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Dr. Sarah Ballantyne (aka The Paleo Mom) Created A 4-Phase Chart Of Food Reintroductions Taking Into Consideration How Nutritious The Food Is Versus How Likely It Is To Cause A Reaction. Phase 1 Foods Are High In Nutrition And Low In Likelihood To Cause A Mar 5th, 2024

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That Need To Be Cooked From Scratch Are Noted In Color And Those In Black Have Already Been Prepped Or Cooked And Only Need A Quick Reheat Or Assembly. You Can Easily Glance At The Week And See Which Meal Times You Will Need To ... Feb 1th, 2024

The Paleo Autoimmune Protocol - Anne Angelone

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Chapter 4: The Paleo Diet For Lyme Disease (And Other Nutrition Hacks) 129 Let’s Look At The Paleo Diet In More Detail. One Of The Basic Rules To Consider When Understanding The Paleo Diet Is To Avoid Foods Which Have A List Of Ingredients. Instead, The Diet Prefers Whole, Unpro Jan 2th, 2024

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