

**PRIMAL CRAVINGS: YOUR FAVORITE FOODS MADE
PALEO**

Rebecca Staver

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Editorial Reviews. About the Author. Megan and Brandon Keatley are certified Crossfit coaches and teach numerous classes each week in Columbia, South.

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Primal Cravings sets out to provide the best of both worlds--delicious food to satiate our deep seated, visceral urges, made with ingredients that satisfy our.

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Paleo Book Review: Primal Cravings

Primal Cravings: Your favorite foods made Paleo (Hardcover). I've given up all processed foods including grains and sweets. Then I found this amazing.

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