



Loren Cordain, Ph.D.  
author of the bestselling *The Paleo Diet*  
with Nell Stephenson and Lorrie Cordain

# The Paleo Diet Cookbook

More Than 150 Recipes for Paleo  
Breakfasts, Lunches, Dinners,  
Snacks, and Beverages



# The Paleo Diet Cookbook

**Brendan G. Carr**



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