

# RawTillWhenever Whole Foods Plant-Based Recipes For The Soul Raw Till Whenever Recipe Books Volume 1

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## BOOK DETAILS

- Author : Hannah M Janish
- Pages : 84 Pages
- Publisher : CreateSpace Independent Publishing Platform
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## BOOK SYNOPSIS

#FullyCooked is a high carb low fat plant-based lifestyle focused around starchy foods. Based on the ground breaking research by Dr. John McDougall, John made the simple but profound observation, "All large populations of trim, healthy people, throughout verifiable human history, have obtained the bulk of their calories from starch." Whether your goal is to look more vibrant and youthful, regain your health or lose weight for good, this recipe book will give you 30 mouth watering recipes that will leave you feeling satiated but also eager to live life. We didnt stop there though. We have included a number of simple tips and bonus videos for looking and feeling your best such as: Acne and Skin Care Fitness Self-Love Intuitive Eating Whole Foods Starches on their own can be a little bland and unexciting but through the amazing photos and recipes contained in #FullyCooked, we hope to inspire you to introduce more of these healthy satisfying meals in to your life. These are our absolute favorite recipes and we hope they become staples in your life. All of our love, Hannah & Derek

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