vittles over the years in a multitude of ways, and I encourage you to peruse my Food section for a complete treatment of the topic. Today, as part of my Uber Frugal Month Challenge, I'm going to outline the most comprehensive, the most thorough, the most delicious rundown of frugal food that I can possibly muster!!

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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. Eat Your Vegetables: Eat as many and as much ...

### **Paleo Do's and Don'ts about the Paleo DietPaleo Effect**

Reminiscent of lemonade, yet milder and less acidic, water kefir or tibicos is a traditional fermented drink. Like most fermented foods and beverages, water kefir is rich in beneficial bacteria and food enzymes.

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