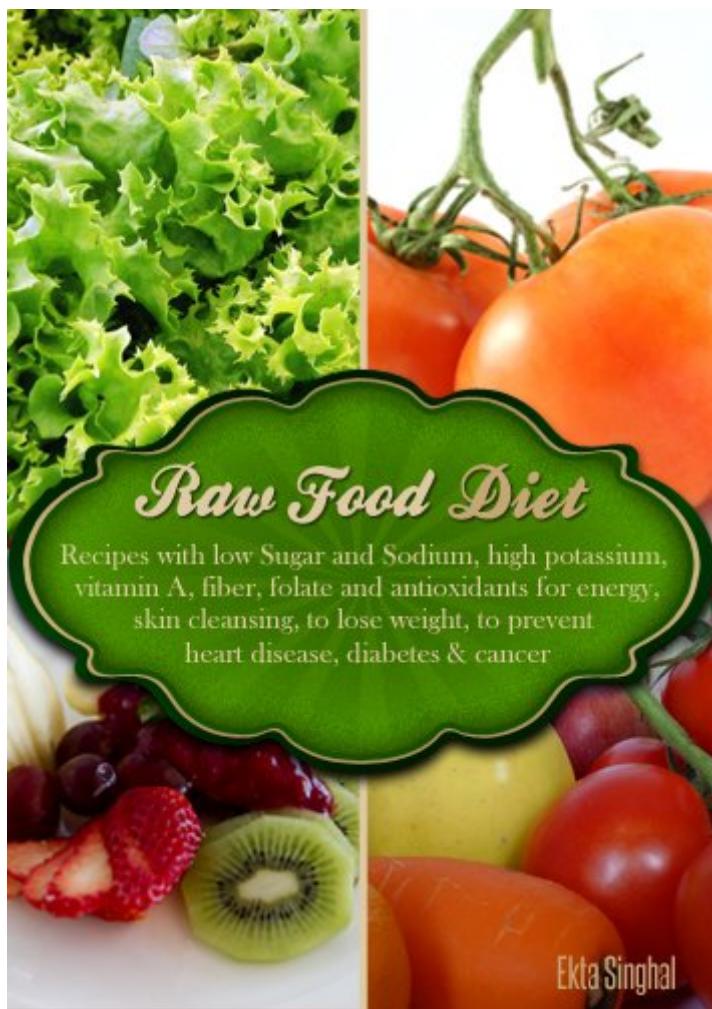


The book was found

Raw Food Diet - Recipes With Low Sugar And Sodium. High Potassium, Vitamin A, Fiber, Folate And Antioxidants For Energy, Skin Cleansing, To Lose Weight, To Prevent Heart Disease, Diabetes And Cancer





Synopsis

What Raw food Diet is offering that other diets don't? Raw food diet is a diet where we take whatever Mother Nature provides us. It's easy to digest and without extra calories that cooking add to your meal. Uncooked and unprocessed foods offer wholesome nutrition for the body. How Raw Food Diet is Beneficiary for You? With the right mix, our body can digest food fully without using the digestive enzymes in our body. This not only helps in reducing weight but also helps in Detoxing and cleansing body, getting your skin cleanse, reducing extra Carbs and Fat from your body which got added in your diet due to various cooking habits and practices. A raw food diet has low levels of sugar and sodium, and high levels of potassium, vitamin A, fiber, folate and antioxidants. How this book will help you? This Book will tell you how raw food diet can be Beneficiary for you. How you can add raw food diet to your fitness regime. What food you should take and ones you should avoid in your raw food diet plan. Easy to made, simple, Delicious and Extremely Nutritious Raw food Recipes. Raw food Recipes for Good Health, Detoxification, Weight Loss. Breakfast Recipes--Raw Cinnamon Apple Oatmeal-Raw food breakfast cereal muesli-Cardamom, Maple and Black pepper Granola-Orange Cinnamon Granola Cereal

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Customer Reviews

This book is helpful in having a raw food diet. It includes foods eaten with a raw food diet, whether a raw food diet is really beneficial or not, the side effects of a raw food diet, what foods not to eat, and recipes to use to help you with your raw food diet. It is well written and highly recommended.

There are quite a few recipes in here that sound lovely and that I am not familiar with, a nice plus! The recipes are also extremely raw, no heating of food here. She also lets you know the downsides of the raw diet as well as the benefits, a good thing so that people can supplement those areas.

I do not give 5 stars for books lightly. I decided to get this book, as I am a cancer survivor and understand the importance of raw foods and foods that will help the immune system keep healthy. This book is well written and it shows the level of understanding the author has on the subject. Highly recommended.

I had many questions about raw food before reading this book. The author provides a well organized overview of raw food and its benefits and downsides. I particularly appreciated the recipes as I'm new to such a diet and needed guidance to start. Highly recommended

I have been meaning to start a raw food diet but never actually took the step. After I read this book, I felt motivated to start the diet and I did actually start it within a day of reading this book. This book is great for anyone wanting to start a raw food diet! Â

No real research or data backup, less informative than most websites on the subject. Some recipes call for components that need to be made with no recipe for that item example almond cheese for lasagna. Recipes can be found on multiple websites.

This book is a basic introduction to the raw 'diet'. It has a decent amount of recipes for breakfast lunch dinner smoothies and desserts. I enjoyed the smoothie recipes.

I scored this book with four stars because the author provides several nutritious, practical, and easy to prepare raw food meals. Although I have not tasted any of these meals, I plan to try several of them.

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