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[The Raw Food Diet: A Beginner's Guide and Review](#)
[The Raw Food Diet: A Beginner's Guide and Review](#)
Written by Taylor Jones, RD on February 14, 2017 The raw food diet has been around since the 1800s, but has surged in popularity in recent years.

[Amazon.ca: Raw - Special Diet: Books](#)

Online shopping for Raw - Special Diet from a great selection at Books Store.

[Raw Food Diet Review: Benefits, What You Eat, & More - WebMD](#)

A raw food diet is low in calories, high in fiber, and based on primarily healthy whole-plant foods, so eating this way will lead to weight loss. But the diet is a nutritionally inadequate and

[Popular Raw Food Diet Books - Goodreads](#)

Books shelved as raw-food-diet: [Raw Food: A Complete Guide for Every Meal of the Day](#) by Erica Palmerantz

[Aziz](#), [The Everything Raw Food Recipe Book](#) by Mik

[21 Awesome Raw Food Recipes for Beginners to Try | Yuri Elkaim](#)

Does the hype around raw foods have you curious?

Thinking about incorporating raw food recipes in your weekly meals? Getting started with raw foods can seem intimidating, but no worries, we've got you covered with these 21 amazing raw food recipes for beginners.

[How to maximize your weight loss results on a raw food diet](#)

Welcome to my science-based guide on how to do a raw food diet for weight loss. Read my guide all the way through, and you'll understand the exact types of foods you need to be eating (and which to avoid), to skyrocket your weight loss results on a raw food diet.

[Best Raw Food Books \(41 books\) - Goodreads](#)

A collection of the best raw food diet/lifestyle readings. Score A book's total score is based on multiple factors, including the number of people who have voted for it and how highly those voters ranked the book.

[The Top 7 Must-Read Books for Every Raw Vegan Athlete](#)

Dr. Graham describes the foundation for eating the most abundant and energetic raw vegan diet in existence. He describes how humans are not carnivores, omnivores, or herbivores. In fact, we are frugivores, designed to eat the majority of our calories from raw fruits and the rest from raw veggies.