

80 10 10 Raw Food Recipes Salads

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in this 37 page no fluff booklet author candice l davis shares ten of the most important steps she used to accomplish a weight loss of 60 pounds and transition to a diet of mostly raw foods the raw food lifestyle combines three of the author s passionsdelicious foods a healthy lifestyle and practical tools to reverse the trend towards obesity in these pages she identifies the obstacles many people face as they try to resist the pull of a packaged processed fast food diet this booklet will give you the tools and resources to overcome those obstacles and enjoy beauty energy and weight loss with a raw food diet

ever since supermodel and actress carol alt shared her secret with the world that she s become the healthiest slimmest and most energetic she s ever been by converting to a raw food lifestyle she s been getting enthusiastic feedback from people wanting to know more about this revolutionary movement in this highly anticipated follow up to her breakout success eating in the raw carol presents easy everyday raw food recipes more stories about people who have adopted a raw diet and new information about the practical considerations of this healthy way of life the raw 50 contains all of carol s favorite raw recipes 10 breakfasts 10 lunches 10 dinners 10 snacks and 10 drinks there are dishes for every taste and every time of day including vanilla avocado milk red leaf salad with arugula pesto dressing red pepper curry soup romaine avocado burritos and red beet ravioli stuffed with tarragon goat cheese there s even a delicious raw pizza as well as tempting desserts like lemon ginger coconut tart and frozen watermelon cheesecake with complete menus for lunches and dinners plenty of useful advice on choosing ingredients and essential equipment and easy reference lists of staple foods for any raw kitchen the raw 50 is the ideal go to guide for anyone ready to experience the life changing benefits of eating in the raw

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