



Raw Foods on a Budget (Special Color Edition): The Ultimate Program and Workbook to Enjoying a Budget-Loving, Plant-Based Lifestyle

Brandi Yvonne Rollins

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The award-winning book, *Raw Foods on a Budget*, is here! Co-created by Brandi Rollins and a team of readers like you, *Raw Foods on a Budget* was designed to teach you how to enjoy a budget-loving, plant-based lifestyle. It doesn't matter if you are 100% raw, high raw, vegan, or veggie-friendly, this book goes beyond the price of food and shows you HOW to buy food; STORE, PREPARE, and EAT food in ways that stretch your dollar; CREATE and MAINTAIN a budget; use a budget to get the LIFE YOU WANT; and GROW and FIND high-quality, inexpensive produce! There is even cost-effective guidance on how and where to buy common raw food ingredients and equipment! Now add 90 budget-loving recipes--each with their own cost estimates, money-saving tips, and nutrition information--and you have the ultimate program to living an abundant, budget-conscious raw food lifestyle!

2012 IPPY Book Award Winner (Bronze Medal) in Health/Nutrition category

2012 Living Now Book Award Winner (Gold Medal) in Cooking/Natural category

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Mary Block:

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Julie Tice:

Spent a free a chance to be fun activity to do! A lot of people spent their spare time with their family, or their particular friends. Usually they carrying out activity like watching television, about to beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Could be reading a book may be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to test look for book, may be the book untitled Raw Foods on a Budget (Special Color Edition): The Ultimate Program and Workbook to Enjoying a Budget-Loving, Plant-Based Lifestyle can be very good book to read. May be it might be best activity to you.

Richard Oneal:

Playing with family in the park, coming to see the water world or hanging out with buddies is thing that usually you have done when you have spare time, after that why you don't try thing that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are

ride on and with addition of knowledge. Even you love Raw Foods on a Budget (Special Color Edition): The Ultimate Program and Workbook to Enjoying a Budget-Loving, Plant-Based Lifestyle, you could enjoy both. It is great combination right, you still desire to miss it? What kind of hang-out type is it? Oh can occur its mind hangout fellas. What? Still don't understand it, oh come on its called reading friends.

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