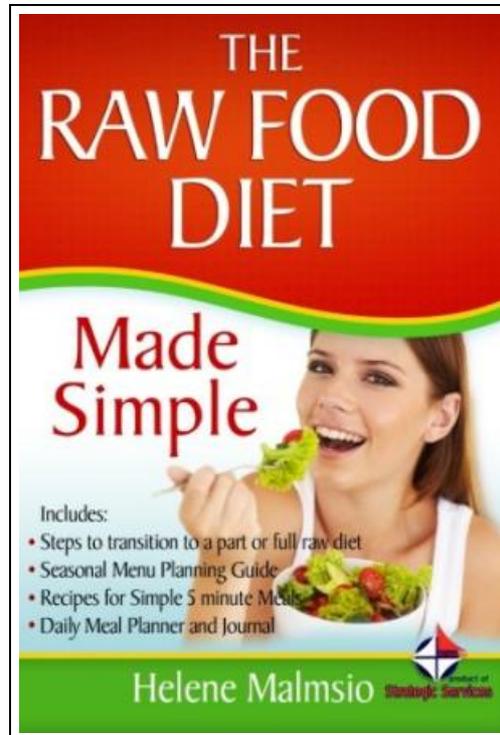


The Raw Food Diet Made Simple Includes Steps to transition to a part or full raw diet, Seasonal Menu Planning Guide, Recipes for Simple 5 Minute Meals, Daily Meal Planner and Journal



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Reviews

This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.

(Alfreda Bradtke)

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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 122 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. **The Raw Food Diet Made Simple - Transitioning to a Raw Food Plan for Better Health, Vibrant Energy, and Weight Loss** In here you will learn about the reasons why it is super healthy for your body, how to go about a step by step transition so that you ENJOY going raw, and that its not necessary to be 100 raw. . . you still get massive benefits from just increasing your daily intake of these foods, and the delicious recipes included with prove that to you. This is All About Using An Individual Approach Some guides may tell you that theres really only one way to live this way youre either all in or youre out. But in reality, people have different needs and desires. In this guide youll learn how to live a completely raw food diet, but you should also know that you make your own choices. You may want to tailor this program so that most of the time you eat a raw diet or so that you eat a raw diet seasonally as a way to detoxify and improve your health. There may be times that you choose to stray from a raw food diet, but that doesnt mean youve failed at your goals. An all or nothing approach isnt required here for you to experience the benefits of the raw food diet. All that does is make you feel guilty and get in the way of your progress. Instead, especially in the beginning, its okay to be flexible. Chapter 1: What Is the Raw Food Diet - Raw Food 101 Chapter 2: The Health Benefits of Going Raw - Improvements that Can Be Made...

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