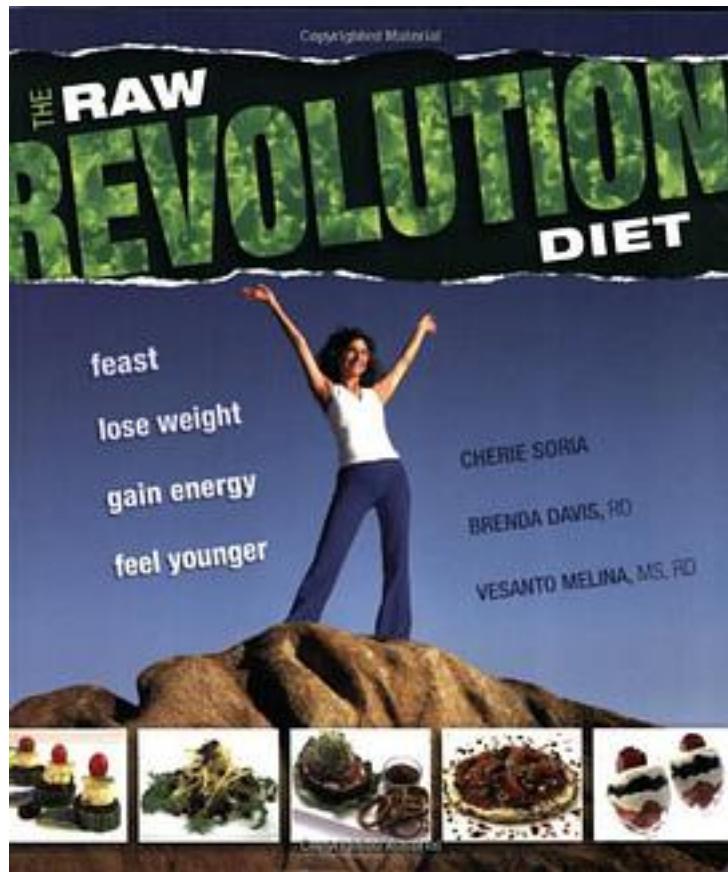


# The Raw Revolution Diet



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出版者:

出版时间:2006-5

装帧:

isbn:9781570671852

Join the raw revolution and achieve your natural weight. This successful, tried-and-true approach to permanent weight loss is centered on flavorful, satisfying raw food recipes that you can enjoy for a lifetime. It's more than a diet; it's a lifestyle that brings balance to body, mind, and spirit. This collection of recipes for imaginative, delectable, accessible and enticing cuisine is a far cry from a discipline limited to salads and

sprouts. You'll enjoy delicious, easy-to-prepare cuisine without feeling deprived. You'll experience how raw foods can improve your health and make you feel more alive. You'll also find up-to-date nutrition information from dietitians Brenda Davis and Vesanto Melina who explain how to put together a raw food diet that provide all the nutrients your body need as you lose weight.

作者介绍:

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