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Wignall is completely dedicated to a raw food diet, and with lifestyle advice, shopping lists, detox body techniques and meal plans, this is the perfect book for someone who wants to get serious about a raw food lifestyle.

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Even if you aren't following a raw foods diet, it is still nice to have a few raw food recipe books on hand. The recipes in these raw uncookbooks are light and refreshing, often easy to make and obviously require no cooking (a godsend in summer months).

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Kristen's Raw Raw Recipes Books Ebooks

In this unique book, Raw vegan chef Kristen Suzanne presents "transitional" recipes designed to help people experiment or migrate gradually toward the healthy Raw food diet, using techniques such as combining raw and cooked elements in the same dish, or "sneaking" Raw food into family meals.

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