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Features 30 new recipes never seen before on author Juli Bauer's blog, paleomg.com, as well as a selection of her best blog recipes. Sections include poultry, beef, pork, fish/seafood, slow cooker, sweet and savory breakfasts, baked goods, 5-ingredient meals, side dishes, snacks and desserts; and each recipe features a color photo. Juli also writes about the paleo diet in general and why it works for her, suggestions for keeping a kitchen well stocked, and recommended resources for further reading. And just like her blog, you can expect plenty of funny stories and awkward moments.

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