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Paleo Diet Food List PDF - Ultimate Paleo Guide

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This comprehensive Paleo Diet Food List will help you learn what foods are allowed on the Paleo diet. You can print or save a copy of this food list and use them the next time you go to the grocery store.

The Paleo Diet Food List - Printable PDF of Foods Allowed

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Paleo diet calling us to get back to old time, when ancient people do not know what is a microwave and did not eat semi-manufactured food. What is bread, sugar and other "delights" modern time ancient people did not know!

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The Paleo Approach (also known as the autoimmune protocol or AIP) is a more specific version of the paleo diet aimed at regulating the immune system and giving the body the opportu-

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