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Practical Paleo is not only a cookbook with easy to follow recipes and beautiful pictures, it also explains the premise behind the paleo lifestyle. It is simple and easy to use. It is simple and easy to use.

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Diane Sanfilippo Practical Paleo The 21 Day Sugar Detox

Diane Sanfilippo is the New York Times bestselling author of Practical Paleo and The 21-Day Sugar Detox and co-host of The Balanced Bites Podcast.

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