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The Big 15 Paleo Cookbook offers the exact opposite: fantastic recipes that won't break the bank or take over your life. With over 150 Paleo recipes that are well rounded, easy, and delectable, you'll never have to wonder what to cook.

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In The Big 15 Paleo Cookbook, Megan Flynn Peterson shows you how to get everything you want in a healthy diet, and avoid everything you don't. Megan's journey into eating paleo started in 2011 after a year of unexpected weight gain, anxiety, and a slew of other issues that affected her overall well-being.

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