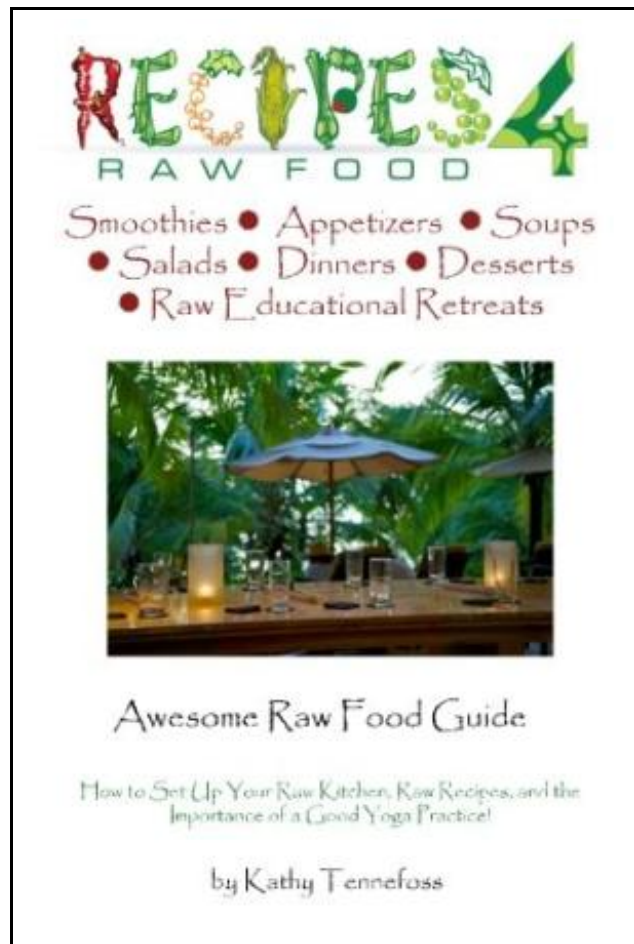


## Awesome Raw Food Guide: From How to Setup Your Raw Kitchen to the Importance of a Good Yoga Practice



Filesize: 4 MB

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*This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book.*

*(Juliet Mertz)*

## AWESOME RAW FOOD GUIDE: FROM HOW TO SETUP YOUR RAW KITCHEN TO THE IMPORTANCE OF A GOOD YOGA PRACTICE



Sunny Cabana Publishing, L.L.C., United States, 2011. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This Awesome Raw Food Guide has many attributes that will help you arrive at your optimal health through raw food. It will show you how to make raw smoothies, raw appetizers, raw salads, raw soups, raw dinners, and raw desserts! There are so many raw recipes that you will use this guide all of the everyday. This raw food guide will also help with setting up your raw kitchen with all the right equipment and other interesting facts and tips about raw food. There is even a state by state listing of raw food educational retreats to further your raw knowledge. These recipes are so easy that even your kids can help make them! The recipes in this book are made with organic or locally grown produce. Organic produce is good for the environment, your family, and you! My book consists of raw recipes like green smoothies, raw appetizers, raw salads, raw burritos, raw wraps, raw lasagna, raw linguini, raw pizzas, raw puddings, raw cookies, raw pies, and even raw ice cream! Having a diet that consists of mostly raw food helps with lowering your chances of diabetes, lowers cholesterol, helps with weight loss, helps make your skin look better, and some say even look younger! Why wouldn t you want to start on your journey to better health with my new book on raw food recipes and tips for living a healthy life? Eating a diet of raw food isn t as daunting as you might expect. Even if you just try one recipe a day or week you are on your way to better nutrition and a healthier happier life!.



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