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si possono bere alcolici e invece sono concessi caffè e tè quindi cereali e tutti i suoi derivati come pasta e pane non sono ammessi

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seguir la dieta paleo la idea básica es evitar los alimentos procesados y centrarse en cambio en alimentos integrales y saludables los alimentos paleo amigables incluyen carne pescado huevos semillas nueces frutas y verduras junto con grasas y aceites saludables