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Paleo Primer also offers preparations suitable for busy weekdays, and others for relaxing weekends. Paleo Primer was written by Keris Marsden and Matt Whitmore, a British couple who operate a unique and extremely popular fitness and wellness facility called Fitter London.

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Paleo Primer was initially intended as a recipe booklet for our clients and Fitter London members. We wanted to provide some inspiration in the kitchen and some solutions to common health and nutrition issues we observed day to day.

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