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Other benefits of following a raw vegan diet include excess weight loss, improved skin appearance, improved digestion, the reduction of many diseases such as diabetes, heart disease, and cancer.

And, that is where this book comes in. It contains 75 recipes which consist of 20 raw vegan breakfast recipes, 31 raw vegan lunch & dinner recipes, and 24 raw vegan smoothies & juices recipes. This recipes are crafted in such a way that even if you don't have any previous cooking experience you will not feel lost or overwhelmed at any point.

This is a practical recipe book for modern people who would like to experiment raw vegan diet and increase their energy levels and quality of life. I am not telling you to go raw vegan 100%, I am only trying to encourage you to create your own

healthy nutrition habits.

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