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PALEO: A SIMPLE START TO THE 7-DAY PALEO DIET PLAN FOR BEGINNERS



Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Welcome to the ultimate Paleo Diet Cookbook, What is the Paleo Diet? The low-carb, high-protein diet is a simple, healthy way to lose weight and feel better. Enjoy the best health of your life, and lose weight while preventing and treating diabetes, hypertension, heart disease, cancer, osteoporosis, and many other modern illnesses. Is the Paleo diet healthy or...

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- Authored by Alisha Abbott
- Released at 2015



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Comprehensive guideline! Its this kind of great go through. it had been writtern really properly and beneficial. I discovered this publication from my dad and i recommended this book to discover.

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