

[PDF] The Fully Raw Diet: 21 Days To Better Health, With Meal And Exercise Plans, Tips, And 75 Recipes

Kristina Carrillo-Bucaram - pdf download free book



Books Details:

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Author: Kristina Carrillo-Bucaram

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Description:

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.

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