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6 week paleo diet and fitness challenge results -

My 6 week diet and fitness challenge ended on Sunday with a final workout and weigh in. We did allow ourselves two meals a week off from eating Paleo
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Results of my 6- week paleo challenge | my website

What I learned after a 6-Week Paleo Challenge. Main menu. Skip to content. Home; About; CrossFit; Parenting; Faith; Home Schooling; 6-weeks of clean, paleo eating
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My paleo challenge results and new addiction |

On April 25th I joined a Paleo Challenge at my I lost 6 pounds after the first week.
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I got six-pack abs in six weeks. here s how i feel

and now it s over: I got six-pack abs in six weeks, and all I got was a lousy photo shoot! but instead how meaningfully the challenge resonated with our

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30-day paleo challenge

Dig in to the 30-Day Paleo Challenge and start whipping up meals that will make everyone at your table feel not just satisfied but thrilled.

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