

# Behold Of A Pale Horse

**Daniel F McAuley**

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tahıllı gıdalar ve tohumlu yağlar kanola ayçiçek yağı pmauk yağı mısır özü yağı gibi ve baklagiller paleo diyetinde 1 günlük örnek

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la idea básica es evitar los alimentos procesados y centrarse

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nueces frutas y verduras junto con grasas y aceites  
saludables