

# **The Raw Food Lifestyle The Philosophy And Nutrition Behind Raw And Live Foods**

A top nutritionist provides her simple, proven five-level diet plan to safely make the transition to eating raw foods, and to detoxify and achieve a perfect body no matter how you eat now. The raw food craze has taken off, as raw restaurants spring up and celebrities, models, and other fans tout the effects of eating raw. However, many people who are intrigued by raw food simply don't know how to make the transition from what they're eating now, or how to achieve the benefits of eating raw without giving up their lifestyle or the foods they love. Natalia Rose, an in-demand nutritionist, shows how in *The Raw Food Detox Diet*. Whether your diet is primarily made up of meat and potatoes, or tofu and tempeh, you can incorporate the flavour and lasting health benefits of raw food into your life. Over time, our bodies build up poisons and store waste from food that is not fully eliminated. Raw food helps to detoxify the body by flushing out these poisons and setting us back on a course toward greater energy, clearer skin and shinier hair, and a slim, natural figure. But making the transition to a raw diet too quickly can have negative effects on the body. Instead, the healthier way is to make a gentle change based on your previous diet and current needs. You do not conform to *The Raw Food Detox Diet*; it conforms to you, and you choose how far you want to go. Whether you're looking to live an all-raw lifestyle, or just to improve your energy and shape while still eating the foods you love, this groundbreaking diet book will energize and inspire you to achieve your goals safely and easily.

The must-have book for FullyRaw fans or anyone who wants to explore a raw-foods vegan diet to lose weight, gain energy, and improve overall health and wellness *The Fully Raw Diet* offers a 21-day plan to

help people enjoy a clean, plant-based, healthful approach to eating. Kristina Carrillo-Bucaram transformed her own health by eating vegetables, fruits, nuts, and seeds—100% fresh, raw, and ripe—and she is now the vivacious, uber-healthy founder of the FullyRaw brand. Her ten-year success with this lifestyle inspires thousands via social media, and her 21-day FullyRaw Video Challenge on YouTube in 2014 dramatically grew her fan base. This book shares her advice and will correspond to a new video challenge, with meal and exercise tips, recipes, and vivid photos. Fans will love the smoothies, salads, main dishes, and desserts, such as Lemon-Ginger Blast, Spicy Mango Basil Salad, Yellow Squash Fettuccine Alfredo, Melon Pops, and Caramel-Apple Cups.

Ruthann Russo has been a vegetarian and vegan for more than 20 years, and in 2007 became a passionate raw-food enthusiast. She brings that passion to the pages of this comprehensive introduction to raw and live food. In simple, encouraging language, she conveys a wealth of information, from the philosophy of raw-food nutrition, to how it affects the body, to how to transition from a regular diet to one that promotes physical, emotional, and spiritual health. Using examples from her own life, Russo lays out a practical plan for making the switch that starts with realizing the need to change one's diet (and health), and then stresses small dietary changes to discover what raw foods work, and assessing reactions. She profiles cacao, raw sweeteners, water, pH level of foods, juices versus smoothies, salt, the process of dehydrating food, garlic and onions, and overall food preparation. Russo highlights what supplements (superfoods, vitamins, green products) to include in the diet. She emphasizes the spiritual aspects of the movement as well, exploring meditation, yoga, Buddhism, peacefulness, and fasting. Are you confused by the term Raw Food? This book discusses just what eating Raw Food really means and shows you in an easy to understand way how you can incorporate this style of eating into your lifestyle. Helene has based this book on her personal experiences with transitioning into a delicious raw

food diet, first on a seasonal cycle and now a permanent part time basis. The diet was first tested by her in 2010 for health improvements including reducing the effects of ill-health from inflammation. The book details the benefits that a raw food diet has in fighting inflammation in your body. The raw food diet has also proven to be a very effective way to manage weight, to trim down and to improve overall lifetime fitness.

The Fully Raw Diet

The Essential Guide to a Raw Food Lifestyle

Choosing Raw

Delicious Raw Food Diet Tips & Recipes to Revolutionize Your Health and (if Desired) Start Losing Weight

Raw Food Cookbook and Diet

Eating in the Raw

Raw Food Made Easy for 1 or 2 People

The Raw Bible - Raw Food Recipes for the Raw Food Lifestyle A Definitive Recipe Book - 200 Recipes Get off to a right start on your raw food journey! Enjoy this great selection of recipes! The raw food diet is based on the principle that exposing foods to high levels of heat lowers their nutritional value. Cooking food kills the enzymes that are necessary for digestion and disease-fighting, while creating toxins that don't exist in the food's raw form. By consuming raw foods only, people experience

more energy, less inflammation, increased mental functions and weight loss.

Take the 30-Day Raw Challenge and Discover a Happier, Healthier You! Raw Challenge makes it fun and easy to adopt a healthy, raw vegetarian diet... in just 30 days. The Raw Challenge program guides you, day by day, towards a healthier way of life and takes the guesswork out of your raw food experience. Raw Challenge features a 30-day planner, complete with daily recipes, helpful hints, and words of wisdom from raw food experts. It also includes success stories and easy-to-follow tips to keep you going strong during your diet and health make-over. Raw Challenge will help you:

- Improve your health and lose weight
- Find the best way to transition to a raw diet
- Prepare a wide variety of delicious, nutritious raw food recipes
- Stay motivated with testimonials and inspiring words
- Stay on track with helpful hints by raw food experts

Remember, Raw Challenger: YOU are in control of your diet and your life, so let Raw Challenge help you maximize the potential of your food—and yourself! Whether you want to lose weight safely or just add a healthier approach to your eating habits, this plan

is for you. Raw Challenge features over 50 delicious, original recipes from Lisa Montgomery and her Raw Challengers, including:

- Cinnamon Morning Smoothie
- Smokey Backyard Tomato Soup
- Raw Vegetable Pasta
- Baby Bella Burgers
- Summer Squash Slaw
- Raw Thai Curry
- Chile Con Amore
- Spicy BBQ Zucchini Chips
- Mango Tango Cake
- Green Tea Ice Cream
- And many more!

The easy way to transition to the raw food lifestyle Celebrities like Demi Moore, Sting, Madonna, and Woody Harrelson as well as experts in diet and nutrition have drawn attention to the newest trend in eating: raw foods. As the demand for raw foods increases, so does the demand for informative and supportive facts about this way of life. Raw Food For Dummies shares reasons for incorporating raw food into your diet and life, tips on how to do it, and includes nearly 100 recipes. Whether you're interested in incorporating raw foods into an existing meal plan, or transitioning to a raw foods-only diet, Raw Food For Dummies will help. Main areas of coverage include the benefits of eating raw foods, tips for avoiding undernourishment and hunger, information on transitioning to the raw food lifestyle (including where to buy and how to store raw foods), along with

coverage of the popular methods of preparing meals, including sprouting, dehydrating, juicing, and greenening. Features nearly 100 recipes covering breakfast, lunch, dinner, appetizers, and snacks Includes advice on transitioning to the raw food lifestyle Written by a veteran vegan chef and culinary arts teacher Raw Food For Dummies is for anyone interested in incorporating raw foods into an existing meal plan, as well as people interested in transitioning to a raw foods-only diet. The Best Raw Food Recipes to Help You Look and Feel Amazing (even if you're not fully raw) Do you LOVE 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 eat less? It's as simple as enriching your diet with fresh, raw foods (and you don't have to be perfect!). Focus on ABUNDANCE. Health does not have to be complicated! Raw food lifestyle is very flexible. It means that it doesn't matter if you are vegan, vegetarian, paleo, alkaline, gluten-free, or you don't follow anything at all. You can always add more raw foods into your existing diet to enjoy all the benefits (natural weight loss, healthy looking skin, unstoppable energy) you

deserve. The good news is - 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 and it's not about following some crazy and restrictive fruit cult diet... Here's exactly what you will learn with Raw Food Diet: Exciting raw salads, soups and creams Vegan Alkaline (raw) treats and desserts Super tasty salad dressings and salsas so that you never feel bored with raw food The best healing herbs to help you transform (and make your healthy food taste better than "normal food"). How to combine raw food with cooked food (so that you can still keep it healthy but never get bored) The most effective healing smoothies (they are so rich in nutrients that even if you have only 1 day, you will be able to level up your energy!) It's up to you if you want to go raw full-time or part-time because the raw lifestyle is very flexible. You will also discover the best raw food recipes to: Improve your digestion Sleep better Mesmerize people with your healthy-looking skin and hair Supercharge your immune system and feel energized so that you spend less time sick and more time doing things you love Ready to take revolutionize your health on a

deeper level? Grab your copy today and help your body and mind feel great again! Join thousands of others in our flexible raw alkaline community and start transforming your body with the most delicious raw food recipes.

Raw and Beyond

Living the Raw Lifestyle On and Off the Grid

Healthy, Delicious Vegetarian Cuisine Made with Living Foods

The Raw Food Diet Made Simple

The Philosophy and Nutrition Behind Raw and Live Foods

The Uncook Book

Raw Veganism

This eBook is a brief introduction to a new world of Healthy Diet and lifestyle. It explains how a Raw Food Diet can change once and for all your eating bad habits and how to create healthy ones. You will be amazed after a couple of weeks with the results and the changes that your body will show. I hope that you find your path to a new healthy life style with our eBook.

Raw Survival presents an approach that embraces sustainable living as a solution to meet our daily needs, even if the worst case scenario never unfolds. By living in the spirit of community and in balance with the natural cycles, one

can live more fully and enjoy a more enriching, healthy lifestyle. From celebrity raw food chef and educator Lisa Montgomery Raw Survival presents Lisa's philosophy and documents important skills and knowledge needed to answer the eternal question "What if?" What if you lose power? What if you are unable to get food? What if the technology and systems we rely on fail? Raw Survival is an invaluable reference featuring a wealth of important sustainability tips and simple raw food recipes specially geared towards living "on or off the grid" as a vegetarian or raw foodist. Filled with recipes and tips for "off-the-grid" living, Raw Survival includes everything you need to know to make your raw food diet part of a fully sustainable lifestyle. Raw Survival is the green living guide...with raw food flair! EASY TO USE AND ACCESSIBLE TO EVERYONE. With over 80 simple, delicious recipes, Raw Survival is not just for raw foodists or vegetarians, but is suitable for anyone who wants to prepare nutritious dishes using minimal equipment and processing. TIMELY AND INFORMATIVE. In response to the myriad of natural disasters and our increasingly hectic lifestyles, this book offers simple solutions to implementing a raw food diet in tandem with a sustainable emergency response plan. INVALUABLE SURVIVAL GUIDE. The book features important skills to grow, gather, prepare, and store your own food as well as promote energy independence. Knowledge and simplicity are behind the

philosophy that informs Raw Survival. This book contains over 80 healthy recipes that can be created without exotic ingredients and extensive preparation. Also included are helpful tips, ideas, and guidelines for surviving unexpected catastrophes or simply navigating a hectic lifestyle. Raw Survival also provides information to guide you towards energy independence if living "off the grid" is your ultimate dream. Raw Survival belongs in every home.

All-new Revised Edition of Jennifer's best-selling classic. Getting 5 servings of fruits and vegetables a day has never been so delicious and easy. Well-known Bay Area cooking instructor, Jennifer Cornbleet, shares her favorite no-cook recipes in quantities ideal for one or two people. With essential time-saving tips and techniques, plus Jennifer's clear instructions, you don't have to toil in the kitchen in order to enjoy nutritious, delicious raw food. \* Choose from over 100 foolproof recipes, along with lunch and dinner menu plans. \* Enjoy easy recipes that call for common ingredients and basic equipment. \* Learn how to avoid health-busters like white sugar, white flour, and trans-fats. \* Convert traditional recipes into nutritious treats made from all-natural ingredients. In the Revised Edition: \* More than 50 additional recipes. \* New chapters on Green Smoothies and Raw On the Go. \* Expanded sections on Advance Preparation and Easy Snacks. \* Calorie and nutritional information with each recipe.

An accessible plan for anyone transitioning to a healthy, plant-based diet that highlights delicious, easy vegan and raw recipes.

How to End Your Dependency on Cooked Food

200 Recipes - The Definitive Recipe Book

The Raw 50

Beautiful on Raw

The Raw Food Kitchen Book

The Healthy Raw Food Diet

The Raw Food Lifestyle

Victoria Boutenko, Elaina Love, and Chad Sarno have been leaders in the raw food movement since the 1990s. Each of them maintained and promoted the 100 percent raw diet for years. Since then, all three have independently arrived at the same conclusion: that a totally raw diet is not necessarily the best diet. One reason for their shift in thinking is the latest scientific research on the impact of omega essential fatty acids on human health. Studies show that if eaten in excess, omega-6s can cause inflammation and obesity. A typical raw food diet contains large quantities of nuts and seeds, most of which are extremely high in omega-6s and low in omega-3s. Raw foodists are not the only ones

lacking sufficient omega-3s in their diet. Because omega-3s are easily damaged by heat, anyone whose diet is high in processed foods and oils probably has an omega-3 deficiency. Many symptoms of this deficiency can be mistaken for other health problems or nutrient deficiencies, so few people realize the cause of their ailments. Boutenko's chapters on omegas provide readers more in-depth nutritional information. One hundred recipes—from raw to steamed and lightly cooked dishes, from appetizers to desserts—offer readers the means to enjoy a more sustainable, healthy, and energetic lifestyle.

Why do we overeat time and time again? Why do we make poor diet choices while we want to be healthy? What makes losing weight so difficult? These and many other vital questions are addressed in *12 Steps to Raw Foods* in an open and sincere dialogue. Based on the latest scientific research, Victoria Boutenko explains the numerous benefits of choosing a diet of fresh rather than cooked foods. This book contains self-tests and questionnaires that help the reader to determine if they have hidden eating patterns that undermine their health. Using examples from life, the author explores the most common reasons for people to make unhealthy eating choices. Rather than simply praising the benefits of raw

foods, this book offers helpful tips and coping techniques to form and maintain new, healthy patterns. Learn how to make a raw food restaurant card that makes dining with co-workers easy and enjoyable. Discover three magic sentences that enable you to refuse your mother-in-law ' s apple pie without offending her. Find out how to sustain your chosen diet while traveling. These are only a few of the many scenarios that Boutenko outlines. Written in a convenient 12-step format, this book guides the reader through the most significant physical, psychological, and spiritual phases of the transition from cooked to raw foods. Embracing the raw food lifestyle is more than simply turning off the stove. Such a radical change in the way we eat affects all aspects of life. Boutenko touches on the human relationship with nature, the value of supporting others, and the importance of living in harmony with people who don ' t share the same point of view on eating. Already a classic, this enhanced second edition is aimed at anyone interested in improving their health through diet.

The Uncook Book by Tanya Maher is the perfect book for anyone who wants to celebrate life through food. Raw food really gives you that opportunity because it gives you so much energy and clarity – but this

book is as much about pleasure and enjoying life as it is about health. Offering easy-to-follow, accessible recipes with a modern edge, Tanya draws on her years of experience as a raw food nutritionist and guides you through brilliant basics, fun family favorites and elegant entertaining with living foods. As more and more people begin to appreciate the huge health benefits that a raw food lifestyle offers, Tanya makes it easy to either greatly increase your intake of raw foods or embrace this way of eating for breakfast, lunch and dinner if it feels right for you - while still enjoying a busy social calendar! With beautiful photography, easy-to-source, familiar ingredients, and pull-out information on the benefits they offer your body, these recipes are so tasty that you will want to make them again and again. And if you think you're going to be deprived of anything at all, there's even a section on delicious superfood cocktails! This guide provides advice, tips and tricks for changing your habits and succeeding with the raw food vegan diet and lifestyle.

Balancing Your Health, Your Weight, and Your Life One Luscious Bite at a Time

The 80/10/10 Diet

Raw Survival

## Raw Food For Dummies

The Five-Step Plan for Vibrant Health and Maximum Weight Loss

10 Amazing Breakfasts, Lunches, Dinners, Snacks, and Drinks for Your Raw Food Lifestyle

The Easy Way to Get Started & Succeed at the Raw Food Vegan Diet & Lifestyle

Provides one hundred recipes using only raw, natural foods, including oatmeal walnut raisin cookies, cucumber basil soup, Thai veggie noodles, and cauliflower couscous.

Human beings are getting fatter and sicker. As we question what we eat and why we eat it, this book argues that living well involves consuming a raw vegan diet. With eating healthfully and eating ethically being simpler said than done, this book argues that the best solution to health, environmental, and ethical problems concerning animals is raw veganism—the human diet. The human diet is what humans are naturally designed to eat, and that is, a raw vegan diet of fruit, tender leafy greens, and occasionally nuts and seeds. While veganism raises challenging questions over the ethics of consuming animal products, while also considering the environmental impact of the agriculture industry, raw veganism goes a step further and argues that consuming cooked food is also detrimental to our health and the environment. Cooking foods allows us to eat food that is not otherwise fit for human consumption and in an age that promotes eating foods in ‘ moderation ’ and having ‘ balanced ’ diets, this raises the question of why we are eating foods that should only be consumed in moderation at all, as moderation clearly implies they aren ’ t good for us. In

addition, from an environmental perspective, the use of stoves, ovens and microwaves for cooking contributes significantly to energy consumption and cooking in general generates excessive waste of food and resources. Thus, this book maintains that living well and living a noble life, that is, good physical and moral health, requires consuming a raw vegan diet. Exploring the scientific and philosophical aspects of raw veganism, this novel book is essential reading for all interested in promoting ethical, healthful, and sustainable diets.

Tasty and creative raw food delights--75 vegan recipes and a three-week diet plan Whether you're new to raw veganism or you're a real raw foodie, this is the ultimate guide for you. The 21-Day Vegan Raw Food Diet Plan combines the proven principles of veganism and raw foodism into one complete cookbook and meal plan. Using simple, everyday ingredients including nuts, seeds, sprouted whole grains, legumes, fruit, and fresh produce, you can make tons of great-tasting, plant-based recipes in minutes. From Raw Vegan Mac 'n' Cheese to Raw Mexi Chili, this essential cookbook and raw food diet plan can put you on the path to looking great and feeling great. In just a few weeks, you'll have more energy, clear skin, better digestion, and be completely satisfied--one hearty, healthy, vegan raw food meal at a time. This definitive raw food cookbook features: All-in-one--Improving your overall health is a snap with a balanced three-week meal plan that's perfect for vegan raw food fans. Delicious recipes--Mouthwatering smoothies, entrees, snacks, and desserts packed with nutrition to keep you full and healthy. No guesswork--Complete shopping lists, sample menus, and meal prep pro-tips help you save time and money on your vegan raw food journey. Go green and get uncookin' with The 21-Day Vegan Raw Food Diet Plan.

21 days to weight loss, better health, clearer skin, and more energy

Nature's First Law

Raw and Simple

21-Day Vegan Raw Food Diet Plan

Everything You Need to Start Your Own Raw Food Diet and Lifestyle Revolution at Home

The Raw Revolution Diet

75 Easy, Delicious, and Flexible Recipes for a Raw Food Diet

The Raw Food Detox Diet

Amanda Brocket is a passionate advocate of eating raw--fresh natural food that has not been heated over 44 ° C (or 111 ° F). After a five-year health battle, she discovered raw food and quickly lost weight, stopped craving sugar, regained her energy and cured herself of her health condition. In this book Amanda explains how to start incorporating more raw food into your diet to experience its life-changing benefits. There are more than 80 delicious, nourishing recipes to get you started, as well as expert advice on ingredients, preparation, techniques and equipment. Includes dual measures.

The Uncook Book by Tanya Maher is the perfect book for anyone who wants to celebrate life through food. Raw food really gives you that opportunity because it gives you so much energy and clarity - but this book is as much about pleasure and enjoying life as it is about health. Offering easy-to-follow, accessible recipes with a modern edge, Tanya draws on her years of experience as a raw food nutritionist and guides you through brilliant basics, fun family favorites and elegant entertaining with living foods. As more and more people begin to appreciate the huge health benefits that a raw food lifestyle offers, Tanya makes it easy to either greatly increase your intake of raw foods or embrace this way of eating for breakfast, lunch and dinner if it

feels right for you - while still enjoying a busy social calendar! With beautiful photography, easy-to-source, familiar ingredients, and pull-out information on the benefits they offer your body, these recipes are so tasty that you will want to make them again and again. And if you think you're going to be deprived of anything at all, there's even a section on delicious superfood cocktails!

Raw Food Cookbook and Diet will help you understand and get started on the wildly successful raw food diet with: \* 75 easy, delicious, and flexible raw food recipes for every meal \* Complete introduction to the raw food diet \* Overview of the health and weight-loss benefits of eating raw foods \* Detailed list of the nutrients associated with each raw food option \* Tips on stocking your kitchen and transitioning to a raw food diet

Go raw, get radiant, start a revolution! A raw-food diet is a healthful way to detox, clear up your skin, shed a few pounds, and feel radiant. But who has time to track down hard-to-find ingredients and whip up labor-intensive recipes every day? (Hint: not you!) So what's the best way to start? Going Raw gives you everything you need to start enjoying the benefits of a raw-food lifestyle, all in this gorgeous guide. Judita Wignall's Going Raw combines the flavor of a gourmet cookbook with everyday recipes that are practical for the real-world home chef. — Fully illustrated raw-food techniques, from slicing a coconut to sprouting your own seeds — More than 100 delicious, fresh, gourmet food recipes—smoothies, salads, “burgers,” and beyond — On the bonus DVD you'll find a video tutorial for several raw-food techniques, including how to use a dehydrator, basic knife skills, slicing with a mandoline, and spiralizing vegetables Inside you'll find: — Green Smoothies — Berries and Cream Crepes — Dandelion Salad — Thai Green Bean Salad — Herbed Cashew Hemp Cheese — Broccoli and Mushrooms with Wild Rice — Spaghetti Bolognese — Asian Noodle “Stir Fry” — Classic Veggie Pizza — Coconut-Curry Samosas with Plum Chutney — Orange-Chocolate Mousse Parfait — Mexican Spiced Brownies — Apple Cobbler with Maple Cream — How to grow your

own sprouts — How to ferment kimchi and sauerkraut — ...and even 100% raw Ice Cream, Coconut Yogurt, and more!

Uncooked Creations

Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle

Raw Awakening

Raw Food Diet

Your Ultimate Guide to the Raw Food Diet

The Raw-food Diet

The Raw Bible - Raw Food Recipes for the Raw Food Lifestyle

The authors offer science-based answers to tough questions about raw foods and raw diets, furnish nutrition guidelines and practical information, and show how to construct a raw diet that meets recommended nutrient intakes simply and easily.

Ten years ago, Carol Alt was feeling bad. Really bad. She had chronic headaches, sinusitis, and stomach ailments; she was tired and listless. And then Carol started eating raw—and changed her life. Eating in the Raw begins with her story and then presents practical, how-to information on everything you need to know about the exciting movement that 's been embraced by Demi Moore, Pierce Brosnan, Sting, Edward Norton, and legions of other health-minded people. You ' ll learn:

- What exactly raw food is—and isn ' t—and how to integrate it into your diet
- How to avoid the all-or-nothing pitfall: you can eat some cooked foods, you can eat some foods partially cooked, and you don ' t have to deprive yourself

- Why raw food is not just for vegetarians or vegans—Carol eats meat, and so can you
  - The differences between cooked and raw vitamins, minerals, and enzymes, and what they mean for you
  - An ease-in approach to eating raw, and how to eat raw in restaurants
- In addition, Carol answers frequently asked questions and offers forty simple recipes for every meal, from light dishes such as Gazpacho and Lentil Salad to entrees including Tuna Tartare and Spaghetti al Pesto and even desserts like Pumpkin Pie and Apple Tart with Crème Anglaise—rounding out a thorough, accessible, and eminently compelling case why in the raw is the best way to eat.

Raw food is uncooked, 'living' food, rich in vitamins, minerals, phytonutrients and enzymes. By incorporating more raw food in your diet, you provide your body with essential enzymes and nutrients it needs to process food, detoxify your system, create energy and perform at its optimum - and at the same time shed excess weight. Do you want to get slimmer, and feel fitter, leaner and healthier? If so, The Raw Food Diet is for you. Christine Bailey offers three sensational diet plans - the weekend raw blitz, a week-long plan and raw for life. All are accompanied by super-quick and easy-to-follow recipes with advice on preparing ahead, stocking your pantry and key ingredients to make life simple. The Raw Food Diet includes over 100 delicious raw food recipes with a focus on fast, nutritious, uncomplicated dishes designed with simplicity and speed in mind. This book is perfect for raw food beginners, busy people and those who want to follow a healthier, fresher diet to achieve a thinner, younger-

looking body. The Raw Food Diet will leave you feeling lighter, leaner and with more energy. 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!

10 Easy Steps to Beauty, Energy, and a Smaller Butt!

Becoming Raw: The Essential Guide to Raw Vegan Diets

Going Raw for Total Well-Being

Advice and Recipes to Energize, Dehydrate, Lose Weight, and Feel Great

Kristen's Raw

A Beginner's Guide to Getting Slimmer, Feeling Healthier, and Looking Younger the Raw-Food Way

Revised Edition

Enjoy imaginative and delectable raw food recipes to help you lose weight from Chef Cherie Soria as you learn about the nutritional make-up of raw and living foods by renowned dietitians Vesanto Melina and Brenda Davis.

Dr. Doug Graham has taken the increasingly popular and tremendously successful low-fat, plant-based diet and turbo-charged it for unprecedented, off-the-charts results. Eclipsing even the astounding benefits so well documented by renowned health professionals who also advocate low-fat eating, Dr. Graham's plan is the first to present a low-fat diet and lifestyle program based exclusively around whole, fresh, uncooked fruits and vegetables. From effortless body weight management to unprecedented vibrant health and disease reversal to blockbuster athletic performance, The 80/10/10 Diet delivers in ways no other plan can even hope to match. But instead of reading our own tireless advocacy, here are stories of 811 success from around the world.

The raw food movement has swept the nation with its emphasis on eating tasty vegetables that greatly improve your health. The secret to this diet is in not only what you eat, but also how it is prepared, with raw ingredients retaining their healthy nutrients and enzymes a lot better than their cooked counterparts. The Healthy Raw Food Diet provides instructions on how to safely cook your meals at 104 degrees and lower without sacrificing money, time, or flavor. Beautiful photographs accompany recipes that are not only good for you but are delicious as well. Susanne Roth also teaches you how to sprout your vegetables and nuts for added nutritional value and how to take into consideration sleep, emotions and stress level when it comes to what you are eating. The Healthy Raw Food Diet is the perfect gateway into a healthier, happier lifestyle. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We 've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo,

raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Go raw, get radiant, start a revolution! A raw-food diet is a healthful way to detox, clear up your skin, shed a few pounds, and feel radiant. But who has time to track down hard-to-find ingredients and whip up labor-intensive recipes every day? (Hint: not you!) So what's the best way to start? Going Raw gives you everything you need to start enjoying the benefits of a raw-food lifestyle, all in this gorgeous guide. Judita Wignall's *Going Raw* combines the flavor of a gourmet cookbook with everyday recipes that are practical for the real-world home chef. On the bonus online videos you'll find tutorials for several raw-food techniques, including how to use a dehydrator, basic knife skills, slicing with a mandolin, and spiralizing vegetables. Inside you'll find: Green Smoothies Berries and Cream Crepes Dandelion Salad Thai Green Bean Salad Herbed Cashew Hemp Cheese Broccoli and Mushrooms with Wild Rice Spaghetti Bolognese Asian Noodle "Stir Fry" Classic Veggie Pizza Coconut-Curry Samosas with Plum Chutney Orange-Chocolate Mousse Parfait Mexican Spiced Brownies Apple Cobbler with Maple Cream How to grow your own sprouts How to ferment kimchi and sauerkraut ...and even 100% raw Ice Cream, Coconut Yogurt, and more!

*The Healthy Way to Get the Shape You Want*

*75 Satisfying Recipes to Revitalize Your Body*

Making Raw Foods Part of the Way You Eat

The Philosophy of The Human Diet

21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes

Going Raw

How Omega-3 Nutrition Is Transforming the Raw Food Paradigm

**WARNING:** The raw food recipes in this book are so delicious they may change your life! The phrase 'raw foods' conjures up images of food as punishment—think uncooked carrots and celery, with perhaps a spinach juice cocktail as a chaser. However, uncooked doesn't have to mean unappetizing, as this combination cookbook and guide to the raw foods lifestyle shows. Gabrielle Chavez explains how to use the wide range of fruits, nuts, grains, vegetables, spices, and seasonings for delicious, healthful—and healing—dishes. Anytime entrees from Stuffed Portobellos with Mushroom Gravy to Thai Hazelnut Pesto are here, along with seasonal treats like Halloween Soup and basics such as Simple Sweet Bread, with ingredients expressed in both metric and American measurements. In addition to current information on raw foods' nutritional value and success as an alternative for people with food allergies and disorders, *The Raw Food Gourmet* takes readers on Chavez's personal journey as she discovers the physical, emotional, and spiritual benefits of this diet. Raw food is energizing people around the world. Eating raw no longer means consuming carrot sticks and boring fruit plates—it's a whole new cuisine and lifestyle. Featuring the same

fun and passionate style that has made hers one of the most popular raw food blogs, chef Kristen Suzanne takes readers step by step through the raw food lifestyle: equipping the kitchen, grocery shopping, eating out, dealing with setbacks (and family members!), improving digestion, and losing weight, until eating raw becomes second nature. Plus, the book features 50 fabulous recipes—no cooking required!—for treats like sprouted protein bars, lasagna, soups, brownies, and even cheesecake! Accessible, fun, and packed with information not available anywhere else, this volume is a must-have for anyone who truly cares about health and nutrition.

Introduces fifty fast and easy recipes for raw food dishes for every meal of the day, accompanied by information on the health benefits of eating raw foods, tips on eating out, and a raw foods shopping list.

Find Your Balance. Simply. Fresh, raw foods can nourish your body, calm your cravings, and energize you. And with raw food chef Judita Wignall's *Raw & Simple*, it's never been simpler to eat and live better. It's healthy, fun, and easy. Inside you'll find: No dehydrator necessary! Basic preparation techniques with easy-to-find ingredients 100 delicious, simple recipes for breakfasts, soups, sides, starters, salads, main courses, snacks, and desserts Easy fermented recipes to help improve your digestion and strengthen your immune system No processed foods, trans fats, refined sugars, artificial flavorings and colorings, or preservatives € ” just real, wholesome foods, made simple All gluten-free recipes, with plenty of low-sugar

options  
The nutritional benefits to keeping foods as close to their natural state as possible  
How to get all of your essential nutrients from a raw diet  
Tips and tricks for stocking your kitchen and living the raw lifestyle  
Lifestyle and weight loss strategies to help you achieve vibrant health  
Making smart, delicious food choices in a short amount of time is now easier than ever. Raw and Simple provides easy (and incredibly tasty!) recipes that will feed your body and spirit without requiring hours of prep work. Recipes include: Oatmeal Walnut Raisin Cookies, Apple Pie Smoothie, Winterland Salad, Cucumber Basil Soup, Creamy Kale Salad with Capers and Hazelnuts, Maple-Dijon Brussels Sprouts, Thai Veggie Noodles, Root Vegetable Slaw, Cherry-Hemp Muesli, Watermelon-Fennel-Mint Chiller, Strawberry Spinach Salad with Sweet Balsamic Vinaigrette, Colorful Cabbage Salad, Cauliflower Couscous, Carrot-Ginger Coconut Soup, Orange-Cranberry-Apple Relish, Herbed Pecan Pate, Orange-Almond Truffles  
Raw food chef and instructor Judita Wignall fully integrates her raw food platform with holistic health and wellness. It's not just about food € ” it's about feeding your whole body and fueling your life!

The Complete Book of Raw Food, Volume 1

Feast, Lose Weight, Gain Energy, Feel Younger

The Raw Food Difference

The Raw Food Gourmet

The 30-Day Program to Help You Lose Weight and Improve Your Diet and Health with

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## Raw Foods

### The Raw Food Diet

#### Raw Challenge

This masterful collection of over 400 raw food recipes is a "must-have" for anyone who enjoys vegetarian cuisine. Whether you are curious about adding raw foods to your diet, or have been eating raw for years, *The Complete Book of Raw Food, Second Edition* contains over 400 mouth-watering-recipes produced by more than 50 of the world ' s top raw food chefs, and is your essential resource on choosing ingredients, eating right and creating delicious dishes to satisfy any palate. From soups and salads to main dishes and desserts, *The Complete Book of Raw Food, Second Edition* is the largest published collection of raw food recipes. This new edition features more than 50 new recipes from up-and-coming chefs. Among these inspired raw dishes are unexpected delights such as Lasagna, Easy Pad Thai, Zucchini Bread, and Granola--all delicious--all made with live ingredients. *The Complete Book of Raw Food, Second Edition* also includes advice on choosing ingredients, resources to buy the tools you need to create raw dishes, and a comprehensive Raw Food Glossary. The second edition is expanded to include prep times for all recipes an all-new color insert, and contains updated information on kitchen equipment, techniques, and raw food festivals. *The Complete Book of Raw Food, Second Edition* includes a detailed preparation for all categories of dishes including Salad Dressings, Entrees, and Delicious Desserts. Here are just a few examples of the delicious recipes available in *The Complete Book of Raw Food, Second Edition*: Spinach Pesto Raw Ravioli Walnut Stuffed Peppers Tomato Wild Rice Soup Chocolate Smoothie Watermelon Mountains Whether you're a raw food devotee, a seasoned vegetarian, or just want to prepare delicious, healthy recipes in your own home, *The Complete Book of Raw Food, Second Edition* is a kitchen essential.

## 12 Steps to Raw Foods