



**Paleo For Beginners: Eat like a Cavewoman. 21
Delicious Paleo Recipes For You: (Paleo Diet Free,
Paleo Diet, Paleo Cookbook, Paleo For Beginners,
Paleo ... Diet to Overcome Belly Fat, Paleo)**

Imogen Williams

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Paleo Diet For Beginners

Eat like a Cavewoman. 21 Delicious Paleo Recipes For You

The Paleo Diet is becoming more and more popular – followers say that it represents a more natural way to eat, and report health improvements such as weight loss, fewer digestive problems, better skin and more energy.

This book includes recipes such as:

- Chocolate brownie bites
- Roasted Lamb Shanks
- Bone marrow
- Fresh foraged nettles

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