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The Paleo Primer A Jump Start Guide to Losing Body Fat

This was a fantastic no-nonsense beginner's guide to the paleo lifestyle. I enjoyed the way they explained the science behind paleo as well as how it affects our bodies in layman's terms. This included lots of great recipes to get you started and I think I'm going to be buying my own copy to keep around the house as I borrowed this one from the library.

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The Paleo Primer A Jump Start Guide to Losing Body Fat

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The Paleo Primer A Jump Start Guide to Losing Body Fat

How amazing would it be if eating great tasting food helped you to lose fat, boost your energy levels and made you look awesome? Thanks to The Paleo Primer, this is now possible and more to the point-sustainable.

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PALEO PRIMER

paleo primer As the word primer suggests, this is a short, informative blog about one person's journey into the paleo lifestyle. As I make my way to better health and nutrition, I'll be sharing my sources, both informational and inspirational and sharing my paleo story and ups and downs recipes included.

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The Paleo Primer A Jump Start Guide to Losing Body Fat

If you want to try living primally but are not sure where to begin, The Paleo Primer is the book you need to get started. Using clear guidance, straightforward explanations and delicious recipes, fitness experts Keris Marsden and Matt Whitmore will show you how to transform your body with simple changes to the food you eat.

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