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Paleo for Every Day

A Week of Paleo Diet Recipes & Meal Plans to Lose Weight & Improve Health

Rockridge Press, United States, 2014. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. Make a successful transition to a Paleo 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 consuming nutritious, wholesome foods instead. Paleo for Every Day will...

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