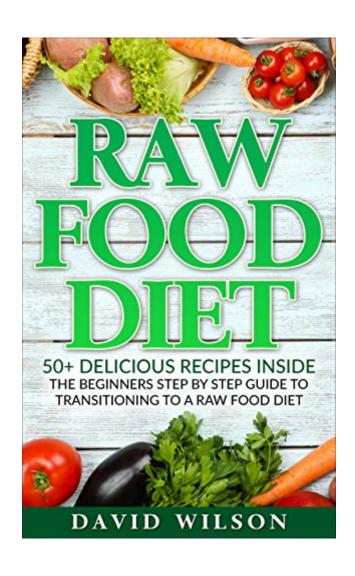
# The book was found

Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes)





# Synopsis

Transition To A Natural Raw Food Diet With The #1 Step By Step Guide! Find 50+ Recipes Inside To Start Right Away. Are you struggling to transition to a raw food diet? Do you find recipes hard to find, timely to make and costly to prepare making it an obstacle for you to easily make the change. Are you fed up with a lack of energy, heavy feelings and lower mood, which accompany eating processed and non nutritious foods? By purchasing "Raw Food Diet" you'll be able to find out how you can transition to a raw food diet with complete ease and confidence in this fully packed step-by-step guide and make the transition a permanent one! Not only that but this book will allow your body's natural physiology to work at full efficiency by providing it with nutritious superfoods. With this book you will enjoy increased levels of energy, vitality and vastly improved wellbeing. Grab Your Raw Food Diet Today! Just Scroll Up And Click The "Buy Now With 1-Click" Button And Start Benefiting From The Raw Food Diet Straight Away!Here Is A Preview Of What Youâ ™II Learn?An Understanding Of How A Raw Food Diet Benefits The Body's Natural Physiology, Boosts Energy, Improves Sleep And Aids DigestionSecrets To Increasingly Youthful Looking Skin, Improved Immunity And Natural Weight LossEasing Into A Raw Food Diet And Benefiting With Lasting Achievable SuccessHow To Deal With Common Problems And Enjoy Raw Food Long TermHow To Enjoy Raw Food While Travelling With Freedom50+ Delicious, Mouth Watering And Tasty Recipes For Complete SatisfactionHow does this book help you get started? Fully Packed With 50+ Quick, Flavoursome And Delicious Recipes For Breakfast, Lunch And DinnerProvides An Informed Understanding Of How The Diet Works To Help Improve Your Health And Wellbeing Gives You Support And Guidance In Navigating Potential Challenges That May Be EncounteredGuides You To Finding A Community Of Raw Food Enthusiasts To Help Propel You ForwardMoney Back GuaranteeYou are protected by a 30 day 100% money back guarantee if you are not entirely pleased with the book. To Get Started, Simply Download Your Copy Of Raw Food Diet For Beginners Right Away! Take Action And Begin Your Recovery To A Healthier, Happier And Revitalised You And Start Living Better Right Away!â-A Scroll To The Top And Click The "Buy Now With 1-Click" button â^•Tags: Raw food, food, raw food diet, diet, raw food diet, diet, raw food diet, diet, raw food diet,

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### Customer Reviews

Very useful and simple, and summarized many important subjects very well. One of the more honest raw food "gurus" out there. This book debunks some of the hidden myths of the raw foods movement and resets the path for a more healthful and sustainable approach to raw foods. Completely overhauled my way of thinking regarding the raw food diet. Wonderful and interesting.

Will I be the first to give this three stars? I bought this raw food recipe book because it had such good reviews, but I am so disappointed that there are no inspiring photos inside this book to entice me to prepare the recipes. I don't know. If there had been photos, I might feel more inspired. I love to seeing pictures of prepared dishes and desserts. A little strange is the vanilla yogurt recipe that

doesn't have any probiotics in it. It's not really yogurt. I guess this recipe is just for taste. To be fair, there are one or two recipes I hope to try. One such is the Red Cabbage and Apple Salad with Ginger Vinaigrette. This wasn't what I had hoped it would be. This recipe book is definitely for someone transitioning because there are is at least one recipe that calls for "real" Feta cheese and another recipe that give the option of adding animal flesh.

Impressive recipes! I am vegan and always looking for new recipes. This book had several great recipes that I am going to try and look like they will become new favorites. A great book for anyone who wants to be healthier. I am loaning this to another friend who is vegan knowing she will love the recipes too. Really worth recommending!

This book is a great guide to losing weight and getting your body healthy. There are so many diets, source in the internet but this great book is what I love to try. The recipes are absolutely awesome that never been tried. This book debunks some of the hidden myths of the raw foods movement and resets the path for a more healthful and sustainable approach to raw foods. The author has added necessary details about the Raw food and its benefits as well. The recipes mentioned by the author are really amazing. Overall, I liked this book. I highly recommended.

This book is simple and straight forward. At first I thought the idea of food combining was a bit excessive. But I tried it and I felt so much better. Its amazing. The book helps you transition to eating more raw food starting from where ever you are, and gives good advice to assist you in progressing as far as you would like to. It also has a lot of good recipes in it as well. This book was one of my big stepping points to healthier eating.

I have been making things out of this book for the last week or two and have found them all to be flavorful and delicious. I have a young daughter who is super picky about what she eats and even she was complimenting me on the food I was preparing every meal! I am slowing trying to change our family's diet to something that is more health conscious for a longer and happier life for all of us. I would recommend this book to anyone who is trying to change their lifestyle into something that is healthier while not giving up all the wonderful tastes and flavors that come with good cooking.

Perfect, concise, and informative. This is exactly the type of writing style I am looking for when I want to tackle a new project or make a lifestyle change. Well written and provides everything I need

to know to start implementing the raw food diet in my life immediately.

I found the content interesting. There is a wealth of information in this book that makes it very worth digging through. Good solid overview of raw food philosophy and practice with an overview to the major practitioners. An awesome guide on raw dieting. Lots of information and lots of yummy recipes. Excellent read.

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