

## DOWNLOAD THE PALEO DIET THE COMPLETE BEGINNERS GUIDE TO THE PALEO DIET INCLUDING 21 DELICIOUS PALEO RECIPES

### **the paleo diet the pdf**

Run by internationally published author and blogger, Irena Macri, Eat Drink Paleo is a go-to stop for paleo recipes, healthy cooking and natural living.

### **Eat Drink Paleo - Tasty Paleo & Gluten-Free Recipes**

FRUIT SOURCES OF PALEO CARBS: These are recommended for pre-workout glycogen storage and as glycogen replacement to your muscles post-workout if you've completed a longer, endurance-based training session.

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