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WHY THE PALEOLITHIC DIET WORKS: THE BEST WAY TO GET HEALTHY ON A BUDGET

Why The Paleolithic Diet Works

The Best Way To Get Healthy On A Budget



TRENT GORDON

Speedy Publishing Books, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Based on the original eating habits of our human ancestors, the Paleo diet removes processed foods and encourages fresh, raw, and organic ingredients for optimum health. Keep the foods in their natural state. Grill, steam, or lightly cook some ingredients. Build your own Paleo diet meal plan with these ideas for breakfast, lunch, and dinner. Why...

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- Authored by Trent Gordon
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