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Paleo | earthchicknits

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The paleo diet (an introduction for beginners)

Just started Paleo (day 4 now) definite sugar withdrawal going on.. however, I'm not giving in. Feel very low energy though, and i eat a ton and still feel hungry
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Stephanie gaudreau | stupid easy paleo |

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Stephanie gaudreau - amazon.co.uk

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What I mean when I say real food is Stephanie Gaudreau She just released a book earlier this year, The Paleo Athlete: A Beginner s Guide to Real Food

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She wrote the best-seller *The Paleo Athlete: A Beginner's Guide to Real Food* Step's Books. *The Performance Paleo* Stephanie Gaudreau | *Stupid Easy Paleo*
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