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web la dieta paleo o dieta paleolitica consiste nel mangiare solo carne pesce frutta e verdura ovvero gli unici cibi esistenti nell era paleolitica raramente si possono bere alcolici e invece sono concessi caffè e tè quindi cereali e tutti i suoi derivati come pasta e pane non sono ammessi

**la paleo dieta wolf robb amazon com tr** - Apr 30 2022

web la paleo dieta wolf robb amazon com tr Çerez tercihlerinizi seçin alışveriş deneyiminizi geliştirmek hizmetlerimizi sunmak müşterilerin hizmetlerimizi nasıl kullandığını anlayarak iyileştirmeler yapabilmek ve tanıtımları gösterebilmek için çerezler ve

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web si bien no hay una forma única de seguir la dieta paleo la idea básica es evitar los alimentos procesados y centrarse en cambio en alimentos integrales y saludables los alimentos paleo amigables incluyen carne pescado huevos semillas nueces frutas y verduras junto con grasas y aceites saludables