



Merrymaker Paleo: Over 80 Real Food Paleo Recipes To Get You Healthy and Happy

Emma Papas, Carla Papas

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Are you ready to go paleo? Are you ready to get healthy? Are you ready to get HAPPY?

You're here, you're amazing and you're making a change that's going to result in a healthier, happier you! Merrymaker Paleo is filled with 'Best Of The Blog' recipes from themerrymakersisters.com

The recipes are made from REAL FOOD, they are quick, easy and delish... and most importantly - they're going to help you become healthier and happier! Hooray! This means they contain no gluten, no grains, no dairy, no refined sugars, no legumes and no vegetable oils. They're just full of GOOD STUFF!

Merrymaker Paleo is broken down in to recipe categories: breakfast, smoothies, dinner, snacks and sweets! If you're after tasty, healthy recipes then you're going to love it!

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