

80 10 10 Raw Food Recipes Salads

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foods enhance digestion boost immunity and provide lasting energy without the need for restrictive dieting what you ll learn in this book the truth about animal products and their impact on health the best plant based sources of protein and how to get all essential amino acids how to prevent vitamin deficiencies b12 d iron and iodine on a raw diet the shocking effects of processed grains and why you should avoid them the power of leafy greens and their hidden health benefits myths about nitrates and how to consume them safely why salt is both essential and harmful finding the right balance the gut microbiome and its role in natural vitamin production how raw food strengthens your immune system and prevents disease cold and flu prevention with natural foods and immune boosting recipes packed with expert insights scientific studies and practical tips raw food for beginners empowers you to take control of your health in a way that feels natural fulfilling and sustainable whether you are a complete beginner or looking to refine your diet this book will guide you every step of the way who is this book for those looking for a natural way to lose weight and maintain it effortlessly health conscious individuals seeking to prevent disease through nutrition anyone struggling with digestion low energy or chronic inflammation beginners curious about raw foodism and its scientifically proven benefits people who want practical strategies and delicious easy to follow recipes if you re ready to unlock the power of raw food and take charge of your well being get your copy today and start your journey to a healthier more vibrant life

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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