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Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Finally, a workbook designed to break dietary change into practical, daily steps with "just tell me how to do it" simplicity. Dramatic health benefits emerge from a diet based on our hunter/gatherer roots, but transitioning to the Paleo Diet can be intimidating. Even after hours poring over Paleo resources, too many still stand bewildered in the kitchen when it's time to make a quick breakfast or find...

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- Authored by Devin R Reyes
- Released at 2019



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