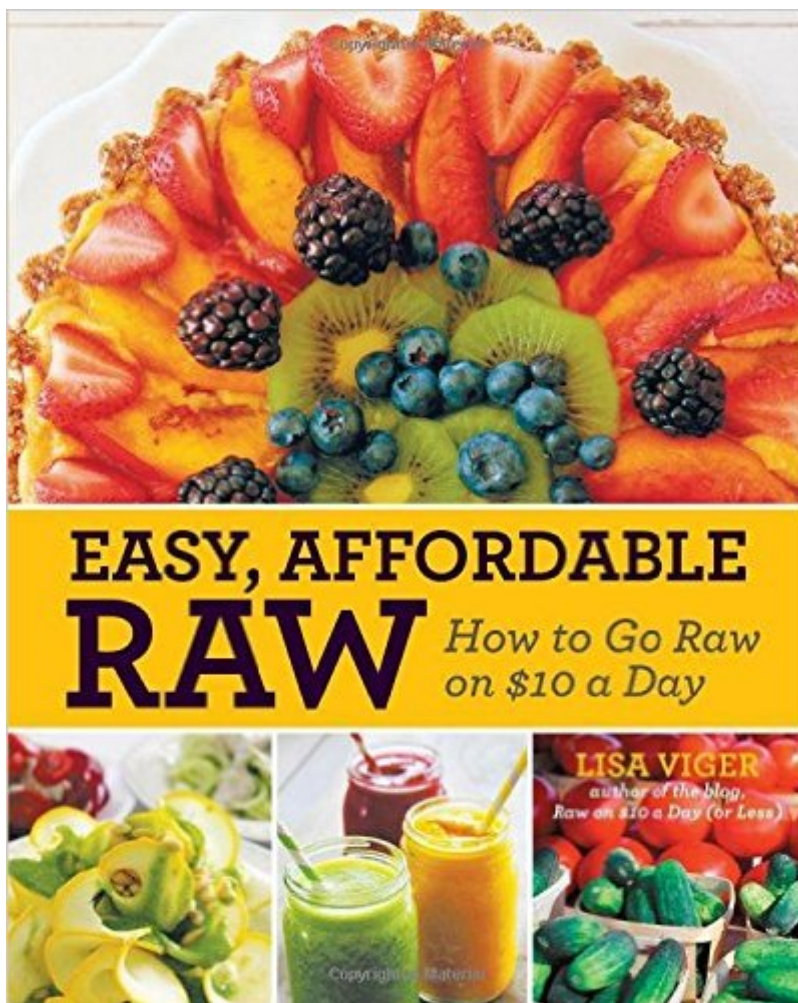


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# Easy, Affordable Raw: How To Go Raw On \$10 A Day



## Synopsis

Easy, Affordable Raw kickstarts your raw food lifestyle with everything that you need to know. How do I organize my kitchen? What kind of ingredients should I buy? Pie for breakfast? Lisa Viger, author and raw food expert, easily breaks down the raw food lifestyle including health and environmental benefits of a raw food diet. She also answers common questions about nutrition, protein, and energy. With more than 100 recipes that are affordable, simple, and quick to prepare, you'll be enjoying a better-feeling, cleaner body in no time. Inside you'll find fantastic salads, entrees, desserts, condiments, cheeses, and more! Make amazing recipes like: Grapefruit Pear and Candied Nut Salad with Blood Orange Dressing, Almond Pumpkin Seed Vanilla Dried Cherry Cereal, and Avocado and Arugula Pizza! Easy, Affordable Raw is a practical handbook and recipe book that makes the raw food lifestyle totally accessible for anyone, anywhere, even on a smaller budget.

## Book Information

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## Customer Reviews

Easy, Affordable, Raw offers recipes with ingredients that can be found at most grocery stores. I can easily purchase almost every ingredient any where which is a major factor that sets this book apart from other raw food books. I live in the mid-south and find the \$10 a day to be accurate. The recipes are so simple to prepare and delicious that my husband requests seconds. I made the jalapeño and lime kale chips the day my book arrived and they were devoured before bed. I've made the spicy mango and cucumber soup and the stuffed peppers several times. If you are new to raw foods

or experienced, this book is an easy, affordable, doable must have. Besides, who can pass up a book with a chocolate chapter?

I am fairly new to the raw food movement & purchased this book after following the Raw on \$10 a Day (or Less!) webpage & Facebook pages. I would recommend this book for anyone who is just starting out raw. It is full of good information about why one might choose raw foods, along with common questions & necessary tools you will need for some of the recipes. As simple as it seems, even the part with the Smoothie Packs has been very helpful when I am rushing to get out the door in the mornings. I think even seasoned raw foodies would enjoy this book for some new & easy meal ideas. I'm not the best around the kitchen & I like time saving tips, so I am not spending hours trying to put together a meal ... especially for one person! This book is filled with many easy, affordable, & delicious snacks, meals, & desserts. I cannot wait to try my hand at making the nut cheeses! The ingredients for these recipes are available at your local grocery store (some depending on location &/or season) but there is nothing that requires you to hunt things down online or at specialty stores. I am pleased with this purchase & look forward to creating many more of the recipes within!

Easy, Affordable Raw is a wonderful book for any raw foodist from someone who has lots of experience to someone who is new to this way of eating. The recipes are easy to prepare and delicious and there is something for everyone here. Not only that, she shows how a raw food diet can be done on a budget which is important to many people including myself. The photographs are beautiful, and she also includes tips throughout the book. I would highly recommend adding this to your cookbook collection!

I have a lot of raw food "cook" books, but this is one of the few that I actually use. The recipes are easy, the ingredients are obtainable, and the pictures are beautiful.

I've been following her blog for about four years and I finally purchased the book. The book is awesome! I'm so happy that I got it! I've already made so many things, it's very helpful. I am very grateful for Lisa for sharing her recipes online and in this book. I went raw vegan about four years ago to help me distinguish what food was giving me issues, overall it worked. Through many years of pain and stomach problems I found out on my own (something all my doctors missed) that I was lactose intolerant and had a dairy allergy. Let me say that going raw vegan is very difficult, but it is

totally worth it. I lost 15lbs and I feel healthier and happier. Currently I am not on a completely raw diet, but I like to incorporate many of the raw recipes found in this book into my regular meal plan.

I have followed her blog forever...could not wait to get her book. It is awesome the recipes are wonderful and for a new raw foodie it has been amazing. I would recommend this book to all food lovers....it is my favorite.

I have loved the author's blog, <http://www.rawon10.com> for a long time. I LOVE that it is beautiful, simple and under \$10 a day. I also like that it is menu based, with each day planned out and seasonal. Whenever I need inspiration - I jump on her blog. The book is a fantastic resource as well. I find myself popping it open in Kindle whenever I go to the farmers market or grocery store. I have several recipe books, but those on the 'budget side" are usually not as tasty-enjoyable. This is the exception for sure. I have loved everything I've made. As a side note, my husband came over to the "green side" and is NO LONGER diabetic. The \$400 he spent on insulin every month, is now going into our Caribbean vacation fund! Thank you Lisa!

I love the basics of this book. I have MS and just started the raw diet and I have several books and most have been quite intimidating with all these ingredients that are not easy to find. This book is perfect for a beginner. It shows how to make dressings, nut butters, smoothies, desserts, and Main dishes and all look pretty easy to make. It makes me excited to try these recipes.

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