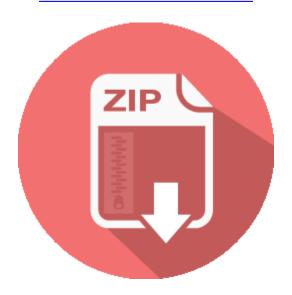
THE PRIMAL BLUEPRINT 21 DAY TOTAL BODY TRANSFORMATION



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Introducing the New Primal Blueprint Food Pyramid Mark's

Thanks so much for this, Mark! It s at a very opportune time, too in my Health, Safety & Nutrition for Kids class, we re covering the SAD Food Pyramid, and I m constantly squirming and cringing.

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The New Primal Blueprint

Mark Sisson. Health and fitness expert Mark Sisson is the New York Times best-selling author of The Keto Reset Diet, best-selling author of The Primal Blueprint and one of the leading voices of the Evolutionary Health Movement. His blog, MarksDailyApple.com, has paved the way for primal enthusiasts to challenge conventional wisdom s diet and exercise principles and take personal

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