

# **Paleo Diet Recipes For Weight Loss: The Ultimate Paleo Diet Cookbook For Rapid Weight Loss, Healthy Living And Instant Energy (Paleo Diet Guide) By Andrew Ross**

**By Andrew Ross**

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The Promise. Eat like a caveman and shed pounds. That's the theory behind the Paleo Diet. Loren Cordain, PhD, who literally wrote the book on The Paleo Diet, claims

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