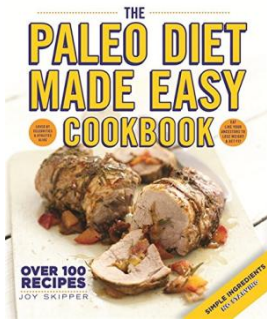


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## THE PALEO DIET MADE EASY COOKBOOK (PAPERBACK)



Octopus Publishing Group, United Kingdom, 2014. Paperback Condition: New. UK ed.. Language: English. Brand New Book. The Paleo diet is the latest and greatest eating innovation, helping people everywhere slim down and live healthier lives. Free yourself forever from faddy food replacements and low calorie alternatives, and simply observe one golden rule: stick to the foods the human body has evolved to eat. Follow the example of your caveman ancestors and fuel your body with a diet of meat (organic...

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- Authored by Joy Skipper
- Released at 2014



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