

**Paleo Diet For Beginners: What Is Paleo Diet, Health Benefits,  
Allowed Food List And How To Lose Weight [Unabridged]  
[Audible Audio Edition]**

**By Russell Dawson**



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Lifestyle change. This is the most ignored but highly significant part of a Paleo diet. While on a Paleolithic journey, it is crucial that diet and lifestyle should

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What is The Paleo Diet? Feel free to reach out to me with questions or comments. This week I've pulled together a roundup of Easy Paleo Recipes for Beginners.

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