



# **The Raw Food Detox Diet: The Five-Step Plan for Vibrant Health and Maximum Weight Loss (Raw Food Series)**

*Natalia Rose*

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Why you're going to love *The Raw Food Detox Diet*

You will . . .

- never count calories, fat grams, or carb grams, or measure foods again;
- see results even without deliberate exercise;
- eat liberal amounts of rich, satisfying foods; and
- open the flood gates for improvements in every area of your life.

Natalia Rose's proven program will set you on a course toward greater energy, a slimmer figure, a radiant complexion, and amazing natural health—whether you aim to lead an all-raw lifestyle or simply want to lose weight while still eating the foods you love. The book also features more than eighty irresistibly fresh and simple gourmet recipes for all meals, occasions, and Raw Food Detox Diet levels, including

- mouthwatering salad dressings such as Liquid Gold Elixir and Amazing Raw "Peanut" Sauce;
- sumptuous soups such as Raw Harvest Butternut and Coconut Soup;
- cleansing pasta and lasagna dishes and delicious, guilt-free pizzas;
- Thai delights such as Spring-in-Your-Step Rolls with Raw Teriyaki Sauce;
- decadent desserts such as Cheesecake Pudding and Raw Cinnamon Apple-Pear Pie; and
- Raw Ice Creams and Sherbets.

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