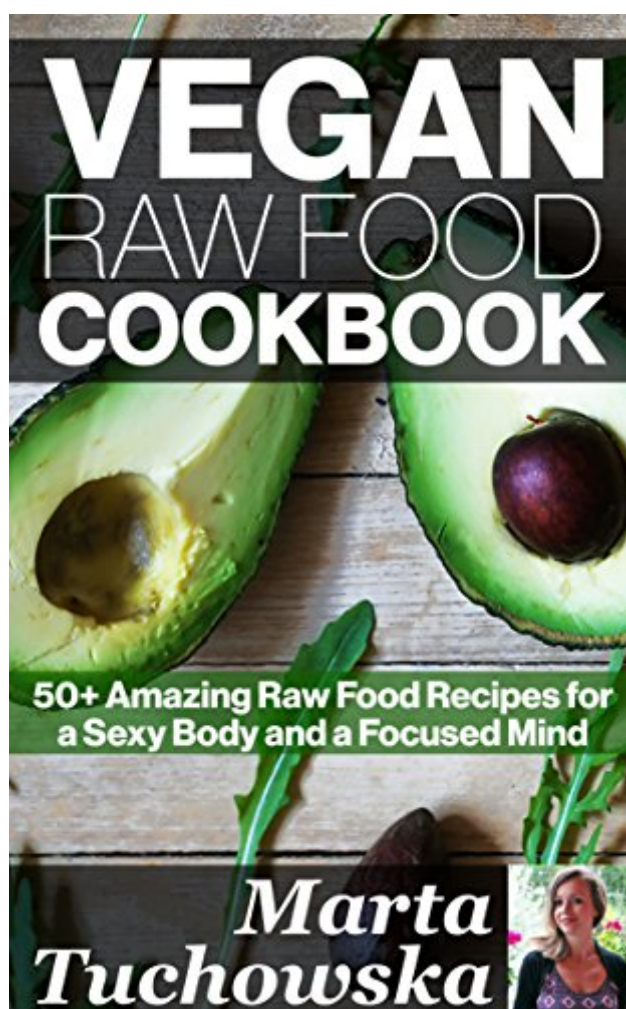


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# Vegan Raw Food Cookbook: 50+ Amazing Raw Food Recipes For A Sexy Body And A Focused Mind (Raw Vegan, Alkaline, Alkaline Foods, Plant Based, Detox Book 1)



## Synopsis

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 +100% VEGAN FRIENDLY\*\*\*\*"Good recipes non preachy advice. Other diets catered for in this book!"- from our reader.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?iYou 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!Vegan raw food lifestyle is very flexible... It means that it doesnâ™t matter if you are vegan, vegetarian, paleo, alkaline, gluten-free, or you donâ™t follow anything at all. You can always add more raw foods into your diet!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 ( after a cooked meal you usually feel sleepy, right?).-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 systemOK, I know what youâ™re thinking: âœRight, 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? Itâ™s HARD!â •Wait! Donâ™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!! 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! tags on product: vegan, vegan cookbook, vegan raw, raw food diet, alkaline diet, alkaline cookbook, raw foods for beginners, vegan diet for

## Book Information

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## Customer Reviews

I implore anyone out there who is into the raw vegan lifestyle (or considering it) to take a look at this book by Marta Tuchowska. The author has a solid understanding of what it takes to live a fully vibrant and healthy lifestyle; an understanding that has probably taken years to acquire. Moreover, she also has the ability to convey these crucial aspects of life with her words. So, in reading this book, the reader can expect to gain a deeper understanding of how you can tailor your food intake in a way that will allow you to reap the multitude of benefits that are associated with the raw

lifestyle. Obviously, I haven't tried all of these recipes, but the ones I have tried have been exquisite. This excellent collection of recipes was well worth the money I paid for it, and I urge you to invest in it as well. In doing so, you would not only invest in countless of delicious recipes, but also in yourself and your overall health. Nicely done!

That is wonderful news Marta! Thanks so much for being understanding and for taking the high road and changing the book. I have deleted my previous review and wish you well in selling many copies of your new/revised book. All the best! JC

Having followed Martha Tuchowska with her other books. I knew I had to pick this book up when I heard it was released. Marta has a lot of valuable recipes worth trying to create the health lifestyle we all desire. I do recommend following her insights. She is a true health expert.

I absolutely love this book. Easy to read and understand. Great recipes that are not complicated. I really like the fact that the author is open to all diets and how to incorporate more raw foods into whatever diet you are on. High carb, low carb, or paleo it doesn't matter, you can add more raw fruits and vegetables into your diet. Pick this book up and the other books by Marta Tuchowska to learn how to improve your health.

There is a lot to like about this book. First off, Marta is real! I've read just about all of her releases on wellness and I never go away unsatisfied. That said, it's good to know that you can work many of these vegan food recipes into your diet without completely going fully vegan. I am a big believer in restoring physical energy and mental well-being/focus, and this book addresses both of those in detail. This is not just a list of recipes. There is a lot of great advice and food for thought in the beginning of the book. I highly recommend this book if you are into raw foods. This is a can't miss.

This book has a ton of great recipes for you to choose from. If you want to live a healthier life I recommend this book. And the thing is you don't have to write anything down just go to your tablet or reader and there they are.

I've been trying some of the recipes and I'm impressed how good they are. Simple to make and fast to prepare. YUMM !!!

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