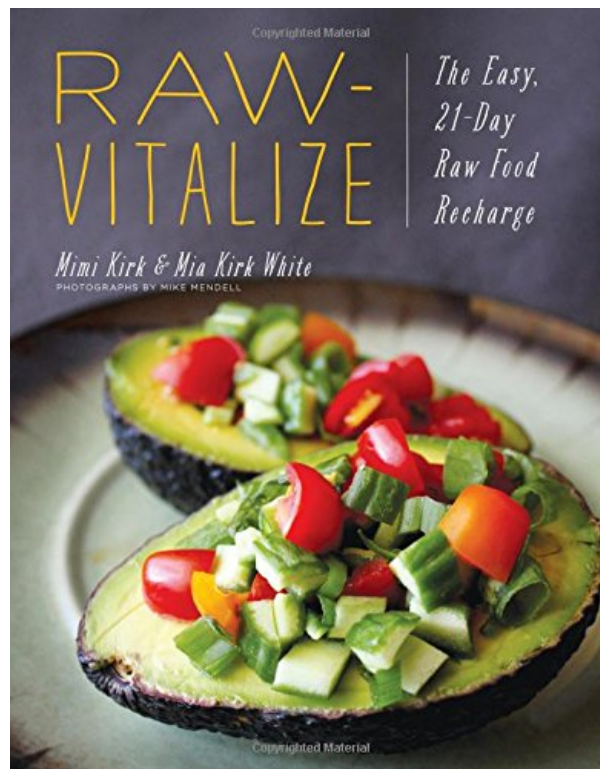
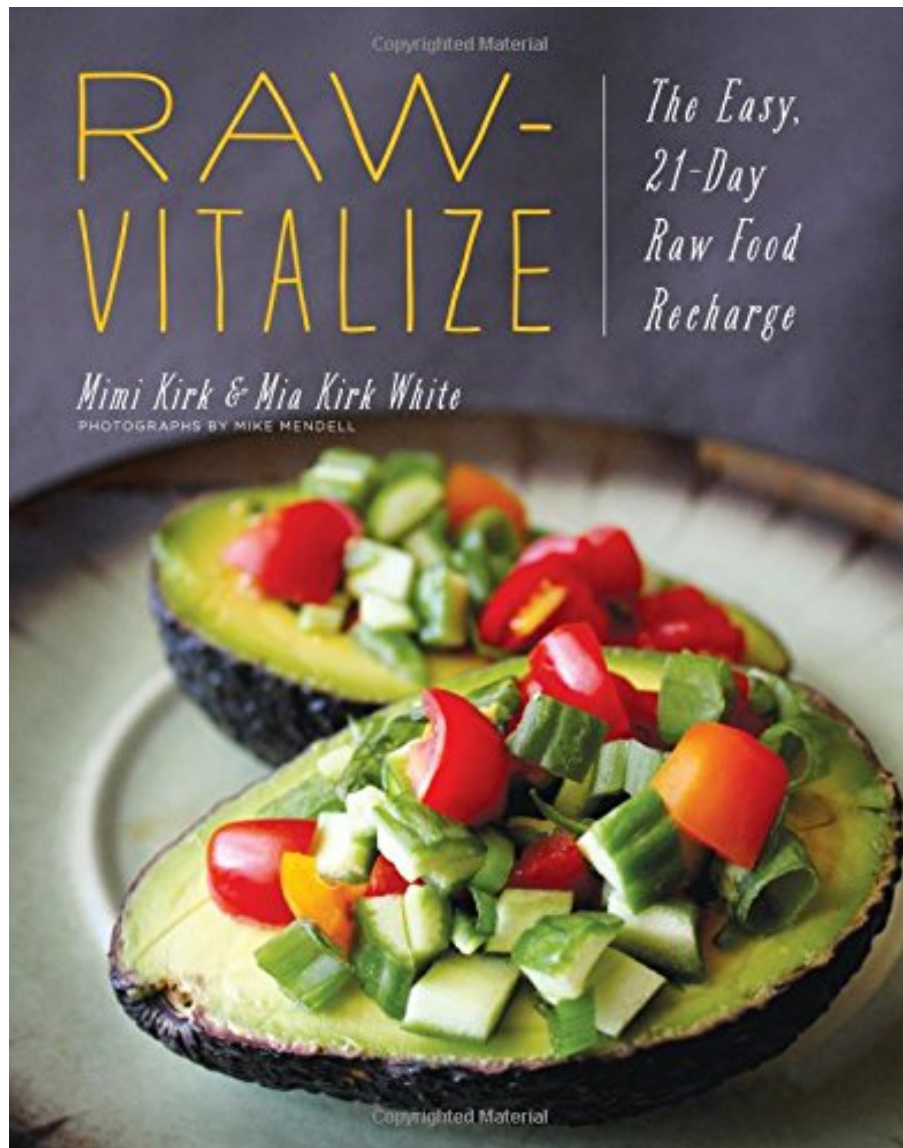


RAW-VITALIZE: THE EASY, 21-DAY RAW FOOD RECHARGE BY MIMI KIRK, MIA KIRK WHITE



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About the Author

Mimi Kirk is also the author of *Live Raw*. Voted PETA's sexiest vegetarian over 50, she has appeared on NBC, CBS, and Fox News; and in *VegNews* magazine, *Purely Delicious*, and *PETA Prime*. Her careers span the gamut?from being a stand-in for Mary Tyler Moore and the designer behind Valerie Harper's wardrobe on *Rhoda* to a costume jewelry designer; publisher of an environmental newspaper in Los Angeles; board game inventor; and author. She helped start the first film festival in Taos, New Mexico, and has worked with several nonprofits to help raise money and awareness about health and environmental concerns. Kirk enjoys spending time with her boyfriend, four children, and seven grandchildren. She lives in Ramona, California.

Mia Kirk White is a Certified Holistic Health Counselor trained in nutrition, Jin Shin, Swedish massage, and Acupressure. She lives in Richmond, Virginia with her two children.

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RAW-VITALIZE: THE EASY, 21-DAY RAW FOOD RECHARGE

BY MIMI KIRK, MIA KIRK WHITE PDF

A day-by-day guide to clean, raw eating

Catch the wave of health and good living with this easy and delicious 21-day raw food plan. Mimi Kirk and her daughter, Mia Kirk White, developed the plan when they decided to team up and remind themselves of the benefits of eating all raw, all the time.

They needed a plan that would work with their busy schedules, with meals that would fit into a set menu, but still allow them to mix and match foods. These recipes are so good, you'll make them again and again. Raw-Vitalize includes shopping lists, make-ahead prep ideas, and tips for eating on the go.

60 color photographs

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- Binding: Paperback
- 224 pages

Features

- Countryman Press

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Mia Kirk White is a Certified Holistic Health Counselor trained in nutrition, Jin Shin, Swedish massage, and Acupressure. She lives in Richmond, Virginia with her two children.

Most helpful customer reviews

15 of 15 people found the following review helpful.

I highly recommend this book to individuals interested in a healthful

By Dorlynn Starn

The recipes in this book are not only quick to make but delicious as well! I've worked through the 21 days of breakfast, lunch and dinner meals with the help of shopping and pantry lists for each of the three weeks.

As a single raw vegan eater this book makes single serving portions so I can eat a variety of foods at every meal. There is currently a supportive Facebook page where members share their journey through this book. I found the entire process positive.

The meals are tasty! I am currently working through the book again. I highly recommend this book to individuals interested in a healthful, varied and delicious raw vegan lifestyle.

13 of 13 people found the following review helpful.

Raw-Vitalize has teased into existence culinary creativity which hadn't previously existed in our daily meals.

By Wendy Joy

New to eating 100% raw foods, this book has been a revelation to not only me (but my husband as well). When Mimi Kirk and daughter Mia Kirk White, co-authors of Raw-Vitalize wrote "...Our flavorful recipes include simple techniques, handy tips, and no-fuss recipes. Most recipes can be made in approximately 10-15 minutes, making it easy to keep your 21 day commitment and beyond...." they weren't kidding. I'm already planning a Raw Food Journey beyond the last page of this book. The meals are delicious, the food combinations flavoursome and filled with texture, and the last bite always leaves you with a desire to turn the page and explore 'Raw' a little more! It's easy to make seasonal adjustments if produce isn't readily available, or to make dietary adjustments if need be. The meal plans have somehow brought out a new found culinary creativity to our meals which hadn't previously existed. This wonderful book recharges mind, body and soul - it's that satisfying! See below - our attempts of recreating the recipes Mimi and Mia created for Raw-Vitalize.

13 of 14 people found the following review helpful.

Raw-Vitalize is a book you will be glad you bought. I sure am glad I did. Worth every cent and reasonably priced.

By Kathy Schmidt

I am not disappointed at all with this book. Totally enjoying all of it. Great, easy to make recipes and easy to follow instructions. You can follow the 21 day plan exactly or mix it up for random order based on what you have in the house to use up. Great pictures. I like having the 21 day plan big time. Everything is very tasty and healthy. Just think 21 days and you don't have to figure out what to make for breakfast, lunch, dinner, snacks, desserts or smoothies. The pantry staple list and shopping list for each week makes it very convenient.

See all 21 customer reviews...

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BY MIMI KIRK, MIA KIRK WHITE PDF

Be the initial that are reviewing this **Raw-Vitalize: The Easy, 21-Day Raw Food Recharge By Mimi Kirk, Mia Kirk White** Based upon some reasons, reading this publication will provide even more benefits. Even you have to review it pointer by action, web page by page, you could finish it whenever and any place you have time. Again, this online e-book *Raw-Vitalize: The Easy, 21-Day Raw Food Recharge By Mimi Kirk, Mia Kirk White* will certainly provide you simple of reading time as well as activity. It additionally offers the encounter that is economical to get to and also acquire substantially for far better life.

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