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The Primal Blueprint Box Set is a great gift idea or personal keepsake to house your favorite Primal Blueprint books written by Mark Sisson, and recipe books written with Jennifer Meier. You get a free Primal Blueprint Poster (retail value \$14.95), and FREE laminated Primal Blueprint Shopping List and Dry Erase Pen. Easy reference guides to help you shop and live Primally. You don't have to do anything special but order the set; we'll throw the poster and shopping list into your order for you. Mark is the one of the leading figures in the primal/paleo/ancestral health world, with his MarksDailyApple.com the most visited site in this category. Since the release of Mark Sisson's best-selling The Primal Blueprint in 2009, the primal/paleo/ancestral health movement has grown remarkably, and achieved mainstream acceptance as a healthy diet, exercise and lifestyle strategy to counter many of the health compromising recommendations of conventional wisdom.