

Paleo Snacks for Beginners: 14 Quick and Easy on the go Paleo Snacks

Sydney Kroft



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Choosing a Paleolithic diet is a lifestyle choice. This is the high protein, low carbohydrate way to get and stay healthy. If you love to eat well, but don't have hours to prepare tasty snacks, you've come to the right place! Enjoy these recipes as ingredients involved in this book were attainable to the Paleolithic people!

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