



# **Vegan Raw Food Cookbook: 50+ Amazing Raw Food Recipes for a Sexy Body and a Focused Mind (Raw foods, Vegan Diet, Alkaline Diet) (Volume 1)**

*Marta Tuchowska*

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## **The Vegan Raw Food Diet Recipes for Busy People- The Easiest Way to Create Vibrant Health to Look and Feel Amazing!**

\*\*\*NEW UPDATED 2016 EDITION\*\*\*

**Do you like eating and hate calorie counting? What if I told you that you can lose weight, increase your energy levels and improve your overall health without having to give everything up?**

You are just about to discover some really simple and effective natural solutions for wellness and natural weight loss including **mouth-watering recipes** that you can make even if you are on a busy schedule..

**If you want more energy and vibrant health, you have come to the right place. Forget about the latest fad diets and simply focus on enriching your existing diet with real foods. Your body and mind will be utterly grateful! With this book you will learn how to do just that- create amazing, mouth-watering dishes that are quick and easy to prepare! Health does not have to be complicated!**

*You do not need to spend hundreds of dollars on expensive superfood fads or herbs from the other side of the world...The solution is just in front of you!*

## **The Mind & Body Benefits of the Raw Food Diet Lifestyle:**

-Excessive cooking kills the nutrients as well as many enzymes (these are responsible for proper digestion), and so if there are no raw foods in your diet, you are more likely to experience low energy levels and fatigue as well as sluggish digestion

**-Raw fruits and vegetables are an excellent sources of natural dietary fiber, hence the natural weight loss benefit**

-Raw foods will nourish your body with tons of vitamins and minerals that are crucial for beautiful skin and hair

**-You will improve your digestion**

-You will stimulate natural healing

**-You will supercharge your immune system**

OK, I know what you're thinking:

*"Right, sounds great. But how do I get used to eating raw foods? How do I make them tasty? How do I create new habits? How do I stick to it? What do I do to avoid sugar cravings? How can I eliminate processed foods? It's HARD!"*

Wait! Don't go!

You see, it can be super easy. Preparation is the key. You just need a set of easy and proven recipes that taste fantastic! And this is what you are just about to discover...It's not a diet. It's a lifestyle. It's a really fun game to play!

## **I am just about to show you exactly how to create:**

-Amazing vegan raw smoothies (dairy-free, gluten free). I will even teach you how to make almond milk so that you can save money and keep your diet as natural as possible

-**Exciting raw salads, soups and creams**

-Vegan raw treats and desserts

-**Interesting salad dressings and salsas**

-More flavor by adding more spices and herbs (not to mention the healing benefits...)

As an additional option, you will also learn how to combine raw foods with cooked foods. It's up to you if you want to go raw full-time or part-time. The vegan-raw lifestyle is very flexible.

So..get ready for...

\*\*\*OVER 50 DELICIOUS VEGAN RAW RECIPES FOR OPTIMAL HEALTH! \*\*\*

+the little-known ways to help your body re-balance your pH- alkaline foods and the raw food diet go hand in hand..

Ready to take your health to the next level?

**Grab your copy today and start creating a sexy body and a focused mind in a natural and enjoyable way! It's easy, it's tasty, and fun!**

Eating more raw foods is a wonderful way to get back into shape without too much hassle and without stressing out about calorie counting...!

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### **From reader reviews:**

#### **Katy Pinkham:**

As people who live in the modest era should be update about what going on or facts even knowledge to make these people keep up with the era which is always change and move forward. Some of you maybe may update themselves by reading books. It is a good choice to suit your needs but the problems coming to a person is you don't know what type you should start with. This Vegan Raw Food Cookbook: 50+ Amazing Raw Food Recipes for a Sexy Body and a Focused Mind (Raw foods, Vegan Diet, Alkaline Diet) (Volume 1) is our recommendation to help you keep up with the world. Why, as this book serves what you want and need in this era.

#### **Alberto Holbrook:**

Spent a free time to be fun activity to complete! A lot of people spent their free time with their family, or all their friends. Usually they performing activity like watching television, about to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Will you something different to fill your personal free time/ holiday? May be reading a book could be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the guide untitled Vegan Raw Food Cookbook: 50+ Amazing Raw Food Recipes for a Sexy Body and a Focused Mind (Raw foods, Vegan Diet, Alkaline Diet) (Volume 1) can be excellent book to read. May be it may be best activity to you.

#### **Douglas Ayer:**

Reading a book for being new life style in this calendar year; every people loves to read a book. When you learn a book you can get a large amount of benefit. When you read textbooks, you can improve your knowledge, simply because book has a lot of information upon it. The information that you will get depend on what kinds of book that you have read. If you wish to get information about your analysis, you can read education books, but if you want to entertain yourself read a fiction books, this sort of us novel, comics, along with soon. The Vegan Raw Food Cookbook: 50+ Amazing Raw Food Recipes for a Sexy Body and a Focused Mind (Raw foods, Vegan Diet, Alkaline Diet) (Volume 1) offer you a new experience in studying a book.

#### **Joan James:**

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