



# **Vegan Raw Food Cookbook Part 2: More Mouth-Watering and Nutritious Recipes for Body & Mind Wellness (Raw Foods, Vegan, Raw, Alkaline, Anti Inflammatory) (Volume 2)**

*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!**

**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! I am very excited to show you how to do just that- create amazing, mouth-watering dishes that are relatively quick and easy to prepare. I also want to stimulate your imagination and creativity so that you can start inventing your own recipes.**

Vegan raw food lifestyle is very flexible and open-minded. 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 diet!

Read on with an open mind and make sure you practice what you have learned. The recipes from this book are really easy and quick to make. You do not need to spend hundreds of dollars, euros, pounds (or whatever currency you use in your country) on expensive superfood fads. The solution is just in front of you!

## **The Body and Mind 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 stimulate 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.

## **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 coconut milk and 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

You will also discover 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 30 DELICIOUS VEGAN RAW RECIPES FOR OPTIMAL HEALTH! \*\*\***

I will also teach you how to re-balance your pH and the basics of the alkaline diet that goes hand in hand with the vegan raw food diet.

As a special bonus, you will receive a free, complimentary eBook with vegan-alkaline recipes and alkaline charts.

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, it's fun and it will help you achieve massive health success**

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#### **Ruben Hardy:**

Playing with family in a park, coming to see the water world or hanging out with close friends is thing that usually you could have done when you have spare time, after that why you don't try matter that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Vegan Raw Food Cookbook Part 2: More Mouth-Watering and Nutritious Recipes for Body & Mind Wellness (Raw Foods, Vegan, Raw, Alkaline, Anti Inflammatory) (Volume 2), you may enjoy both. It is good combination right, you still want to miss it? What kind of hang type is it? Oh occur its mind hangout guys. What? Still don't obtain it, oh come on its identified as reading friends.

#### **Rose Miller:**

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#### **Carol Hamilton:**

What is your hobby? Have you heard this question when you got students? We believe that that problem was given by teacher to the students. Many kinds of hobby, Every individual has different hobby. And you know that little person such as reading or as looking at become their hobby. You have to know that reading is very important in addition to book as to be the matter. Book is important thing to incorporate you knowledge, except your teacher or lecturer. You find good news or update concerning something by book. Amount types

of books that can you decide to try be your object. One of them is niagra Vegan Raw Food Cookbook Part 2: More Mouth-Watering and Nutritious Recipes for Body & Mind Wellness (Raw Foods, Vegan, Raw, Alkaline, Anti Inflammatory) (Volume 2).

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