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- Raw Vegetable Sticks With A Homemade Or Shop-bought Dip - Try Carrot, Capsicum, Celery, Jun 1th, 2024

Paleo Snacks Ideas BY DR. SARAH BALLANTYNE, PHD

½ Cup Dried Apricots (or About 15 Fresh Apricots, Dehydrated Until Still Soft) ¼ Cup Extra Virgin Coconut Oil (substitute Tallow For Better Portability) ½ Cup Tallow (you Can Make Your Own Or Purchase) 1. Slice Beef Heart (or Flank Steak) Into 1/4"-thick S Jun 2th, 2024

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Re Going To Get A Ton Out Of It. I Know That Transicioning To The Paleo Diet Isn T Always Easy, And That S Why This Guide Is Here To Help Make It As Easy For You As Possible. 'IGEYWIXLIFIRIÛXWEVI[SVXLMX Feb 1th, 2024

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Introduction - The Paleo Mom ~ The Paleo Mom

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