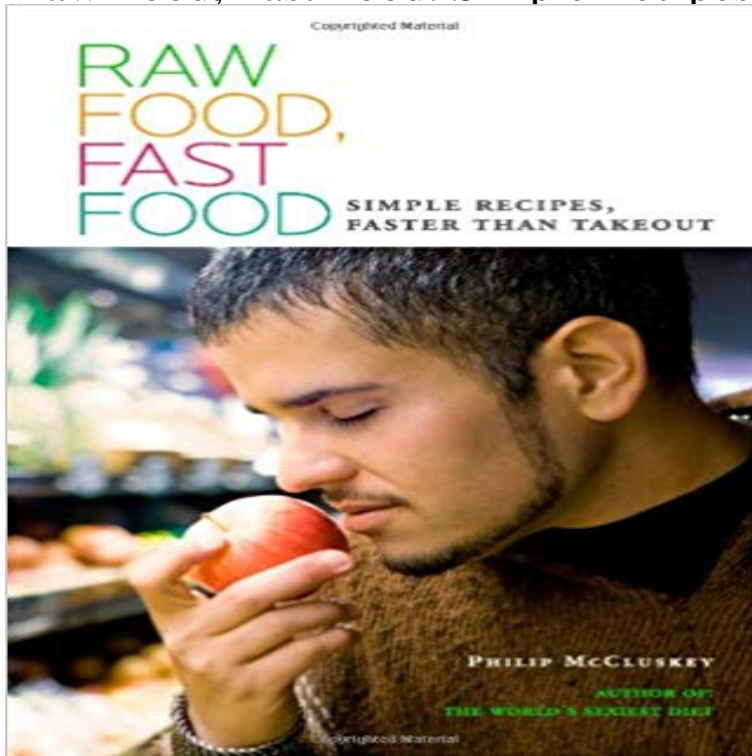


Raw Food, Fast Food: Simple Recipes, Faster Than Takeout



For too long raw cuisine has been seen as a luxury for those with time and money to spare. But the fact of the matter is that the ideology behind eating raw - to consume whole, fresh, and local foods, and to maximize their health benefits - is totally in keeping with the idea of fast food. All that it takes is some creative adjustment! These sexy, hip and incredibly fast recipes prove how convenient a raw diet can be. Full of tips, information and beautiful photographs to accompany the simplest (but also the most delicious) living food dishes imaginable, this book is the perfect raw foods primer for busy families, young urbanites, and anyone looking to lose weight, feel healthier, and begin to glow!

An author and motivational speaker whose own life was transformed (lost over 215 lbs) by the power of raw foods, Philip McCluskey is ready to guide both seasoned chefs and culinary newcomers into this fun, energetic, and loving world of raw cuisine. Feel your best ever while eating the real fast food - just as nature intended. * Soups - 6 recipes, including my famous Spinach Bisque. * Appetizers - 10 recipes to please any palette. * Entrees - 11 recipes including raw pasta, burger, tacos, quiche, lasagna, and more! * Salads - 7 recipes, including both green and fruit salads. * Desserts - 6 recipes guaranteed to get your kids excited. * Smoothies & Teas - 11 recipes to keep your light and juicy. * Ingredients lists & nutritional facts * Over 50 Recipes and 100 pages of Quick Raw Food Dishes And, all the recipes are: * 100% Raw * 100% Vegan * 100% Vegetarian * 100% Dairy Free * 100% Gluten Free

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Dishes, except mine is made with whole ingredients, veggies, fresh herbs, spices, and tastes SO much better than its restaurant-counterpart. Beats takeout or fast food! . Chai & Pumpkin Almost Raw Cheesecake with Pixie Gingerbread Toppings! **Raw Food Salad Bar: Simple Soups And Salads By Philip McCluskey** See more about Easy food recipes, Easy meals and Easy dinners. A quick and easy pasta salad made with ingredients you probably already have at home. . A Raw Chocolate Recipe which can be included in a diet and you can still lead .. This Asian chicken dinner recipe is better than takeout and made with just a few **Raw Food Salad Bar: Simple Soups And Salads: Philip McCluskey** Buy Raw Food Salad Bar: Simple Soups And Salads by Philip McCluskey Raw Food, Fast Food: Simple Recipes, Faster Than Takeout Paperback. **Raw Food, Fast Food: Simple Recipes, Faster Than Takeout - Amazon** Simple Recipes for Joy: More Than 200 Delicious Vegan Recipes. 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