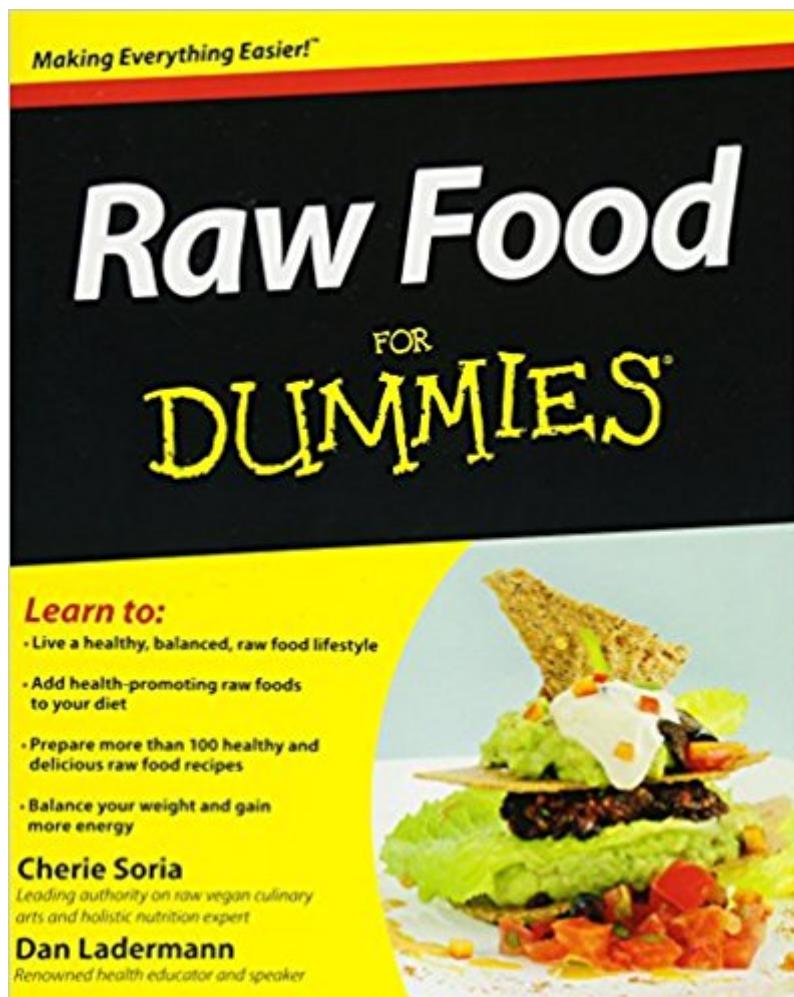


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# Raw Food For Dummies



## Synopsis

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 greening. 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.

## Book Information

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## Customer Reviews

Interested in knowing more about raw food? Easy. *Raw Food For Dummies* shares reasons for adding more raw food to your diet and life, offers tips on how to do it the healthy way, and includes more than 100 raw and satisfying recipes. Whether you're interested in incorporating raw foods into

an existing meal plan or transitioning to an all-raw lifestyle, Raw Food For Dummies can help. The raw facts â  discover the nutritional, psychological, and environmental benefits of a raw diet and learn how to combine foods to improve digestion and obtain maximum nutrition Going raw 101 â  get the 4-1-1 on how to make the transition from life on a traditional diet to a raw (or mostly raw) way of eating, including the equipment and staples you'll need to have on hand Eating raw-some foods â  find out how to make raw and nutritious smoothies, soups, salads, appetizers, entrees, snacks, and even desserts Open the book and find: A month-long meal plan to help you ease into the raw life More than 100 raw vegan recipes Techniques for preparing raw food that's flavorful and satisfying Tips for preparing raw meals that mimic the texture, appearance, and mouthfeel of cooked favorites Advice for using high-powered blenders, food processors, and dehydrators Ways to connect with local raw communities How to keep it raw when traveling, dining out, or on the go Learn to: Live a healthy, balanced, raw food lifestyle Add health-promoting raw foods to your diet Prepare more than 100 healthy and delicious raw food recipes Balance your weight and gain more energy

Cherie Soria has been teaching the art of gourmet raw foods to individuals, chefs, and instructors for nearly 20 years. Dan Ladermann is a Certified Hippocrates Health Educator and raw vegan nutrition instructor. Together, Cherie and Dan own and operate Living Light International.

Just like all the "For Dummies" series of books, the information here is short, concise and right on. If, like myself, your head begins to swim when you gather all the information to take the plunge then this book is for you. I had acquired many books that will be excellent to use after I get started in the Raw Food way of eating, but this book is to get you started and out of the gate.

As with all the 'for dummies' books this is a simply laid out book with no photos but lots of helpful tips and all the basics are there. This is a must have if you are serious about getting into raw as it has all the starting points there for you. But I would have liked photos - I know that's not the point of these books, but it's my review and in my opinion it would be an absolute star of a book with photos.

Very clear and gets to the point. I wish I had bought this book first. Wasted my money on other supposedly raw vegan books!

i love this book has everything u need to know on raw foods

Excellent book for any new raw foodist. Things explained is simple and easy to understand material.

Some very good and simple recipes - even for people experienced with raw food

Still reading, lol

Cheri and Dan know what they are talking about with raw foods. I gave three of this book out for holiday gifts. Everyone has sent me many thanks for such a down to earth book with doable recipes.

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