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REAL FOOD Crash Course REAL FOOD - Live Simply

Use all parts of the animal including the bones for nourishing broth Chicken, beef, lamb, pork, and wild game Eggs: From chickens that have been raised on pasture, roaming free with lots of sunlight Fats: Such as: butter from grass-fed cows, unrefined coconut oil, ghee, extra virgin olive oil, tallow, and lard Grains and Legumes: Whole grains, beans, nuts, and seeds Fruits and Veggies

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