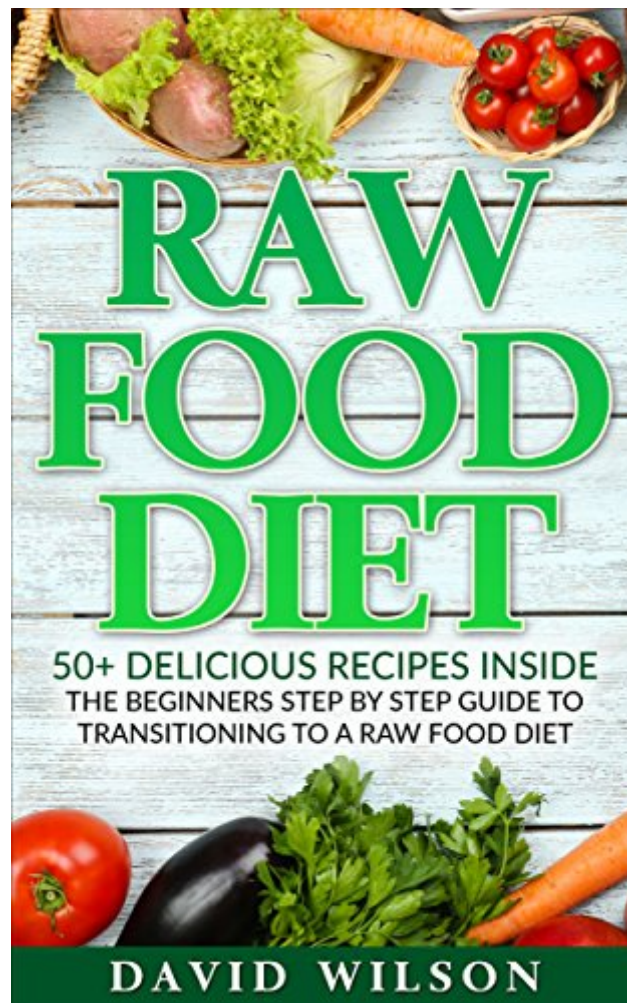


The book was found

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)





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 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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