



# **Raw Challenge: The 30-Day Program to Help You Lose Weight and Improve Your Diet and Health with Raw Foods (The Complete Book of Raw Food Series)**

*Lisa Montgomery*

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# Raw Challenge: The 30-Day Program to Help You Lose Weight and Improve Your Diet and Health with Raw Foods (The Complete Book of Raw Food Series)

*Lisa Montgomery*

**Raw Challenge: The 30-Day Program to Help You Lose Weight and Improve Your Diet and Health with Raw Foods (The Complete Book of Raw Food Series)** Lisa Montgomery

**Take the 30-Day Raw Challenge and Discover a Happier, Healthier You!**

**Raw Challenge** makes it fun and easy to adopt a healthy, raw vegetarian diet... in just 30 days. The Raw Challenge program guides you, day by day, towards a healthier way of life and takes the guesswork out of your raw food experience.

**Raw Challenge** features a 30-day planner, complete with daily recipes, helpful hints, and words of wisdom from raw food experts. It also includes success stories and easy-to-follow tips to keep you going strong during your diet and health make-over.

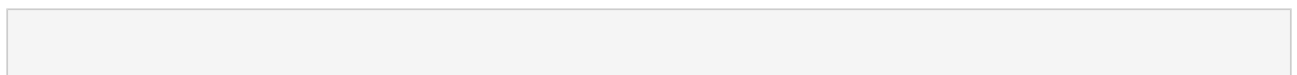
**Raw Challenge** will help you:

- Improve your health and lose weight
- Find the best way to transition to a raw diet
- Prepare a wide variety of delicious, nutritious raw food recipes
- Stay motivated with testimonials and inspiring words
- Stay on track with helpful hints by raw food experts

Remember, Raw Challenger: YOU are in control of your diet and your life, so let **Raw Challenge** help you maximize the potential of your food—and yourself! Whether you want to lose weight safely or just add a healthier approach to your eating habits, this plan is for you.

**Raw Challenge** features over 50 delicious, original recipes from Lisa Montgomery and her Raw Challengers, including:

- Cinnamon Morning Smoothie
- Smokey Backyard Tomato Soup
- Raw Vegetable Pasta
- Baby Bella Burgers
- Summer Squash Slaw
- Raw Thai Curry
- Chile Con Amore
- Spicy BBQ Zucchini Chips
- Mango Tango Cake
- Green Tea Ice Cream
- And many more!





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#### **Andres Edelman:**

What is your hobby? Have you heard that will question when you got college students? We believe that that query was given by teacher on their students. Many kinds of hobby, Everybody has different hobby. And you also know that little person including reading or as reading become their hobby. You should know that reading is very important as well as book as to be the matter. Book is important thing to increase you

knowledge, except your personal teacher or lecturer. You get good news or update about something by book. Different categories of books that can you go onto be your object. One of them is niagra Raw Challenge: The 30-Day Program to Help You Lose Weight and Improve Your Diet and Health with Raw Foods (The Complete Book of Raw Food Series).

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