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## HV20



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Veuillez lire aussi le manuel d'instruction suivant (version électronique sur fichier PDF). Pour d'autres détails référez-vous au guide d'installation.

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# Hv20 User Manual

**Thomas Griffiths**



## Hv20 User Manual:

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web la dieta paleo o dieta paleolitica consiste nel mangiare solo carne pesce frutta e verdura ovvero gli unici cibi esistenti nell'era paleolitica raramente 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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web si bien no hay una forma única de 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