

FOOD

Meater Thermometer Price point: \$70-\$230
<https://meater.com/>



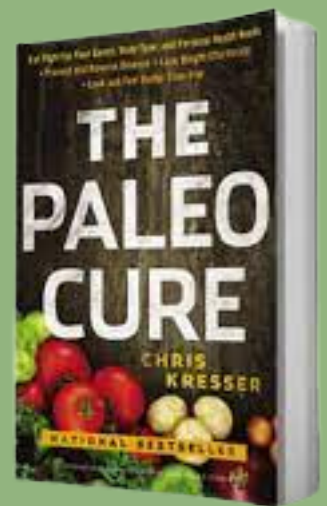
A perfectly cooked cut of meat e.v.e.r.y. time! This is perfect for the wanna-be chef (and especially the non-chef!)
Personal note: I never cook meat without it!

"The Paleo Cure"

Price point: ~\$25

Amazon, Walmart.com, etc

Health guru Chris Kresser writes about the four pillars of health with an emphasis on food and de-mystifies the term "paleo."



Heart & Soil Supplements

Price point: ~\$28-75/bottle
<https://heartandsoil.co/>

Did you know organ meats are the most nutrient dense foods on the planet? Founded by Paul Saladino, MD to help those who don't *want* to eat liver every day!