

Have a Winter Raw Food Romance Raw Vegan Recipes for Cozy Winter Months Raw Food Romance Recipes Volume 1



BOOK DETAILS

- Author : Melissa Raimondi
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BOOK SYNOPSIS

Thirty days of savory, comforting, salty, sweet, and healing whole foods pack this volume which is at once part recipe book, and part guidebook. These recipes, this plan, brings into your hands an easy plan to succeed eating as a raw vegan. All straight from the life of a woman now 70 pounds lighter, whose recipes have thrashed her cravings and any desire to look back at what she was before. This book contains a meal plan with shopping lists, guides for items to always have on hand, daily estimated calorie intakes, prep tips for upcoming meals and lots of new and mouthwatering raw vegan recipe ideas, including some of Lissas most famous creations.

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