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Fri, 02 Sep 2016 10:58:00 GMT - Direct from the freezer is an excellent way to consume pemmican to prevent a soft texture. When thawed 10-20 minutes, the bars have the texture of a snickers candy bar.

Paleo Food Mall: Products / Snacks / Stores / Vendors -

Tue, 12 Oct 2010 10:48:00 GMT - There have been about a half-dozen studies published on Paleo-type diets, starting around 20 years ago. In what sounds like a reality TV show, ten diabetic Australian aborigines were dropped off in a remote location to fend for themselves, hunting and gathering foods like figs and crocodiles.

Paleo Diet Studies Show Benefits | NutritionFacts.org -

Wed, 02 Apr 2014 07:20:00 GMT - "The Paleo diet for vegetarians."