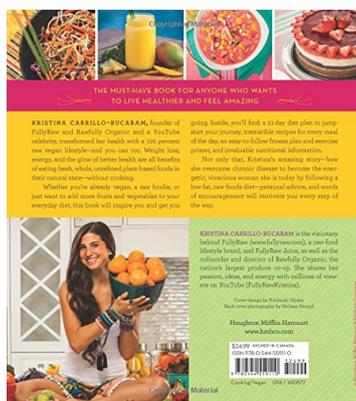


# [PDF] The Fully Raw Diet: 21 Days To Better Health, With Meal And Exercise Plans, Tips, And 75 Recipes

Kristina Carrillo-Bucaram - pdf download free book



#### Books Details:

Title: The Fully Raw Diet: 21 Days t

Author: Kristina Carrillo-Bucaram

Released: 2016-01-05

Language:

Pages: 272

ISBN: 0544559118

ISBN13: 9780544559110

ASIN: 0544559118

[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

#### Description:

The must-have book for FullyRaw fans or anyone who wants to explore a raw-foods vegan diet to lose weight, gain energy, and improve overall health and wellness

*The Fully Raw Diet* offers a 21-day plan to help people enjoy a clean, plant-based, healthful approach to eating. Kristina Carrillo-Bucaram transformed her own health by eating vegetables, fruits, nuts, and seeds—100% fresh, raw, and ripe—and she is now the vivacious, uber-healthy founder of the FullyRaw brand. Her ten-year success with this lifestyle inspires thousands via social media, and her 21-day FullyRaw Video Challenge on YouTube in 2014 dramatically grew her fan base. This book shares her advice and will correspond to a new video challenge, with meal and exercise tips, recipes, and vivid photos. Fans will love the smoothies, salads, main dishes, and desserts, such as Lemon-Ginger Blast, Spicy Mango Basil Salad, Yellow Squash Fettuccine Alfredo, Melon Pops, and Caramel-Apple Cups.

---

- Title: The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes
  - Author: Kristina Carrillo-Bucaram
  - Released: 2016-01-05
  - Language:
  - Pages: 272
  - ISBN: 0544559118
  - ISBN13: 9780544559110
  - ASIN: 0544559118
-