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PALEO LUNCH RECIPES: QUICK AND MOUTHWATERING PALEO LUNCH RECIPES FOR DIETING, WEIGHT LOSS, AND HEALTHY LIVING



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Paleo Lunch Recipes The Essential Kitchen Series, Book 92 Quick and Mouthwateringly Delicious Paleo Lunch Recipes for Dieting, Weight Loss, and Healthy Living You don t need to be a caveman to see the benefits that would come from a simplified diet. Today, our bodies are bombarded with high-calorie, processed foods, many of them reliant on grains, legumes...

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- Authored by Sarah Sophia
- Released at 2015



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