



## The 30-day Raw Challenge: The Stress-Free Way to Losing Weight and Improving Your Diet and Health with Raw Foods (Paperback)

By Lisa Montgomery

Hatherleigh Press,U.S., United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. Take the 30-Day Raw Challenge and Discover a Happier, Healthier You! Raw Challenge makes it fun and easy to adopt a healthy, raw vegetarian diet. in just 30 days. The Raw Challenge program guides you, day by day, towards a healthier way of life and takes the guesswork out of your raw food experience. Raw Challenge features a 30-day planner, complete with daily recipes, helpful hints, and words of wisdom from raw food experts. It also includes success stories and easy-to-follow tips to keep you going strong during your diet and health make-over. Raw Challenge will help you: Improve your health and lose weight Find the best way to transition to a raw diet Prepare a wide variety of delicious, nutritious raw food recipes Stay motivated with testimonials and inspiring words Stay on track with helpful hints by raw food experts Remember, Raw Challenger: YOU are in control of your diet and your life, so let Raw Challenge help you maximize the potential of your food and yourself! Whether you want to lose weight safely or just add a healthier approach to your eating habits, this...



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