# Meghan Markle and Gwyneth Paltrow dispel feud rumours in light-hearted Instagram exchange



Meghan Markle, the Duchess of Sussex, and actress Gwyneth Paltrow have taken to social media to address and dispel rumours of a feud between them, following a notable exchange during a recent Instagram video. The two women were seen together in Paltrow's kitchen in Montecito, California, participating in a question-and-answer session with fans from the actress's Instagram account.

In this video, the interaction was initiated when a fan inquired about the so-called “Meghan Markle beef” trending online. Paltrow responded candidly, stating, “I genuinely do not understand this at all, whatsoever.” Turning the camera to Meghan, who was sat beside her enjoying a bite to eat, she asked, "do you understand this?" Meghan responded with a playful shrug and giggle, marking a light-hearted end to the speculation.

Their friendship has come under scrutiny largely due to social media narratives that emerged after Gwyneth posted a cooking video featuring music from Meghan’s Netflix cooking show "With Love, Meghan." Observers noted visual similarities to Meghan’s show, which inadvertently contributed to the rumoured rivalry.

In light of these unfolding events, Paltrow defended Meghan’s decision to establish a lifestyle brand, expressing her belief that “everybody deserves an attempt at everything that they want to try.” She has previously voiced positive sentiments about Meghan, describing her as “really lovely,” and emphasising the importance of women viewing one another as allies rather than adversaries. Paltrow stated, “I was raised to see other women as friends, not foes” and reinforced the idea that there is "always more than enough to go around."

Meghan has been actively promoting her lifestyle brand As Ever, launched alongside her Netflix series, which has faced mixed reviews but has still proven to be popular, recently reaching Netflix's top 10 programmes globally. Additionally, she is set to release a new podcast titled "Confessions Of A Female Founder," where she intends to discuss themes around entrepreneurship and share insights on building successful businesses. The podcast is scheduled to launch next Tuesday.

The interactions between Meghan and Gwyneth highlight the complexities of public perceptions in the realm of celebrity and brand-building, as both women navigate their personal and professional lives under the watchful eye of social media and public commentary.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.breakingnews.ie/entertainment/meghan-dispels-rumours-of-beef-in-video-with-gwyneth-paltrow-1744508.html> - This article discusses Meghan Markle and Gwyneth Paltrow addressing rumours of a feud between them in a video, with Paltrow expressing genuine confusion about the speculation. The article also mentions Paltrow's previous positive comments about Meghan.
* <https://perezhilton.com/gwyneth-paltrow-instagram-video-meghan-markle-shade/> - This piece explores how Gwyneth Paltrow's cooking video might have inadvertently contributed to rumors of a rivalry due to similarities with Meghan Markle's Netflix show 'With Love, Meghan.' It also delves into potential subtle jabs from Paltrow.
* <https://www.noahwire.com> - This is the original source of the information about Meghan Markle and Gwyneth Paltrow addressing feud rumors and discussing their professional endeavors.
* <https://www.imdb.com/title/tt12807176/> - Although not directly available, this would be a page related to Meghan Markle's Netflix show 'With Love, Meghan,' which is mentioned as part of the context surrounding the rumors between Markle and Paltrow.
* <https://www.britannica.com/biography/Gwyneth-Paltrow> - This source provides background information on Gwyneth Paltrow, including her career and her role as a wellness brand founder with Goop, relevant to her interactions with Meghan Markle.
* <https://en.wikipedia.org/wiki/Meghan,_Duchess_of_Sussex> - This Wikipedia page offers detailed information on Meghan Markle, including her career developments and public activities, such as launching 'As Ever' and her upcoming podcast 'Confessions Of A Female Founder.'