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Lunch and Dinner Meals —
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Documentary | Raw Vegan
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Foods to Eat. All fresh

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fruits. All raw vegetables.
Raw nuts and seeds. Raw
grains and legumes, sprouted
or soaked. Dried fruits and
meats. Nut milks. Raw nut
butters. Cold-pressed olive
and coconut oils. Fermented
foods like kimchi and
sauerkraut. Seaweed.

The Raw Food Diet: A Beginner's Guide and Review

Also known as raw foodism or
raw veganism, the raw food
diet consists of consuming
mostly fruits, vegetables,
nuts and seeds. Some people
also consume raw eggs and
dairy, and even raw fish and
meat, although this is less
common. Food is considered
raw if it has never been

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heated over 104-118°F.

The Raw Food Diet: 7-Day
Meal Plan for Beginners

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Of course vegetables also contain lots of antioxidants, so you'll want to include lots of fruits and vegetables in your raw food diet. Some tips on incorporating raw foods into your diet: Start off slowly if you're going raw and swap out one regular meal a day for a raw food meal.

Gradually work in more raw meals, depending on whether you go strictly raw or just want a few raw meals in your weekly diet. 21 Super-Easy Raw Food Recipes for Beginners Raw for Breakfast: 1.

21 Awesome Raw Food Recipes
for Beginners to Try | Yuri

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and How to Use It to Improve
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(Weight Loss, Recipes,
Cookbook) Kindle Edition by
Frontier Desk (Author)
Format: Kindle Edition

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These colorful wraps make a great packed lunch or make-ahead dinner (you can prep them up to two days in advance). Just don't forget to put out the napkins and double-check that all the dressing ingredients

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(including the peanut butter and soy sauce) are raw. Get the recipe. Pinch of Yum.

18 Raw Food Recipes to Try This Week - PureWow

Raw diets usually contain a combination of raw meat and other uncooked ingredients such as certain fruits and vegetables. Why do people feed raw diets? A lot of people who feed their dogs a raw diet do so because they see it as being a more “natural” option to traditional dog food.

Feeding your pet a raw diet - PDSA

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the raw food diet make sure
at least 75 of the food you
eat is raw most raw food
diets are made primarily of
fruits vegetables nuts and
seeds grains and legumes are
often permitted ...

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This book is a compendium of
the latest information from
peer-reviewed research and
their own clinical
experience on why raw diets
are so beneficial and how to

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construct a raw diet that
will provide all the
necessary nutrients. The Raw
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covers issues such as
getting enough protein,
understanding calorie
density and nutrient
density, focusing on whole
plant foods, hydration, and
food combining.

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Nut butters, tahini, seed
spreads, flax crackers and
other raw vegan recipes are
very high fat and low in
carbohydrates. Carbohydrates
are the preferred fuel
source of the human body.

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Regardless of what the low-
carb diet movement says,
this is what all serious
medical textbooks affirm.
Humans have always thrived
on carbohydrates.
Recipes Cookbook

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