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# The Paleo Solution Food List

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should be simple and easy.

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meat, fish, vegetables, ...

## ***Paleo Food List***

<http://www.thepaleodietmealplan.com> If you're considering a **Paleo Diet** then you need a Paleo **Food List** to make the construction ...

## ***Paleo Diet 30 Days Challenge Day 1***

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**Wolf Robb Wolf** is a former research biochemist, health expert, and author of the New York Times bestselling **The Paleo Solution**.

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