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• The Paleo diet for vegetarians. • At first glance, it seems like a contradiction in terms. The Paleo diet is everywhere these days. Four Hour Workweek author Tim Ferriss does it. Former pro Ironman triathlete Mark Sisson promotes a variant of it in his book, The Primal Blueprint, and on his blog. But the Paleo diet is by no means veggie-friendly.

The Paleo Diet for Vegetarians - No Meat Athlete - Plant

Hot pot is a Chinese cooking method, prepared with a simmering pot of soup stock at the dining table, containing a variety of East Asian foodstuffs and ingredients. While the hot pot is kept simmering, ingredients are placed into the pot and are cooked at the table, in a manner similar to fondue. Typical hot pot dishes include thinly sliced meat, leaf vegetables, mushrooms, wontons, egg ...

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