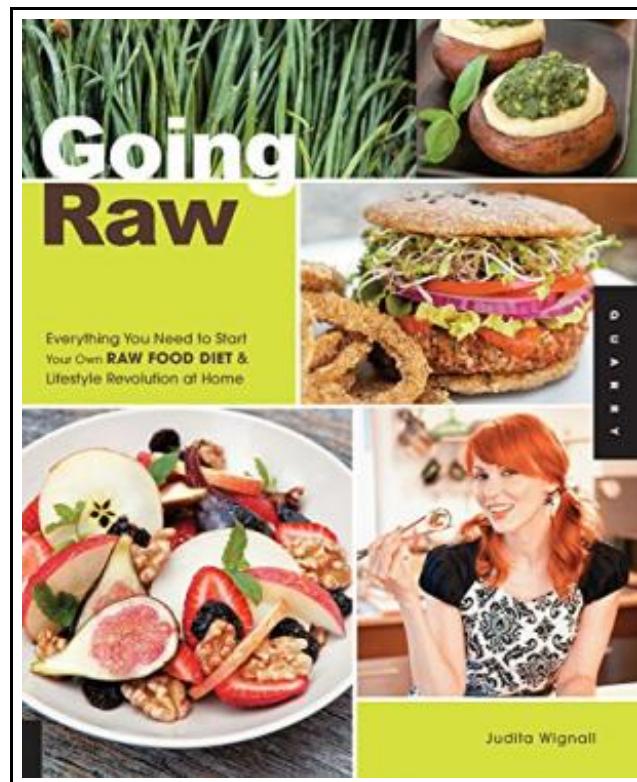


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GOING RAW: EVERYTHING YOU NEED TO START YOUR OWN RAW FOOD DIET & LIFESTYLE REVOLUTION AT HOME

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Quarry Books. Paperback. Book Condition: new. BRAND NEW, Going Raw: Everything You Need to Start Your Own Raw Food Diet & Lifestyle Revolution at Home, Judita Wignall, Going Raw combines the beauty and flavor of a gourmet cookbook with everyday recipes that are practical for the real-world home chef. There are utilitarian books that offer a lot of great basics but do not illuminate the content with stylish and instructional photography. Going Raw promises the basics (kitchen gear, pantry ingredients, how to plan your grocery shopping and menus, prep and storage techniques) and delivers delicious, simple recipes for the starter raw foodist. A 30 minute bonus DVD content features various food preparation techniques, finished presentations, and "raw food 101" lifestyle tips and advice as well.

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