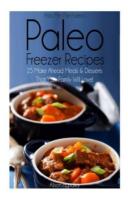
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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. The Paleo Lifestyle is becoming extremely popular but the big knock on it is that its not EASY! In this book you will discover TONS of great make ahead recipes that can be easily frozen to allow you to eat amazingly delicious, HEALTHY food every day of the week!! What more could you ask for as it pertains...

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- Authored by Alison Handley
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