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Paleo for

Beginners:

Essentials to Get

Started by John

Chatham Audiobook

ExcerptMy Top 5

Paleo Cookbooks

PALEO 5-DAY

MEAL PREP Paleo

Diet for Beginners -

How to Begin

Eating Paleo

What I Eat in a Day

Paleo on a Budget

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What I Eat in A Day
| Paleo What Can
You Eat on The
Paleo Diet

Getting Started on
Paleo - Paleo 101
paleo beginners
guide

Paleo 101 - FOOD
LIST - Diet Basics
for Beginners

Beginners Paleo
Diet Cookbooks
& Recipes

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The Paleo Diet
Explained FULL
PALEO MEAL
PREP | 30 days of
The Paleo Diet
Paleo Weight Loss
Mistakes Paleo
Shopping On a
Budget with Coach
Andi PALEO WHAT
I EAT IN A DAY
(Vlog) Honest
Health Update //
TessaRenéeTR

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~~Paleo 7-Day Meal
Prep + FREE~~

~~Downloadable Meal
Plan 3 PALEO~~

~~BREAKFAST~~

~~RECIPES | Gluten
free, dairy free +
healthy! Paleo for~~

~~EASY and~~

~~SUSTAINABLE~~

~~Weight Loss~~

~~PALEO \u0026~~

~~WHOLE 30 | WHY~~

~~I STARTED \u0026~~

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~~HOW I MAINTAIN~~

~~IT~~ 3 Paleo Weight
Loss Mistakes Why

You're Not Losing
Weight on The

Paleo Diet Free

Paleo Beginners

Guide Foods to buy

when starting a

Paleo lifestyle!

paleo diet-recipes

:best book for

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Top 5 Paleo Diet
Recipe Cookbooks
~~Best Paleo~~
~~Cookbooks Paleo~~
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~~Review For~~
~~Beginners Keto Vs~~
~~Paleo Diet - Which~~
~~Is The Best Diet~~
~~For You? (WITH~~
~~EXAMPLE) Should~~
~~I Go Primal or~~
~~Keto? Paleo For~~

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Beginners To Essentials To

Get Started

Paleo is not just another fad diet; it is the diet humans were designed to eat. But getting started on any new diet can be challenging—even one as primal as Paleo. Paleo for Beginners is your one-stop Paleo

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Essentials To
Get Started

cookbook for
feeling healthy,
losing weight, and
increasing your
energy level. By
focusing on low-
carb, high-protein
meals that remove
all processed foods,
this Paleo cookbook
will help decrease
your odds of
developing common
health ailments

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Essentials To
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such as diabetes,
hypertension, heart
disease ...

Paleo for
Beginners:
Essentials to Get
Started: Chatham ...
Discover the savory
joys of Paleo—an
essential
beginner ' s meal
plan and cookbook.
Paleo is not just

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another fad diet; it is the diet humans were designed to eat. But getting started on any new diet can be challenging—even one as primal as Paleo. Paleo for Beginners. is your one-stop Paleo cookbook for feeling healthy, losing weight, and

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Increasing your energy level. By focusing on low-carb, high-protein meals that remove all processed foods, this Paleo cookbook will help decrease your ...

Paleo for
Beginners:
Essentials to Get
Started by John ...

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Add to Wishlist.

Free sample. \$9.99

Ebook. The Paleo diet is not just another fad diet; it is the diet humans were designed to eat. Also known as the Primal diet, the Caveman diet, and the Stone...

Paleo for
Beginners:

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Essentials to Get
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Paleo is not just another fad diet; it is the diet humans were designed to eat. But getting started on any new diet can be challenging—even one as primal as Paleo. Paleo for Beginners is your one-stop Paleo

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Essentials To
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cookbook for
feeling healthy,
losing weight, and
increasing your
energy level. By
focusing on low-
carb, high-protein
meals that remove
all processed foods,
this Paleo cookbook
will help decrease
your odds of
developing common
health ailments

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Essentials To
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such as diabetes,
hypertension, heart
disease ...

Amazon.com: Paleo
for Beginners:
Essentials to Get
Started ...

A book entitled
Paleo for Beginners
Essentials to Get
Started written by
John Chatham,
published by

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Callisto Media Inc
which was released
on 03 December
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Paleo for Beginners: Essentials to Get Started

Essentials to Get Started, is a comprehensive, yet concise guide to embracing the Paleo lifestyle. John Chatham, bestselling author of The Paleo Diet Solution and The Paleo Diet Solution Cookbook, walks

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Readers through
every step of
success in a
concise, easy-to-
read format.
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Chatham
Paleo for Beginners
: Essentials to Get

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Started by John
Chatham (2012,
Trade Paperback)

The lowest-priced
brand-new, unused,
unopened,
undamaged item in
its original
packaging (where
packaging is
applicable).

Packaging should be
the same as what is
found in a retail

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store, unless the item is handmade or was packaged by the manufacturer in non-retail packaging, such as an unprinted box or plastic bag.

Paleo for Beginners
: Essentials to Get
Started by John ...
Paleo Grocery List:
The Essentials. non-

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grain sandwich
bread. grainless
wraps. non-grain
granola.

unsweetened nut or
seed butter. almond
or hazelnut milk.

avocado-based
spreads (to replace
margarine and
butter) oil-free,
sugar-free salad
dressings (to make
those leafy greens

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(tasty) dried spices.

Get Started

Paleo Grocery List:
Pantry Essentials
for Beginners [Free

...

The paleo diet is modeled after the diets hunter-gatherers are likely to have followed. While there is no one way to follow

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the paleo diet, the
basic idea is to
avoid processed
foods and focus...

The Paleo Diet — A
Beginner's Guide +
Meal Plan

Celery – Often
thought of us a diet
food, celery is a
fantastic veggie to
eat on Paleo, and
one that provides

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antioxidants and
helps curb
inflammation.

Celery gives you
over 5% of your
fiber from a 100
gram serving.

Paleo Diet Shopping
List Essentials |
Paleo Grubs
Raw, unprocessed
and unheated honey
is a great way to

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add sweetness to your recipes. Raw honey will be mostly solid and you just need to warm it up a little to get it to a liquid state. Spices. The usual suspects: allspice, cumin, oregano, rosemary, pepper, chili powder,

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Paleo Essentials - Paleo Cupboard

Also known as the Primal diet, the Caveman diet, and the Stone Age diet, the Paleo diet focuses on low-carb, high-protein meals, and removes all processed foods. Paleo for Beginners will show you...

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Paleo for
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Essentials to Get
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Started - John ...

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For Beginners.

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Mobi, Kindle Book.

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Joys of Paleo--an essential beginner's meal plan and cookbook. Paleo is not just another fad diet; it is the diet humans were designed to eat. But getting started on any new diet can be challenging--even one as primal as Paleo. Paleo for Beginners is your

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one-stop Paleo
cookbook for
feeling healthy,
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increasing your
energy level. By
focusing on low-
carb, high-protein
meals that remove
all processed foods,
this Paleo cookbook
will help decrease
your odds ...

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Paleo for Beginners
: Essentials to Get
Started by John ...

Paleo for
Beginners:
Essentials to
Getting Started is
packed with more
than a hundred
Paleo recipes such
as Eggs Benedict
Paleo Style and
Chicken Avocado
Wraps. However, it

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doesn't end there.

There's also a helpful seven-day step-by-step plan to guide you when you first get started.

A Roundup of the
Best Paleo Books
You'll Ever Read |
WellMe

Begin Your Paleo
Diet Lifestyle
Today! In this book

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you will unlock the answers to your curiosities about this new diet craze. But guess what? It isn't just a fad. It genuinely WORKS...When done right, that is. But no need to worry, you are about to learn all you need to know as a beginner

Get Free Paleo For Beginners Stepping into the world of the Paleolithic Diet!

Paleo for
Beginners: The
Essentials on How
to Begin Your ...
Paleo for
Beginners:
Essentials to Get
Started, is a
comprehensive, yet
concise guide to

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Embracing the Paleo lifestyle. John Chatham, bestselling author of *The Paleo Diet Solution* and *The Paleo Diet Solution Cookbook*, walks readers through every step of success in a concise, easy-to-read format.

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concise, guide to
embracing the Paleo
lifestyle. John
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The Paleo Diet
Solution and The
Paleo Diet Solution
Cookbook, walks
readers through
every step of
success in a
concise, easy-to-
read format.

"Paleo for
Beginners is a

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Comprehensive yet concise guide to embracing the Paleo lifestyle." --back cover.

A fun and practical guide for adopting Paleo diet principles into your daily life
The human body survived for more than 2 million years with the food found

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in nature: game
meat, fish,
vegetables, wild
fruits, eggs, and
nuts. Humans were
thriving on this diet
high in animal fat
and proteins and
low in
carbohydrates, but
things changed
when we introduced
unnatural and
processed foods to

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our bodies. The Paleo movement is one of today's hottest diet and healthy-eating approaches. Its appeal comes from the fact that it is a sustainable alternative to more restrictive diets that often lead to burnout and failed weight loss efforts.

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The Paleo diet is about using natural foods to achieve great health and a perfect physique. Living Paleo For Dummies shows you how to adopt the Paleo lifestyle and improve your health and longevity. Offering more than 40 recipes for every

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meal of the day, and providing tips for getting around common roadblocks such as eating out, this essential guide to adopting a primal diet also provides the latest, cutting edge research from genetics, biochemistry, and anthropology to help you look, feel,

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and perform your best. The details of eating the foods that our bodies were designed to eat A complete introductory plan to kick start the Paleo journey Tricks to save on the food bill while adhering to a primal meal plan Living Paleo For Dummies is for

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Essentials To
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anyone looking for a fun and informative guide that simplifies the complexities of the Paleo Diet while outlining and explaining the science behind the benefits.

Discover Paleo for
Beginners:
Essentials to Get

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Started with the
Paleo Diet Today
only, get this Kindle
book for just \$0.99.
Read on your PC,
Mac, smartphone,
tablet or Kindle
device. The Paleo
diet is a success
because of the
following reasons: it
is simple, doable,
and effective.
Weight loss is

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Achievable within
three weeks and
great health is
possible for good
with continuous
implementation of
this diet in your
lifestyle. Here Is A
Preview Of What
You'll Learn...

Principles of diet
Paleo diet for a
week Recipes for
paleo diet Side-

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effects and
contraindications
Results after 7 days

Feedback from

doctors about the

paleo diet Download

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Paleo Diet, Paleo

Recipes, Paleo

Weight Loss

Achieve your best

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health by eating like
your ancestors.

Recent scientific
studies have proven
the superior health
benefits of a Paleo
Diet. Based on the
idea that the diet of
our early ancestors
is the ideal diet for
optimum health,
Paleo cuts out
unhealthy modern
foods like grains,

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sugars, and processed products, and replaces them with only the freshest, healthiest, and most nutrient-packed foods. Paleo for Beginners is your introduction to the life-changing Paleo Diet, with 150 easy recipes that will help you get lean and feel more

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energetic. Paleo for
Beginners

introduces you to
the healthiest, most
time-tested diet in
human history with:

- 150 delicious
Paleo recipes for
every meal •
- Detailed information
on the proven
health benefits of
eating Paleo •
- Q&A to determine

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how eating Paleo fits with your lifestyle • Detailed 30-day meal plan • Tips on building a Paleo pantry and staying Paleo outside your home • Special advice for weight loss, athletes, and other dietary needs With Paleo for Beginners rediscover the

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foods your body
was designed to
consume, and start
start feeling and
looking better right
away.

The Paleo diet is
not just another fad
diet; it is the diet
humans were
designed to eat.
Also known as the
Primal diet, the

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Caveman diet, and the Stone Age diet, the Paleo diet focuses on low-carb, high-protein meals and removes all processed foods. Paleo for Beginners will show you how to adopt a Paleo lifestyle in order to feel healthy, lose weight and increase your energy level.

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With Paleo for
Beginners, start
enjoying the best
health of your life
today—all while
losing weight and
decreasing your
odds of diabetes,
hypertension, heart
disease, cancer,
osteoporosis and
many other modern
health maladies.

Paleo for Beginners

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is a comprehensive yet concise guide to embracing the Paleo lifestyle, walking readers through a successful Paleo diet in a straightforward, easy-to-read format.

Successfully make the transition to a Paleo lifestyle with a 7-day, step-by-

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step plan for
beginners. Set
yourself up for
success with the
Paleo shopping
guide and a list of
117 Paleo-
recommended foods
(and an extensive
list of what food
items you should
avoid). Enjoy Paleo-
friendly versions of
99 mouthwatering

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recipes for every meal. Recipes include Eggs Benedict Paleo Style, High-Protein Grain-Free Burgers, Chicken Avocado Wraps and Paleo Waffles. Starting a new diet can be difficult, but with Paleo for Beginners learning how to do so shouldn't be.

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Twelve-time New
York Times

bestselling author
Mark Hyman, MD,
presents his unique
Pegan

diet—including meal
plans, recipes, and
shopping lists. For
decades, the diet
wars have pitted
advocates for the
low-carb, high-fat

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paleo diet against advocates of the exclusively plant-based vegan diet and dozens of other diets leaving most of us bewildered and confused. For those of us on the sidelines, trying to figure out which approach is best has been nearly impossible—both

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Extreme diets have unique benefits and drawbacks. But how can it be, we've asked desperately, that our only options are bacon and butter three times a day or endless kale salads? How do we eat to reverse disease, optimal health, longevity and

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Essentials To
performance. How

do we eat to
reverse climate
change? There

must be a better
way! Fortunately,

there is. With The
Pegan Diet's food-is-

medicine approach,
Mark Hyman

explains how to
take the best

aspects of the paleo
diet (good fats,

Page 65/83

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limited refined
carbs, limited
sugar) and combine
them with the vegan
diet (lots and lots of
fresh, healthy
veggies) to create a
delicious diet that is
not only good for
your brain and your
body, but also good
for the planet.

Featuring thirty
recipes and plenty

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of infographics illustrating the concepts, The Pegan Diet offers a balanced and easy-to-follow approach to eating that will help you get, and stay, fit, healthy, focused, and happy—for life.

Make a successful transition to a Paleo

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Diet in just one month. The Paleo Diet is a lifestyle change that can revolutionize your health. On a Paleo Diet, you will look and feel better than ever before, just by avoiding the modern-day processed foods that make us overweight and unhealthy, and

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consuming

nutritious,
wholesome foods
instead. Paleo for
Every Day will
guide you through
the first four weeks
of the Paleo Diet,
with dozens of
delicious recipes
and easy-to-follow
meal plans that will
help you lose
weight, build lean

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muscle, and prevent disease. Paleo for Every Day gets you on the road reshaping your body and your relationship with food, with:

- More than 60 simple Paleo Diet recipes, including favorites like Maple-Fennel Breakfast Sausage with Scrambled

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Eggs, Beef Tacos,
Rib Roast with Must
ard-Horseradish

Sauce, and

Chocolate Chip

Cookies • A

comprehensive

4-week Paleo Diet

meal plan to guide

you through the

first month of Paleo

• Paleo shopping

lists, along with

planning,

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preparation, and
pantry-stocking tips
that will save you
time, money, and
stress • A detailed
Paleo food list and
Paleo-approved
snacks that will
keep you feeling
energized and
satisfied • Tips for
how to nutritional
labels so you can
make good choices

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When shopping, and advice for how to make the best choices when dining out The Paleo for Every Day is a step-by-step guide to achieving sustainable weight loss, a lean body, and better health with the Paleo Diet.

A Super Simple

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Paleo for Your Not-
So-Simple Life

Kenzie Swanhart knows firsthand just how hard it can be to introduce a Paleo diet into your hectic routine. In Paleo in 28, she teaches you that it takes only five ingredients, plus a few basic pantry

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staples, to create mouthwatering Paleo recipes for today and everyday. Making the transition to Paleo has never been easier with this effortless guide, which boasts:

- A flexible 28-day meal plan so that you never have to wonder what to eat

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- 130 delicious recipes, from Good Morning Mug Biscuits and Nacho Kale Chips to Fall-Apart Short Ribs and Almond Butter Bars
- Streamlined shopping lists to save time and money
- A customizable one-week Paleo menu to help you strategize

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beyond your first
28 days •

Nutritional
information for
every recipe Enjoy
the classic flavors
of all your favorite
foods with gluten-
free Paleo recipes
that will jumpstart
your healthy
lifestyle and keep
your taste buds
happy.

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The Paleo diet isn't a fad or another weight loss gimmick. It's the way humans were meant to eat. The Paleo Cookbook is a comprehensive collection of recipes from across the globe. Whether you're looking for Paleo-friendly

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breakfasts, dinners,
desserts, or
international
favorites, you'll find
dishes for every
taste. The Paleo
Cookbook is your
guide to a new,
healthier way of
eating: Enjoy 300
easy recipes for
every meal plan
including side
dishes, snacks, and

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beverages. Find a wide variety of choices for both meat-eaters and vegetarians.

Experience international Paleo dishes such as Curried Shrimp, Chicken Cacciatore, Beef Stir-Fry, and Caveman Fajitas. Make the move to gluten-free eating

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by using the freshest meats, produce, and spices. Learn helpful tips for cooking with Paleo-friendly ingredients. Transitioning to the Paleo lifestyle is the natural way to increased vitality, weight loss, and overall better health. With The

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Paleo Cookbook,
you'll discover just
how easy, delicious,
and nutritious the
Paleo diet can be.

Adapts the author's
nutritional program
to the needs of
athletes in a diet
based on natural
selection and
evolution that
promotes weight

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loss, normalizes
blood cholesterol,
increases energy
levels, and
enhances overall
fitness.

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