



## Let's Go Paleo!

*Sandra van Schijndel*

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# Let's Go Paleo!

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**Let's Go Paleo!** Sandra van Schijndel

An inspirational and lifestyle changing book that argues that for true, optimal health we should go back to the real, whole unprocessed foods our ancestors ate. It contains recipes for twenty-eight days, and is especially written for those who want to start with paleo.

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