

Enjoying Raw Foods Can Be Fun & Easy

Why eat more raw foods?

- Higher nutrient density w/ no digestive burden, which means increased energy, clarity, creativity & well being
- Raw foods can be easier & more delicious than cooked/processed foods
- Growing & eating raw plant foods creates and supports ecological harmony
- Our bodies are naturally designed to use them as fuel

Tips for your Fun & Easy Raw Food Adventure

- Take it at your own pace, having lots of fun trying new foods
- Focus on simple preparations (save the fancy gourmet recipes for later) –use pre-packaged Pristine Raw Super Food mixes (such as Chocolate Bliss & Fiesta Mole) to create 5-minute decadently delicious meals
- When you prepare a dish, make enough for several days & keep in fridge for easy access

Website Resources:

www.RawkinHealth.com – Elizabeth Wills’s website with recipes and products

www.radicalhealth.com – David Favor in Austin, includes lots of audio downloads

www.sunfood.com - David Wolfe (raw food guru), author of The Sunfood Diet Success System, info and products

www.goneraw.com – lots of recipes

<http://www.therawfoodworld.com/> Matt Monarch’s site – good storefront with sales, newsletter, info

Books at San Marcos, TX Public Library

The Sunfood Diet Success System by David Wolfe 613.26 WOL Very Good! I have a copy too.

Superfoods : the food and medicine of the future by David Wolfe 613.26 WOL excellent info!

Naked Chocolate by David Wolfe and Shazzie 641.3374 Wol includes good chocolate recipes

Rawvolution by Matt Amsden I have this cookbook and really like it!

Rawsome! By Brigitte Mars 641.563 MAR good recipes

Becoming Raw: The Essential Guide to Raw Vegan Diets by Brenda Davis and Vesanto 613.265 DAV

Raw energy : 124 raw food recipes for energy bars, smoothies, ... by Stephanie Tourles 641.5636 TOU

Green for Life by Victoria Boutenko 641.563 BOU - recipes for green smoothies

The Complete Book of Raw Food editor:Lori Baird 641.5636 COM– a collection of recipes

The Raw 50 by Carol Alt (a supermodel) 641.563 ALT – good recipes

Rainbow Green Live-Food Cuisine by Gabriel Cousens, M.D and the Tree of Life Chefs 613.26 COU not just recipes

Raw: the Uncook Book by Juliano 641.563 Juliano more complicated recipes

The Raw Gourmet: Simple Recipes for living Well by Nomi Shannon 641.5637 SHA

The 80/10/10 diet by Douglas N. Graham 613.283 GRA

Raw Athlete Resources

www.runningraw.com Tim VanOrden, the running raw project

Larabar’s 90% raw bar available at Cornucopia and Big HEB Aisle 2

www.organicathlete.org

www.brendanbrazier.com raw triathlete, sells products

The Thrive Diet by Brendan Brazier not completely raw but has good info for athletes

MP3 downloads

www.radicalhealth.com

www.rawkinradio.com

www.organicathlete.org

Meetup group – San Marcos monthly potlucks

<http://rawfood.meetup.com/533/>

Groceries

Cornucopia sells David Wolfe’s SunFood product line (at the same prices as online with no shipping charge)

Radical Health has a bunch of raw, pristine superfoods. Elizabeth Wills sells in San Marcos 512-805-0624

www.sunorganic.com – good place to buy nuts and seeds since they are cold stored