



**Paleo: Simple, wholesome and delicious recipes for healthy living.**

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# Paleo: Simple, wholesome and delicious recipes for healthy living.

## **Paleo: Simple, wholesome and delicious recipes for healthy living.**

Discover the most delicious recipes for those on a paleo diet mouthwatering dishes made from whole foods that have little or no processing. Enjoy healthy paleo meals throughout the day, such as a California Omelet with Avocado for breakfast, Spicy Squash and Chicken Soup for lunch and Cuban Garlic & Lime Pork Chops for dinner flavor packed dishes that fit into the paleo plan and won't leave you feeling deprived. A brief introduction offers guidelines to explain what foods to eat on the paleo diet and which ones should be avoided for optimal health.

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