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The Essential Guide to Eating Paleo: The Stone Age Diet Revisited

By Derrick Moore

Weight a Bit, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Some consider eating Paleo-style as just another fad while others see it as the best way of eating; considering how far back it goes. How much do you know about it? Find out and draw your own conclusion after reading the guide The Essential Guide To Eating Paleo - The Stone Age Diet Revisited. You will learn what it means to eat the Paleo way, and its benefits. Not all foods qualify to be considered as Paleo. But you will find out which ones do and which ones don't. We don't want to forget about the recipes. There is a chapter devoted specifically to breakfast recipes, one for lunch recipes and of course dinner recipes. These meals are delicious and you should not have to go out of your way to prepare them. This handy guide is very easy to read and should satisfy a lot of your curiosity about what is involved with eating Paleo.



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