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HEALTHY MEALS: 2 ULTRA HEALTHY DIETS: VEGAN AND PALEOLITHIC



Speedy Publishing Books, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****.Healthy Meals 2 Ultra Healthy Diets: Vegan and Paleolithic Sometimes the best dinner recipes that follow a healthy meal plan come from diets that are quite a change from the norm, including the Vegan Diet and the Paleo Diet. Each of these diets is featured in this Healthy Meals book. Each plan offers a balanced diet...

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- Authored by Linda McLane
- Released at 2013



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