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~~The Big 15 Paleo Cookbook~~

In The Big 15 Paleo Cookbook, Megan Flynn Peterson shows you how to get everything you want in a healthy diet, and avoid everything you don't. Megan's journey into eating paleo started in 2011 after a year of unexpected weight gain, anxiety, and a slew of other issues that affected her overall well-being.

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Below is the complete table of contents presented in The Big 15 Paleo Cookbook PDF: EGGS; CHICKEN; BEEF; PORK; FISH; SHRIMP; CAULIFLOWER; KALE; BROCCOLI; ZUCCHINI; BEETS; BRUSSELS SPROUTS; SQUASH; MUSHROOMS; SWEET POTATOES; Product Details. Below are the technical specifications of The Big 15 Paleo Cookbook PDF. Book Name : The Big 15 Paleo Cookbook

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The Big 15 Paleo Cookbook: 15 Fundamental Ingredients, 150 Paleo Diet Recipes, 450 Variations. You don ' t have to be on a paleo diet to enjoy the recipes in The Big 15 Paleo Cookbook —you just have to enjoy eating real, healthy food. Though if you do follow a paleo diet, you ' ll really enjoy this book.

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