



The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes

By Kristina Carrillo-Bucaram

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The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes By Kristina Carrillo-Bucaram

The must-have book for FullyRaw fans or anyone who wants to explore a raw-foods vegan diet to lose weight, gain energy, and improve overall health and wellness

The Fully Raw Diet offers a 21-day plan to help people enjoy a clean, plant-based, healthful approach to eating. Kristina Carrillo-Bucaram transformed her own health by eating vegetables, fruits, nuts, and seeds—100% fresh, raw, and ripe—and she is now the vivacious, uber-healthy founder of the FullyRaw brand. Her ten-year success with this lifestyle inspires thousands via social media, and her 21-day FullyRaw Video Challenge on YouTube in 2014 dramatically grew her fan base. This book shares her advice and will correspond to a new video challenge, with meal and exercise tips, recipes, and vivid photos. Fans will love the smoothies, salads, main dishes, and desserts, such as Lemon-Ginger Blast, Spicy Mango Basil Salad, Yellow Squash Fettuccine Alfredo, Melon Pops, and Caramel-Apple Cups.

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- Sales Rank: #25183 in eBooks
- Published on: 2016-01-05
- Released on: 2016-01-05
- Format: Kindle eBook

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Editorial Review

Review

"[Kristina's] first book, *The Fully Raw Diet* will hit shelves this month. If **brightly colored, jaw-dropping raw food dishes** are your obsession, follow her on every social media platform."

--Greatist.com's *100 Most Influential People in Health and Fitness*

"Thoughtful and comprehensive."

--*Publishers Weekly*

About the Author

KRISTINA CARRILLO-BUCARAM is the visionary behind FullyRaw, her raw-food lifestyle brand/business, with 500K dedicated fans via her YouTube channel, website, and social media. She is also co-founder and director of Houston's Rawfully Organic co-op.

Users Review

From reader reviews:

Valerie Israel:

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Lane James:

Often the book *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* has a lot info on it. So when you read this book you can get a lot of gain. The book was authored by the very famous author. The writer makes some research previous to write this book. That book very easy to read you can get the point easily after reading this article book.

Summer McGaugh:

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