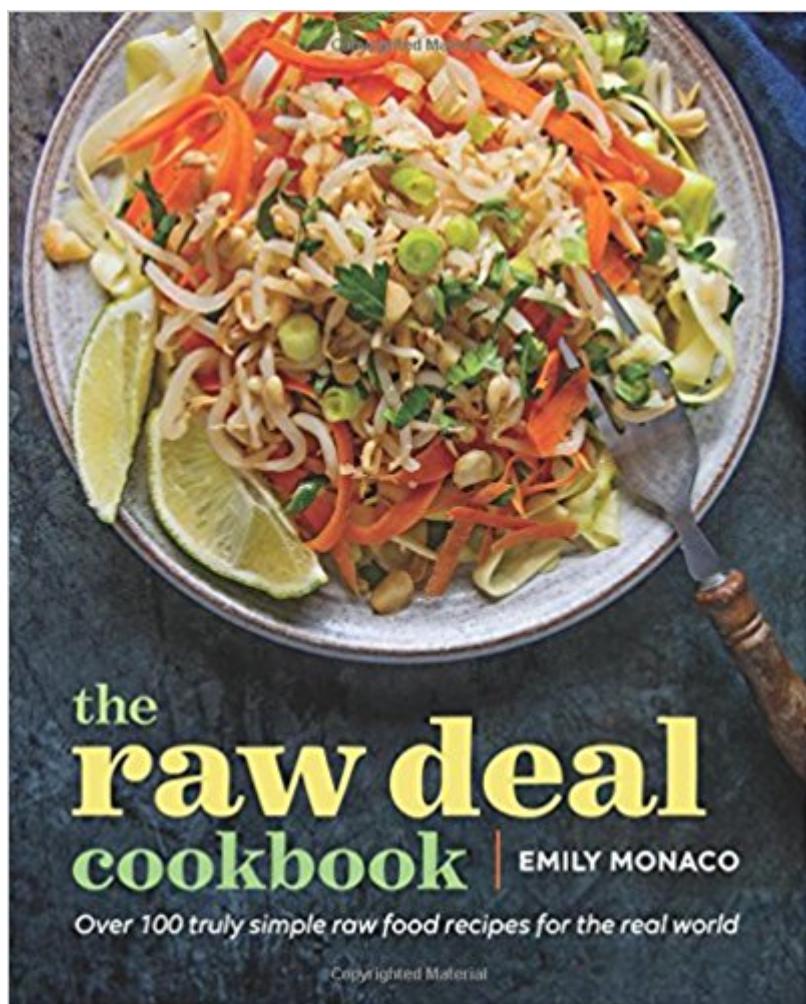


The book was found

# The Raw Deal Cookbook: Over 100 Truly Simple Plant-Based Recipes For The Real World



## Synopsis

A Flexible Approach to a Raw Food Diet

Think going raw means eating raw meals all day, every day? Think again. Prepare for a practical, delicious, and flexible way to approach raw food with The Raw Deal Cookbook. Featuring over 100 amazingly simple plant-based recipes, plus tips and tricks for fitting raw food into your busy life, you'll explore raw food meals, drinks, snacks, and even decadent desserts that are full of flavor and brimming with nutrients. More importantly, you won't need to make a 100% commitment to start experiencing the health benefits. Whether you're switching up a few weeknight meals or completely overhauling your diet, this book walks you through the essentials of a raw food lifestyle and shows you how to incorporate raw food into your routine.

Get creative in the kitchen, with:

- Raw Food Recipes: 100+ easy-to-prepare raw vegan recipes for breakfast, lunch, dinner, make-ahead snacks and sides, and more
- Raw Food Meal Plan: a practical 21-day sample menu starts you off
- Raw Food Labels: labels help out when you're short on time (30 minutes or less) and tight on cash (under \$10)
- Raw Food Substitutions: refer to nut-free options plus substitution tips to swap ingredients
- Raw Food Tips: 10 need-to-know tips for incorporating raw food into your life

## Book Information

Paperback: 242 pages

Publisher: Sonoma Press (March 1, 2016)

Language: English

ISBN-10: 1943451028

ISBN-13: 978-1943451029

Product Dimensions: 7.4 x 0.6 x 9.2 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 145 customer reviews

Best Sellers Rank: #115,016 in Books (See Top 100 in Books) #58 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #436 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

## Customer Reviews

Emily Monaco is a food writer and food blogger who is passionate about natural, whole foods. She lives in Paris.

Easy simple recipes with everyday ingredients. Good variety of foods with easy-to-use recipes.

Definitely a good buy, and I do recommend.

Arrived today. I now have book cookbooks and pleased. I purchased the Rawsome Vegan Cookbook and absolutely love the colorful pictures. The Raw deal has not as many pictures but the different examples and food choices is really cool. Yes, I would recommend both books.

If you are looking for healthier eating methods than this book is for you. What I really like about this book is the fact that a lot of explanation is provided as to the benefits and how to eat more raw foods. The author encourages a person to just incorporate some of these meals not trying to change all of a persons eating habits. The recipes are amazing. I cannot believe the sauces you can make from raw foods. There is no shortage of great ideas and recipes to try for anyone looking to eat little healthier. You can incorporate a few recipes or a lot, and still eat some wonderful meals. Truly I am amazed at the different recipes and things you can do while eating healthier. I really am learning a lot from this cookbook! Enjoy. I did receive this book for free to review, but my opinions are my own.

I have recently been paying more attention to foods and trying to cut out certain things such as dairy, gluten etc to see if that helps with some stomach issues I'm having and I had heard great things about eating a diet of raw foods. This Raw Deal Coobook is a great way to start my raw food journey! There are so many recipes that actually don't sound bad and I love that it gives you a 21 day meal plan to help kick you off. I am looking forward to implementing these recipes into my weekly meals. I received this product at a discount in exchange for my honest and unbiased opinion. All reviews are 100% my own.

I appreciate the down to earth, realistic recommendations for adding raw foods into a diet plan. Instead of suggesting that we go all-in "raw only" the author discusses why that's probably not the best approach. The bulk of the book is instructions and recipes that are not only easy and healthy but flavorful and satisfying. She discusses how to soak, sprout, ferment and minimally process foods to use them in everything from snacks to beverages to main dishes to desserts "and more - with every day ingredients and tools that you likely already have in your kitchen. I received this product at a discounted rate in exchange for my honest and unbiased review.

I am loving this cookbook, learning a lot on the benefits of eating raw. I originally received this book free then decided to purchase. I am in a new phase of my life and I have been gradually moving toward a healthier way of living. I thought this would be perfect for my new path. I would definitely recommend this book to anyone trying to eat healthier.

The Raw Deal Cookbook has everything you would want to know about a raw food lifestyle. The book starts off with information between a raw food diet and a vegetarian or vegan diet. A section dives into the building blocks of eating raw and what foods can enjoy while eating foods within this lifestyle. There are tips and tricks on foods you should not eat raw and whether it is safe for kids to eat raw foods. I received this product at a discounted rate in exchange for my honest and unbiased review. I found that the recipes look and sound appetizing. I can't wait to try the Kale Summer Rolls with Satay dipping sauce. The recipes have lots of herbs and spices and appear to be loaded with flavor. This book is bound to offer variety to a raw food diet.

Definitely going to use this book. I am a vegan trying to go raw and it's so hard. The recipes are easy to follow and not too ingredient heavy. (One recipe only has two ingredients!) It has the typical raw food recipes like raw rice and spaghetti as well as some new ones I've never seen. It has a 21 day meal plan. Breakfast, lunch and dinner ideas. Anything you could ask for. I love it! I received this book at a discount for my honest and unbiased review.

[Download to continue reading...](#)

The Raw Deal Cookbook: Over 100 Truly Simple Plant-Based Recipes for the Real World Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 3) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook, Nutrition Book 3) What is Raw Foodism and How to Become a Raw Foodist: How to Eat Healthy (New Beginning Book): Raw Food Diet, How to Lose Weight Fast, Vegan Recipes, Healthy Living Raw Foodism: Healthy and Delicious Raw Food Recipes to Get the Advantages of Raw Food Diet! Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1)

Vegetarian: Vegetarian Quinoa Cookbook-Gluten Free Plant Based Superfood Recipes (forks over knives, raw till 4, whole 30, Slow cooker, crockpot, Cast Iron) Vegan: 101 Simple, Easy, Delicious Chocolate Plant Based Vegan Recipes for a Raw Vegan and Vegetarian Diet for Healthy Living and Weight Loss (Gluten Free, ... a Healthy Living Cookbook for Weight Loss) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Plant Based Cookbook: 3 in 1: Alkaline Diet Bundle: Alkaline Breakfast, Lunch & Dinner Recipes for Weight Loss & Health (Nutrition, Plant-Based Diet, Weight Loss) Raw Vegan Cookies: Raw Food Cookie, Brownie, and Candy Recipes. (Healthy Recipes, Sweet Recipes, Healthy Desserts, Nutritious and Delicious Snacks, Cookies and Bars) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Alkaline Foods: 100% Raw: Easy and Tasty Raw Food Recipes Including Alkaline Salads, Smoothies and Treats! (Weight Loss, Clean Eating, Alkaline Diet Book 2) Forks Over Knives - The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year RAW FOOD RECIPES : Vegan & Vegetarian Approved! - 50+ Unique & Delicious Raw Food Recipes - The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes The Rawsome Vegan Cookbook: A Balance of Raw and Lightly-Cooked, Gluten-Free Plant-Based Meals for Healthy Living Kristen Suzanne's EASY Raw Vegan Salads & Dressings: Fun & Easy Raw Food Recipes for Making the World's Most Delicious & Healthy Salads for Yourself, Your Family & Entertaining

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)