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by Leslie Klenke : **Paleo Girl: Take a Leap. Empower Yourself. Be Awesome!**

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Description :

PDF-c0b38 | Let's drop the diet gossip...and go back to the beginning. Has a friend ever told you that you're only supposed to eat 1,200 calories per day? Did you once read that your favorite celeb got killer abs from doing hours of cardio? Have you heard that eating fat will make you fat? Well, I'll let you in on a little secret: those ideas are complete nonsense! If you want to get in great shape, hav... *Paleo Girl: Take a Leap. Empower Yourself. Be Awesome!*

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