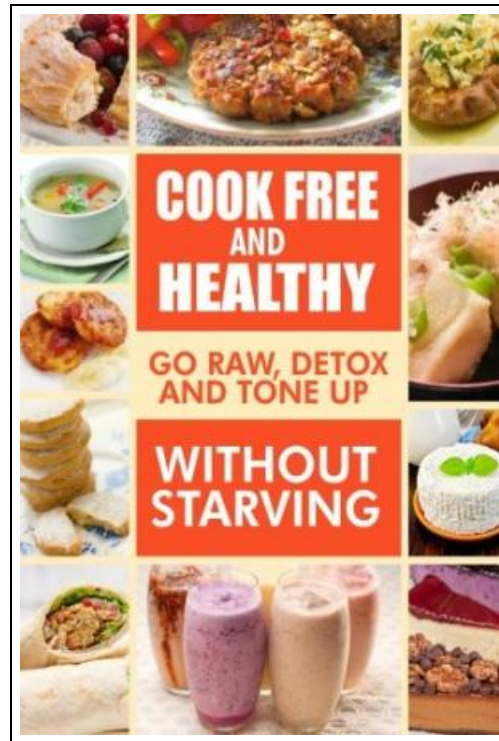


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COOK-FREE AND HEALTHY - GO RAW, DETOX AND TONE UP WITHOUT STARVING: LOOKING TO EAT WHOLESOME AND HEALTHY INGREDIENTS WITH RAW FOOD LIFESTYLE (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Cook-Free and Healthy - Go Raw, Detox and Tone up without Starving Looking to eat wholesome and healthy ingredients with raw food lifestyle Cooking food is something that most of us view as normal. We love grilling, barbecuing, frying, baking or toasting our food, and that s how we ve always done it. However, new findings show that for optimal health, we should be consuming most of our food raw. Many people have already adopted a raw food lifestyle and saw their lives transformed. While it may seem pretty scary at first, eating raw is simply a different approach on food. You can puree foods, make smoothies, salads, vegetable noodles, raw soups, fruit pies and more. You can adopt a vegan raw food diet, or you can go omnivore. If you choose the latter, make sure your meat, eggs and dairy come from a reliable local organic supplier. Store-bought animal products are often unsafe for raw consumption because of the way they are handled. Discover fireless cooking and experience health, increased energy and improved mood instantly Also, you ll discover. Excellent cooking raw food recipes for your overall health 100 raw and delicious foods and what to avoid And much more! Table of Contents Introduction Smoothies Recipes Thin Almond Mint Coconut Silk Nut Milk Special Delight Green Killer Kale Spinach Flax Grape Nut Milk Cinnamon Pear Smoothie Raspberry Cherry Treat Vanilla Banana Strawberry Slush Rich Fruits Mombata Endless Summer Strawberry Drink Sugar-Free Banana Nut Milk Dark Chocolate Banana Pink Milk Treat Strawberry Java Pudding Triple Berry Vanilla Bliss Indigo Blue Berry Blend Nutty Buddy Banana Smoothie Bright Early Orange Whirl Sweet Mango Swirl Strawberry Orange Smoothie Sweet Avocado Swirl Watermelon...

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