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Paleo Diet - A Beginners Guide to Learn How to Eat and Exercise Like a Caveman Mega Recipes

PALEO DIET - A BEGINNERS GUIDE TO LEARN HOW TO EAT AND EXERCISE LIKE A CAVEMAN

Createspace, United States, 2012. Paperback Book Condition: New. 222 x 146 mm Language: English. Brand New Book ***** Print on Demand *****. The Paleo Diet is the new craze. What is the Paleo Diet plan? The Paleo Diet consists of eating foods in their natural (usually raw state) like the ancient caveman. The belief is that foods in their natural states (before processing) are healthier for us. The name comes from the Paleolithic age when cavemen roamed the earth. The...

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- Authored by Mega Recipes
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Reviews

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