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PALEO DIET - OLD IS GOLD!



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Paleo Diet - Old is Gold! Table of Contents Prelude Getting Started Chapter 1: Overview Chapter 2: What to Eat and What Not? Chapter 3: Switching to the Paleo Diet Chapter 4: Paleo Diet Comparison Chart Benefits of Paleo Diet Chapter 1: Weight-Loss Chapter 2: Reduces Type-2 Diabetes Risk Chapter 3: Builds Muscles Chapter 4: Other Benefits Breakfast...

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