

The Paleo Athlete: A Beginner's Guide To Real Food For Performance [Kindle Edition] By Stephanie Gaudreau

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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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Robb wolf: the basic paleo plan

The Basic Paleo Plan. Effective, lifelong fat loss is easy with Paleo foods. We recommend the majority of your meals look something like this: 4-8 oz of lean protein

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