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By Rockridge Press

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everything you need to know to get started on a green juicing diet, Plan for Beginners Includes Green Smoothies and Green Rockridge University Press

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antioxidants and essential vitamins Simple Green Smoothies make it easy to get started if your new to green smoothies with a Beginner s Luck Green Smoothie.

Holdings: Paleo for beginners : essentials to get -

Paleo for beginners : essentials to get started / Berkeley, Calif. : Rockridge University Press, 2012: Subjects: Prehistoric peoples > Nutrition. Reducing diets.

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Paleo for Beginners: Essentials to Get Started, click on the green menu icon at the top-left of the page. (Rockridge Press) (691 reviews) Get It.

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I add 2 tablespoons of coconut oil to my green smoothies There use to be a lot of bad press about coconut oil, I just started using coconut oil as a

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