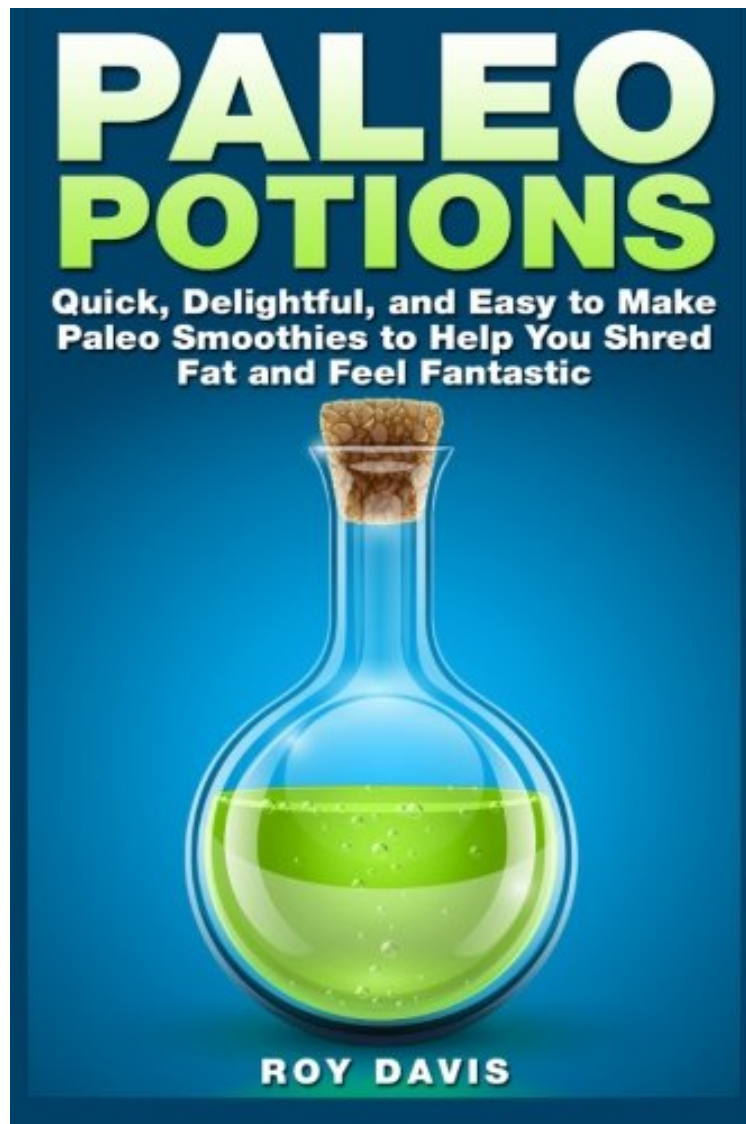


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Paleo Perfection In Potion (Smoothie Beverage) Form Paleo has quickly become one of the most popular diets in the world. It is one of the smartest diets as it brings us back to our roots. Unfortunately, it does take quite some time to meal prep and get all your food ready in time for the week. Luckily I have created some really quick and easy, yet delicious recipes that can be consumed in beverage form.