

**Paleo Intermittent Fasting Recipes And Paleo Vitamix  
Recipes: 2 Book Combo (Caveman Cookbooks ) By  
Angela Anottacelli**

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This cookbook by Angela Anottacelli is part of the Caveman Cookbooks series. I learned three things from this book: 1. I have a lot to learn about intermittent fasting.

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