

# PRACTICAL PALEO DIET

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Practical Paleo is a perennial New York Times bestseller and has been dubbed The Paleo Bible by readers everywhere. The book includes the whys and hows of eating Paleo, 11 customized meal plans for everything from fat loss and athletic performance to digestive health, thyroid health, and more, and more than 120 easy, healthy recipes.

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**Practical Paleo Diet Review Claims vs Effectiveness**

Practical Paleo is an informational book on the paleo diet written by Diane Sanfilippo, and it has been available to Paleo lovers since 2012. We all have heard about the paleo movement that has changed the lives of the hard-core converts for years now.

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