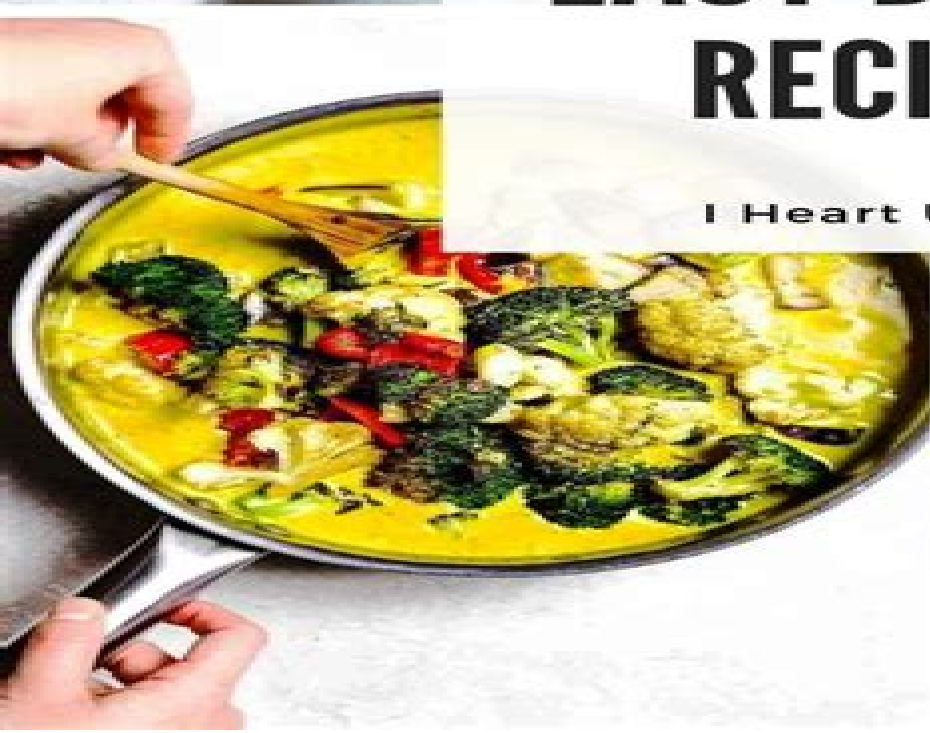




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wild vegetation that us as individuals consumed during the Paleolithic interval a time period lasting approximately two Even though Paleo is a very easy diet to keep by the food prepared by its practitioners on a regular basis runs the risk of becoming boring and repetitive With seemingly so few ingredients to put on the table dieters can often benefit from a couple of easy tips to mix up their food and add something new to their daily meals Look into recipes you haven t tried before Encourage yourself to look for other ways to cook and roast your meat Find new combinations of fruit and vegetables to put in your salads Discover new things So what are you waiting for Grab your copy now **Superfood Weeknight Meals** Kelly Pfeiffer,2016-12 Superfood Weeknight Meals is your go to guide for getting a healthy dinner on the table in no time

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without EVEN TRYING According to the European Journal of Clinical Nutrition 9 people consumed the Paleo diet for 10
DAYS There health results afterwards Weight Loss 9 lbs average Total Cholesterol went down by 16% LDL Cholesterol went
down by 22% Triglycerides went down by 35% Insulin AUC went down by 39% Diastolic Blood Pressure went down by 3 4
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