

9952800 Everyday Paleo

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## Summary:

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Everyday Paleo by Sarah Fragoso - Goodreads Everyday paleo is a wonderful book. Its an easy read without a lot of science talk, but the basic premise is this: its important to eat healthy, whole, fresh foods, and get up and move. Its equally important to also feed your family healthy, whole, fresh foods, and get them up and moving. Read Everyday Paleo by Sarah Fragoso | Read Book Online Finally, to keep your entire family fit and sane in the 21st century, she lays out easy-to-follow workout routines that you can do either in the gym or your own home. In Everyday Paleo, Fragoso shows you how to make Paleo your lifestyle, not just another fad diet. Sarah Fragoso | RECIPES | LIFE | WELLNESS Sarah Fragoso is an international best selling author of 6 books, ... CA based gym JS Strength and Conditioning, and founder of the Everyday Paleo franchise.

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