



Choosing Raw: Making Raw Foods Part of the Way You Eat (Paperback)

By Gena Hamshaw

INGRAM PUBLISHER SERVICES US, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. After her health journey led her to a plant-based diet, Gena Hamshaw started a blog for readers of all dietary stripes looking for a common-sense approach to healthy eating and fuss-free recipes. Choosing Raw , the book, does in an in-depth manner what the blog has done for hundreds of thousands of readers: addresses the questions and concerns for any newcomer to veganism makes a plant-based diet with many raw options feel easy instead of intimidating provides a starter kit of delicious recipes and offers a mainstream, scientifically sound perspective on healthy living. With more than 100 recipes, sumptuous food photos, and innovative and wholesome meal plans sorted in levels from newcomer to plant-based pro, Hamshaw offers a simple path to health and wellness. With a foreword by Kris Carr, New York Times -bestselling author of Crazy Sexy Diet , Choosing Raw is a primer in veganism, a cookbook, the story of one woman's journey to health, and a love letter to the lifestyle that transformed her relationship with food.



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Reviews

Extensive guide! Its this kind of excellent read through. it absolutely was written very perfectly and helpful. Your way of life period is going to be change when you complete reading this ebook.

-- **Murphy Dooley**

A new electronic book with an all new standpoint. It usually fails to charge too much. Its been printed in an exceedingly basic way in fact it is simply following i finished reading this book through which basically altered me, affect the way in my opinion.

-- **Dr. Amie Bogisich**