



The Lazy Raw Foodist's Guide an E-BOOK By Laura Bruno, M.A.



Soaking, sprouting, food combining and that dreaded dehydrator

... Rules and percentages ...

118, 112 or 105 degrees?

Superfood debates and the raw almond crisis ...

For a "natural" diet, it sure seems complicated! Can someone really thrive as a Lazy Raw Foodist?

Sure, you can eat mono-meals—mangos for lunch, melon for dinner—but what if you're lazy AND you love "real foods"? What if you like decadent raw desserts like lemon meringue pie, carrot cake or chocolate pudding—but don't have an extra 4-15 hours of prep time? What if you crave Mexican rice, sa... willing to spend 3 hours in the kitchen? I think Steve... because I'm a raw foodist doesn't mean I want to b...

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