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The Lazy Paleo
Enthusiast's Cookbook
A Collection of Practical Recipes and
Advice on How to Eat Healthy, Tasty Food
While Spending as Little Time in
the Kitchen as Possible



By
Sean Robertson

Createspace, United States, 2011. Paperback. Book Condition: New. 203 x 124 mm. Language: English . Brand New Book ***** Print on Demand *****.The paleo lifestyle has exploded in recent years, as more and more people discover that they can feel awesome, lose weight, and even alleviate chronic health conditions, all while trading in their tofu and rice cakes for a healthy serving of bacon. However, once people discover how amazing the paleo lifestyle is, they often encounter a problem that...

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