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Feb 19, 2016 - Explore Bethany Neel's board "Personal Paleo Code" on Pinterest. See more ideas about Real food recipes, Paleo, Recipes.

~~100+ Best Personal Paleo Code images | real food recipes ...~~

My new book Your Personal Paleo Code will be on the market soon! iStock/thesomegirl. Note: My book, Your Personal Paleo Code, came out in paperback in December 2014 with a new name: The Paleo Cure. I'm excited to announce that my first book, Your Personal Paleo Code, will be published by Little, Brown and Company on December 24, 2013.

~~Introducing My First Book: Your Personal Paleo Code ...~~

My new online program, the Personal Paleo Code, will help you do just

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that. And it's available now ! I've condensed over 10 years and thousands of hours of research and my experience working with hundreds of patients into a simple – yet highly effective – 3-step approach that will help you discover your own ideal diet and finally end confusion about what to eat.

~~Discover Your Own Ideal Diet with the Personal Paleo Code ...~~

Recently, I received a review copy of “Your Personal Paleo Code: The 3-Step Plan to Lose Weight, Reverse Diabetes, and Stay Fit and Healthy For Life” by Chris Kresser. I've enjoyed Chris' blog for a couple of years and I was excited to read his book. I was not surprised to find that Your Personal Paleo Code was well-researched, easy to follow and fun to read.

~~Your Personal Paleo Code Book Review — Wellness Mama®~~

With over 700 recipes, and new recipes added weekly, you'll never run out of ideas or get bored with your Paleo meals. Includes over 700 popular, delicious, Paleo-friendly recipes and growing. Enjoy both original, professionally-crafted recipes and some of the most popular recipes licensed from your favorite online bloggers and Paleo recipe sites.

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The interactive Paleo Recipe Generator makes that easy with over 700 Paleo meals, with more being added every day! Choose from pre-set criteria like low-carb, GAPS, autoimmune, strict Paleo and more or choose the foods you'd like to exclude, like nightshades or dairy.

~~Paleo Recipe Generator | Chris Kresser~~

The Paleo Cure Millions of people around the world are using the Paleo Diet to reverse and prevent chronic disease, burn fat, and boost energy without drugs. While there's no question Paleo is a great starting place, the key to making it successful over the long term is personalizing it to meet your unique needs and goals.

~~The Paleo Cure | Chris Kresser~~

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