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And if you have a copy of It Starts With Food on your bookshelf, and in my cookbook, Nom Nom Paleo: Food for Humans (Andrews McMeel, December 2013)!

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I couldn't be more excited that It Starts With Food will soon be available I was very honored to be invited by M&D to contribute recipes to It Starts With Food.

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It starts with food, by dallas & melissa hartwig

It Starts With Food outlines a clear, balanced, a meal plan with creative, delicious recipes, an extensive list of resources, and much more.

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