



Raw Till 4: 30 of The Most Delicious Raw & Cooked Vegan Recipes: Breakfast, Lunch & Dinner (Raw Vegan Cook Recipes Book 1)

By Julian Holden

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What is Raw Till' 4?

It's **Vegan**. It's a diet. It's something which will help you **ACHIEVE** body balance and **HEALTH**. And above all it's a lifestyle.

The precept is simple. You eat nothing but raw food up to 4pm and then you are allowed to cook something, within certain guidelines. This means you can eat as much as you like. Eat twenty bananas, thirty apples, a dozen pears if you want (or can manage). It doesn't matter. This is one diet where you can eat as much as you can. With tasty recipes from breakfast until evening, you will be able to find something which will tempt you at any time of the day. And with cooking cut down or completely eliminated in some cases, you'll have bags of time for other things.

Try the **Banana Coconut Pancakes** for breakfast, **Veggie Stuffed Avocados** for lunch or the delicious **Raw Till 4 Falafel** for dinner. Each recipe has detailed instructions for what you need and the methods of preparation, to ensure you get the absolute most out of your new vegan diet. ↓ ↓ ↓ ↓

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