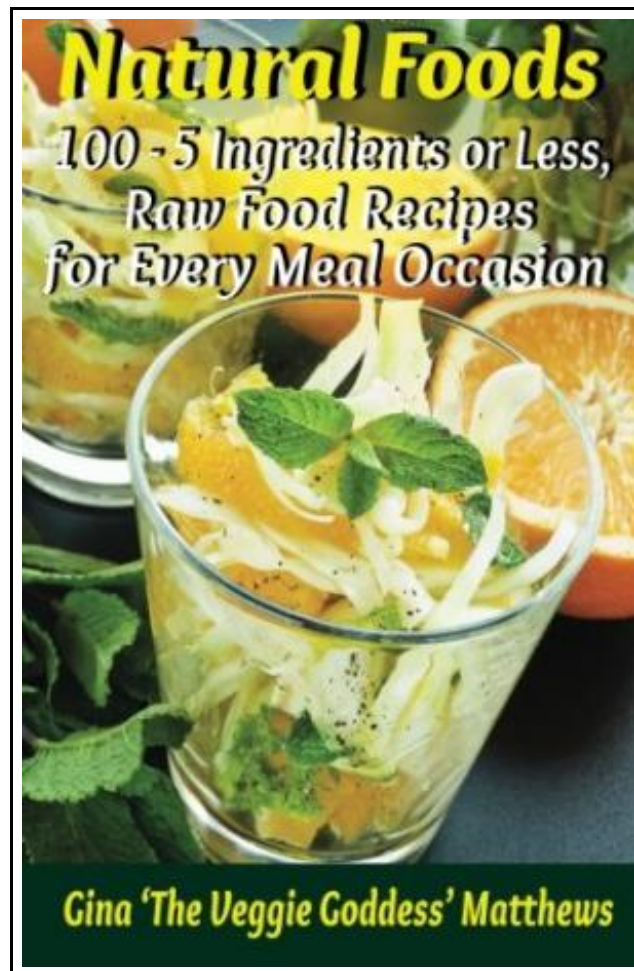


## Natural Foods 100 - 5 Ingredients or Less, Raw Food Recipes for Every Meal Occasion



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 110 pages. Dimensions: 8.4in. x 5.3in. x 0.4in. Eating natural foods, especially raw fruits and vegetables, and following a natural foods diet at least 50 of the time, is a simple yet powerful eating lifestyle that all natural health practitioners advise. This means that whether you follow a vegetarian diet, a vegan diet, a Paleo diet, a macrobiotic diet, Zone diet, low-carb, low-fat, or anything in-between diet, 50 of your daily intake should be from raw fruits and vegetables. Why is that? Because eating raw fruits and vegetables supplies your body with vital and very necessary enzymes, that are responsible for not just the digestion of the foods you eat, but also for the proper assimilation of nutrients. A natural foods diet floods your body with important vitamins, minerals and amino acids that cooked foods are devoid of. Unlike raw all natural foods, cooking actually destroys both the living enzymes found in food, as well as many of the vitamins, minerals and amino acids. This is because both enzymes and nutrients are heat-sensitive. While many people fear the complexity or assumed limitation of eating a natural foods diet that includes lots of fresh fruits and vegetables, most would be surprised to learn just how easy it is to follow a natural foods diet, and get your minimum 50 raw food quota in daily. And, were not talking about just eating some fruits or vegetables as-is. Were talking about delicious raw food appetizers, side dishes, entrees, desserts and more. And, you wont need to purchase any special kitchen devices. You DONT need a dehydrator. You DONT need a juicer. You DONT need a spiralizer. The only items youll need, to follow these amazingly simple and delicious raw...



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