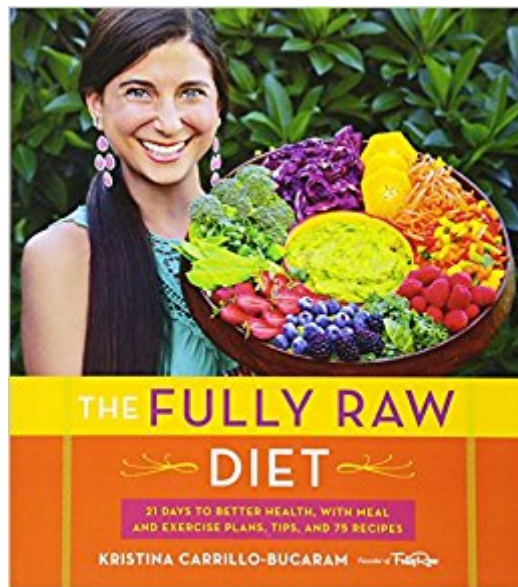




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# The Fully Raw Diet: 21 Days To Better Health, With Meal And Exercise Plans, Tips, And 75 Recipes



## Synopsis

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.

## Book Information

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Best Sellers Rank: #11,116 in Books (See Top 100 in Books) #4 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #10 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #21 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## Customer Reviews

Super Sweet Pink Smoothie from The Fully Raw Diet Makes about 1 quart (32 fluid ounces) This smoothie is a love bomb! Whether you are on the go, coming back from a workout, or simply just enjoying the day, this amazing elixir is one of the easiest and most delicious smoothies you can make. It's fun and fast, and it's filled with electrolytes and simple sugars to keep you fueled and smiling. Not to mention that its warm sunset hues croon 'love!'; Whether it is because of how much you love this smoothie or how good you will feel after you drink it, I know that

you will cherish it! Calories: 450; Benefits: endless! Equipment - Sharp chopping knife - Cutting board - High-speed blender, such as Vitamix. - 32-ounce Mason jar or large glass for drinking, preferably chilled. Here's What You Do Have all of your ingredients well chilled. Put all ingredients in the blender and blend until smooth, starting on the slowest speed and gradually working up to the fastest. Blend on the highest speed until the mixture is uniformly smooth and the sound of the blender is high pitched and steady. Reduce the speed of the blender to the lowest setting before turning it off. Drink immediately, or refrigerate for up to 4 hours in a tightly closed container. Shake before serving. Here's What You Need 2 to 3 cups (depending on desired thickness) fresh young coconut water (from 2 to 3 young coconuts), or store-bought raw coconut water ½ pineapple (about 12 ounces), leaves and rind removed, cored and cut in chunks 2 to 3 blood oranges (or juice oranges), peeled, seeded, and cut in chunks 2 cups fresh strawberries, with greens (I never remove the greens from strawberries, provided they are fresh and firm. Strawberry leaf is said to relieve gastrointestinal problems and joint pain.)

"[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

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.

So many times we try to heal ourselves through other means without ever taking a deep look at what we consume on a daily basis. I for one was so naive to believe that my diet could never be responsible for my sickness. I am 27 years old and in March, I will have been diagnosed with Lupus Nephritis for 13 years now. In December 2014, I hit the lowest point of my health when I had to undergo emergency dialysis and prepare for a kidney transplant, all while doing chemotherapy in the mean time. I was sick and tired of it all: all the drugs (10-15 pills a day), all the chemotherapy (four times a month), and all the doctor's visits and hospital stays. I had been following Kristina for a while on Instagram and had participated in one of her 21-day challenges and I knew that eating fresh, raw, unprocessed, fruits and vegetables are good for you but I was too scared and unwilling to make the jump. With her cheery motivation and upbeat spirit, constantly giving me ideas on how

to eat "Fully Raw" meals daily, I took the plunge. As of August 2015, I am vegetarian and I consume 1-2 fully raw meals a day. I told my doctor that I will not be doing chemotherapy anymore and I will not be taking my 13 year long daily drug cocktail. I told my doctor that I want to see if I can eat myself to better health and after almost 6 months of this lifestyle, I have never been healthier and my body is starting to heal itself (the proof is shown in monthly blood work and doctor's visits). Kristina's lifestyle is not a fad. Eating real fruits and vegetables is something that we should be doing but oh, how we forget to do something as simple as that. I stopped making excuses and started picking up the right things to eat. As a first generation Cambodian-American, my culture's cuisine is riddled with high-salt and fermented (rotten) food. I don't eat those foods anymore but that's alright. In fact, my family have started to adopt some of my eating habits as most of our family all take some form of high blood pressure medicine. Do what the book says. You don't have to go fully raw all day long but start out with one meal (my personal favorite Kristina is your "Love Smoothie" and "Fully Raw Pad Thai"). Instead of reaching out for a box of unhealthy snacks, grab an apple or make some guacamole with dip-able veggies. There are a million ways to eat Fully Raw. It's our job to take care of this body we were given. As a young woman whose life was taken over by a terrible disease at the age of 13, you will never see me go back to the way I once lived. Thank you Kristina. My self and my kidneys are grateful for having discovered and adopting you and your lifestyle.\*Pictures show my weight fluctuation due to kidney failure, hospital stays, dialysis, and what I currently look like in a before and after photo. I've definitely come a long way with this diet. =)\*

While Kristina's recipes look beautiful and are great at inspiring ones to transition to a Live Foods Diet, promising a Vitamix blender to the person who leaves the best positive review is a very shady practice and makes it hard to gauge which reviews are sincere and which ones are just hyped up because of the incentive. #fullyrawbook\*\*\* EXCERPT FROM KRISTINA'S EMAIL SENT JANUARY 5, 2016 \*\*\*AND...as an added bonus for YOU, my friends, who have helped to support me throughout this process and who have supported me by purchasing the book, I am doing an incredible giveaway just for you! For the next week, I am doing a giveaway to THREE people who write the BEST review! I will announce the winners via private email and this public email list Wednesday January 13th. The 3 prizes for the giveaway are the following:\* A FREE Vitamix Blender\* A FREE 21-DAY Juice Cleanse (U.S. only)\* A FREE Pass to One of My Book Launch Events

I have been following Kristina and her youtube channel for a while now and I have so much love for this girl. She inspires me and helps me learn how to love my body no matter how I may feel about it. I was able to overcome body hate and an eating disorder. I have also become healthier by following a lot of these recipes that this wonderful girl shares with us. During the first two years of college I gained weight and realized how it may hurt me in the future. I have been a vegetarian for 4 years now and I am trying to slowly become vegan and try to eat at least one fully raw meal a day. This book will inspire you and show you not only the journey to eating fully raw but how to love your body and eat healthy. This book is a MUST read !so proud of you Kristina cannot wait for what is to come and ill be here every step of the way with you :)!

Hello, I am 31 years old and a couple years ago I lay in the ICU bed not knowing what would happen. I battled years of "chronic sinusitis." It had gotten to a point of no return, I had so much bacteria in my cranial eye cavity that I got osteomyolitis (where the bacteria starts to eat way at the bone). The chronic inflammation around my eye also damaged my optic nerve. Which was due to a blot clot that had developed. There I was 28 years old: chronic sinusitis, osteomyolitis, thrombosis (blood clot) and palsy on the left side of my face (left eye 3rd optic nerve was damaged due to pressure). I remember watching a documentary on how "raw foods" cured patients that had cancer. While in the hospital I immediately started searching "Fully Raw" lifestyles and came across Kristina's You Tube Videos. Long story short, I adopted eating Fully Raw in my daily lifestyle and I do not suffer of ANY sinus issues (I even regained my normal eyesight back). I am a huge advocate for a clean lifestyle and support Kristina 100%. I recently purchased her book and cannot wait to start the 21 Fully Raw Challenge. Whether you chose to adopt her recipes or other Vegan Recipes, you will notice a body transformation. Not only in weight; but hair, skin, personality, optimism, ENERGY etc. You feel like you are given a second chance to life life!!!

I am currently eating a plant based diet (not vegan yet since I consume honey). I was interested in the raw diet due to hearing its praises from folks who were able to cure their cancer and diabetes. There is so much to learn about the various meals, smoothies, juices and desserts concocted from raw plants. It's amazing. The photography and layout is stunning. I'd advise anyone who needs to improve their health to read this book.

I love this book. She has a great writing style and is very relatable. The recipes are great and fairly easy. The only reason I didn't give it 5 stars is the massive amount of food she expects one to buy

is not that feasible to the average person unless you have a great co-op available.

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