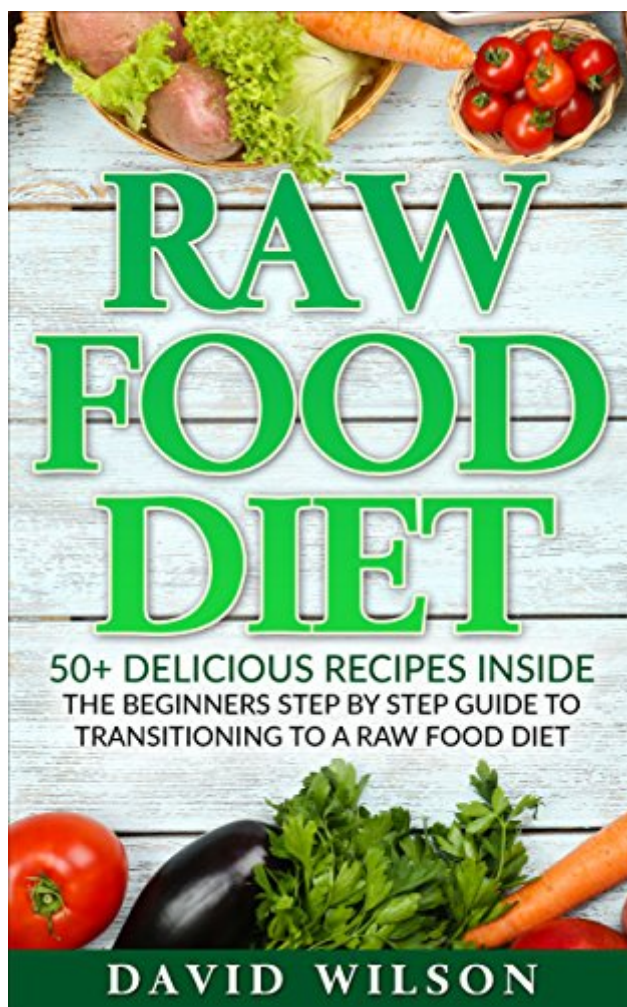


The book was found

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

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Customer Reviews

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.

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.

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.

Are you fed up with a lack of energy, heavy feelings and lower mood, which accompany eating processed and non nutritious foods? If you are like this,i shall say that you should follow raw food diet. And for that this book can guide you properly. Really it is a great book on Raw food diet.According to this diet food is seen to be raw if it is prepared or cooked below 116 degrees F because above this temperature range food starts to lose vital enzymes and nutrients.Here you will get 50+ recipes which will help you properly.

A raw food diet caught my attention and I started changing the way I prepare food and thinking about diet.

I enjoyed learning how and why raw foods can improve your health and benefit your body. This book also teaches how to safely get into a raw food diet while avoiding common mistakes in changing your eating habits. Plus plenty of easy to make recipes to start your new diet.

Really I am so pumped for this book! These recipes look amazing. I'm really glad that I stumbled upon this book. For the past six years I have followed a vegan lifestyle and have been very interested in the raw diet. I splurged on a dehydrator and it has just been sitting there collecting dust for about a year now. I'm ready to pull it out and put this wonderful creative book to great use!Thanks!!

The recipe's are short and they have step by step instructions which are great and its easy to

follow..... the only suggestion i would offer is adding page numbers its the only thing this book is missing

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