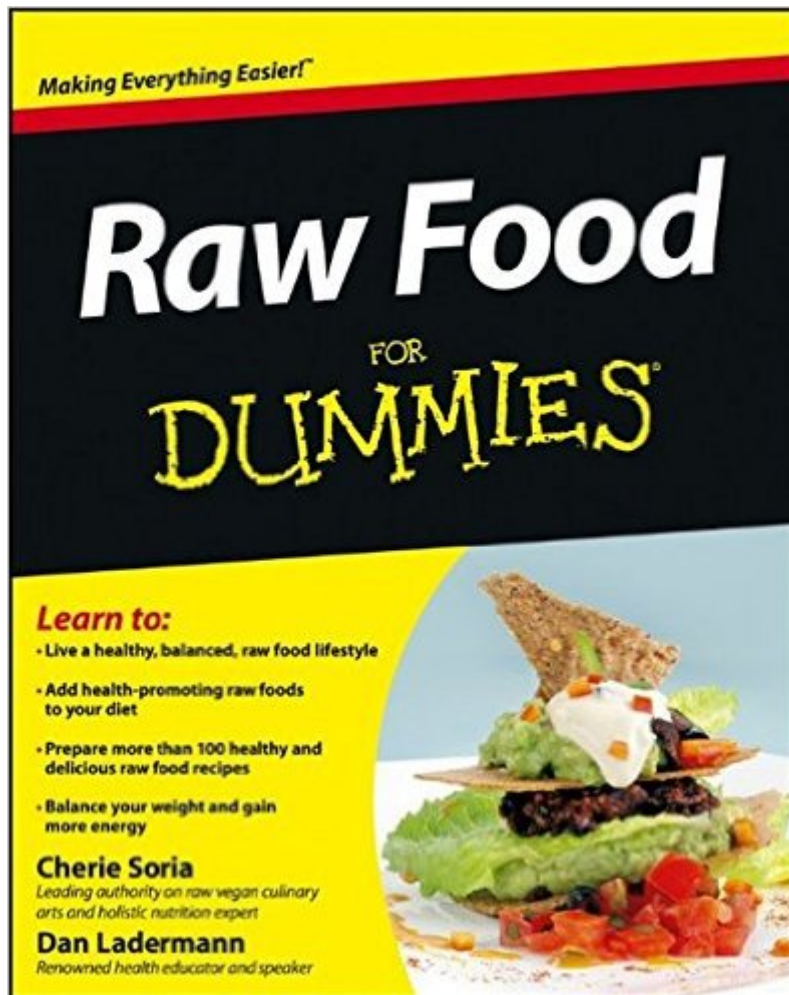


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# Raw Food For Dummies



## Synopsis

The easy way to transition to the raw food lifestyle Celebrities like Demi Moore, Sting, Madonna, and Woody Harrelson as well as experts in diet and nutrition have drawn attention to the newest trend in eating: raw foods. As the demand for raw foods increases, so does the demand for informative and supportive facts about this way of life. Raw Food For Dummies shares reasons for incorporating raw food into your diet and life, tips on how to do it, and includes nearly 100 recipes. Whether you're interested in incorporating raw foods into an existing meal plan, or transitioning to a raw foods-only diet, Raw Food For Dummies will help. Main areas of coverage include the benefits of eating raw foods, tips for avoiding undernourishment and hunger, information on transitioning to the raw food lifestyle (including where to buy and how to store raw foods), along with coverage of the popular methods of preparing meals, including sprouting, dehydrating, juicing, and greening. Features nearly 100 recipes covering breakfast, lunch, dinner, appetizers, and snacks Includes advice on transitioning to the raw food lifestyle Written by a veteran vegan chef and culinary arts teacher Raw Food For Dummies is for anyone interested in incorporating raw foods into an existing meal plan, as well as people interested in transitioning to a raw foods-only diet.

## Book Information

Paperback: 384 pages

Publisher: For Dummies; 1 edition (December 10, 2012)

Language: English

ISBN-10: 0471770116

ISBN-13: 978-0471770114

Product Dimensions: 7.4 x 0.8 x 9.3 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (49 customer reviews)

Best Sellers Rank: #684,382 in Books (See Top 100 in Books) #77 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators #290 in Books > Cookbooks, Food & Wine >

Cooking Methods > Raw #1097 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

## Customer Reviews

I've become interested in raw foods ever since I took a raw foods class with Diana Stobo about eight months ago, so I'm definitely a newbie when it comes to raw foods. I own about six or seven raw cookbooks, and was interested in this one since it covers the basics "for dummies" like myself.

do have to say that I was a bit worried about ordering it as part of the Vine program, since most of the previous five-star reviews for this book are a little suspect. If you look carefully at the reviews written before today's date (1-27-13) by clicking on the "See all my reviews" link, you'll notice that many of the review writers have this book as their only reviewed item. (Planted reviews???) Hmm . . . .) Nevertheless, it's a very good resource for raw newbies, and let me explain why. The other raw cookbooks (or should it be "un-cookbooks" ;-)) I have do start with nutritional information about the benefits of a raw lifestyle, so the opening chapters of this book are similar in scope to other raw food books out there. What sets this one apart as a great resource for newbies, however, are a few things. Chapter 4 of this book lays out a month-long raw meal plan that is really useful in terms of planning your meals. It even includes the Food Prep needed for each day as a separate call-out item, so it's easy to figure out what to do. The only thing that would have made this better would have been to have included the page numbers of the recipes. Another nice feature is the chapter on eating out. It gives a lot of good pointers about what to pick when you go to a restaurant and how to order meals that will work with a raw diet.

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