

**30 DAYS OF AMAZING PALEOLITHIC LUNCHES: EASY  
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BOOK 2)**

**Marie Pelton**

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## **Paleolithic diet - Wikipedia**

It tastes just as satisfying as cream cheese, however it is dairy-free, made with . Vegan dip cup unsweetened coconut milk, medium to thick 2 teaspoons lemon juice .. 30 Days Of Amazing Paleolithic Lunches: Easy Gluten Free Recipes ( Paleo The Everything Paleolithic Diet Book: An All-Natural, Easy-to-Follow Plan to.

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## **What is the Paleo diet? | BBC Good Food**

This article is about a modern-day diet. For information on the dietary practices of Paleolithic humans, see Paleolithic § Diet and nutrition. Wild fruit is an important feature of the diet. The Paleolithic diet, Paleo diet, caveman diet, or stone-age diet is a modern fad diet requiring In the 21st century, the paleo diet was popularized in the best-selling books.

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