



Foodie  
goes  
Primal

# A LOW CARB COOKBOOK

mostly #Banting,  
sometimes #Paleo,  
always #LowCarb

by Heidi Visser  
creator of  
Foodie goes Primal  
[www.foodiegoesprimal.com](http://www.foodiegoesprimal.com)

# Foodie Goes Primal A Low Carb Cookbook

**JR Anderson**



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