

Simon and Schuster, 2016. 432 pages. Fed & Fit: A 28 Day Food & Fitness Plan to Jump-Start Your Life with Over 175 Squeaky-Clean Paleo Recipes. 2016. 9781628601039. Cassy Joy Garcia

# FED & FIT

a 28-day food & fitness plan to jump-start your life  
with over 175 squeaky-clean paleo recipes

Cassy Joy Garcia, NC

with  
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