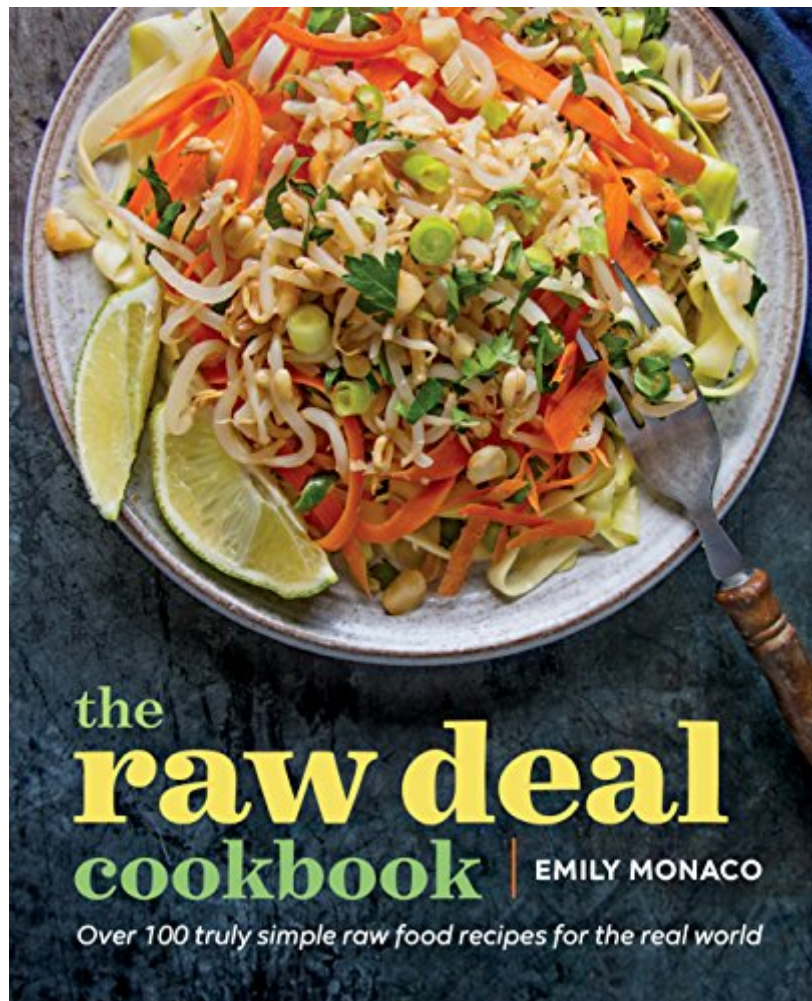


The book was found

The Raw Deal Cookbook: Over 100 Truly Simple Plant-Based Recipes For The Real World



Synopsis

A Flexible Approach to a Raw Food Diet Think going raw means eating raw meals all day, every day? Think again. Prepare for a practical, delicious, and flexible way to approach raw food with The Raw Deal Cookbook. Featuring over 100 amazingly simple plant-based recipes, plus tips and tricks for fitting raw food into your busy life, you'll explore raw food meals, drinks, snacks, and even decadent desserts that are full of flavor and brimming with nutrients. More importantly, you won't need to make a 100% commitment to start experiencing the health benefits. Whether you're switching up a few weeknight meals or completely overhauling your diet, this book walks you through the essentials of a raw food lifestyle and shows you how to incorporate raw food into your routine. Get creative in the kitchen, with:

- Raw Food Recipes: 100+ easy-to-prepare raw vegan recipes for breakfast, lunch, dinner, make-ahead snacks and sides, and more
- Raw Food Meal Plan: a practical 21-day sample menu starts you off
- Raw Food Labels: labels help out when you're short on time (30 minutes or less) and tight on cash (under \$10)
- Raw Food Substitutions: refer to nut-free options plus substitution tips to swap ingredients
- Raw Food Tips: 10 need-to-know tips for incorporating raw food into your life

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Customer Reviews

Yes. I am totally digging this book. I have been reading so many different cookbooks that swear by their healthy recipes, but unfortunately, many of the recipes found inside of those books are loaded with sugar and other junk. I have been eating mostly raw for several months now and have been in need of some good raw cookbooks. This book, in particular, has some very nice raw recipe ideas. The pictures are a nice touch too. I found myself bookmarking one recipe after another because they are things that I would have never thought to try, while on this raw food journey that I'm on. And I honestly had thought I was being creative already. The dishes sound healthy and delicious, but they also sound fun to try. Although I love many of the recipes, of course there are a few ideas in the book that I disagree on, which is why I don't give it a full five stars. After all of the studying that I have done on the raw food lifestyle and I've also talked to a number of raw food people who have been doing it for years and are in such great health, I don't believe that you need to add in any cooked animal products to stay healthy. Can you get all of the nutrients that you need while eating raw? I believe so. But you have to do your research and find the right balance of foods. And yes, you have to be creative and think out of the box while eating this way. I, personally, eat mostly raw, but have a cooked vegan plant based meal added in most days and feel amazing. I take vitamins as well. I do think that although I disagree with some of the ideas, if you choose to eat foods that are not plant based, it definitely is a great idea to add in as many raw foods as possible. So, this book can be a good idea for even omnivores and flexitarians to have in their collection.

Whether you're considering switching to a raw foods diet yourself, needing to learn how to prepare meals for guests who only eat raw foods, or simply interested in more innovative ways to use vegetables, fruits, beans, and grains in your everyday menu, you'll find the raw deal cookbook to be a useful resource to have on hand. Printed on thick, sturdy stock paper, this cookbook contains bright appealing photos of many of the featured dishes, and is informative as well as enjoyable to read. More than just a collection of recipes, the first few chapters provide information you need to know about the basis of eating a raw diet, the importance of balance in the diet, delves into different techniques such as fermentation, discusses pitfalls of raw diets, and also provides lists of foods you'll want to have on hand to properly stock your pantry to be able to prepare healthy well balanced raw meals. If you are planning to transition from a regular or vegetarian diet to a raw food diet, the author also provides a simple, practical, and flexible 21 day meal plan that slowly eases you into raw foods in order to help make the transition easier to accomplish. The raw deal cookbook contains 100 easy to prepare raw vegan recipes for breakfast

foods, smoothies and other beverages, salads and soups, main entrees, side dishes, snacks, fermented foods, dips, sauces, dressings, and spreads, and desserts as well. If you have a blender, a peeler, and common kitchen tools you can make every recipe in the book, and none contain ingredients that can't be found at most regular grocery stores. Much to my surprise and delight, eating raw foods doesn't mean you need to eat unappealing foods.

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