

## **THE PRIMAL BLUEPRINT BOOK**



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### THE PRIMAL BLUEPRINT

Introduction 9. Unlike many other diet and exercise programs, the Primal Blueprint philosophy offers tremendous flexibility for personal preference, and even the hedonistic enjoyment of comfortable modern life. You can be sure that I walk my talk, but I'm no ascetic or tightly wound fitness freak.

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### Primal Blueprint

Make a commitment to the Blueprint, and watch your body transform into the ideal composition it was meant to be. The Primal Blueprint is no fad weight loss program it's a set of lifestyle laws and habits that are the keys to health, wellness and longevity.

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### The Primal Blueprint Reprogram Your Genes for Effortless

Mark Sisson's enthusiasm for Primal eating and his robust and entertaining writing style make this book a pleasure to read! The premise of The Primal Blueprint is to encourage you to eat and move the way that mankind has evolved to over the past two million years.

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### Primal Blueprint Fitness Mark's Daily Apple

The PBF Schedule. PBF employs the simple principles that I (and now thousands of Primal Blueprint followers)

have used to regain, build and maintain superb strength and health. These principles are visually illustrated by the Primal Blueprint Fitness Pyramid, of which anyone that has read my book is intimately familiar.

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### **Definitive Guide The Primal Blueprint Mark's Daily Apple**

Primal foods can supply all the vitamins, minerals, protein, fats and water that you need. by the way the primal blueprint is the diet you described, minus legumes and with high-fat dairy instead of low-fat.

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### **The Primal Blueprint AbeBooks**

The Primal Blueprint: Reprogram your genes for effortless weight loss, vibrant health, and boundless energy (Primal Blueprint Series) by Sisson, Mark and a great selection of related books, art and collectibles available now at AbeBooks.com.

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