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By Mary R Scott

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*****.Enjoying a Paleo lifestyle allows full access to all the healthy meat proteins our body s need. No more sacrificing and starving to drop those excess pounds because with Paleo, clean, healthy eating is paired with fantastic foods and flavors. The Paleo lifestyle may seem as though it is something freshly pressed, newly-concocted to both satiate us and nourish us but it is in fact a throwback. We are returning to our Paleolithic ancestors and eating the way they did using foods that our bodies were designed to process. For the 31 Paleo Meat and Poultry Recipes Cookbook we worked hard to redesign classic meaty comfort foods like lasagna and sloppy joes using the high standards of Paleo. The recipes in this book will give you 31 days of absolute deliciousness ranging from Sweet Cherry Pork Bites to decadent Meat Crust Pizza and Meatballs on Cucumber Fettuccini. Happy Paleo!.



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