



The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes

By Kristina Carrillo-Bucaram

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The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes By Kristina Carrillo-Bucaram

The must-have book for FullyRaw fans or anyone who wants to explore a raw-foods vegan diet to lose weight, gain energy, and improve overall health and wellness

The Fully Raw Diet offers a 21-day plan to help people enjoy a clean, plant-based, healthful approach to eating. Kristina Carrillo-Bucaram transformed her own health by eating vegetables, fruits, nuts, and seeds—100% fresh, raw, and ripe—and she is now the vivacious, uber-healthy founder of the FullyRaw brand. Her ten-year success with this lifestyle inspires thousands via social media, and her 21-day FullyRaw Video Challenge on YouTube in 2014 dramatically grew her fan base. This book shares her advice and will correspond to a new video challenge, with meal and exercise tips, recipes, and vivid photos. Fans will love the smoothies, salads, main dishes, and desserts, such as Lemon-Ginger Blast, Spicy Mango Basil Salad, Yellow Squash Fettuccine Alfredo, Melon Pops, and Caramel-Apple Cups.

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Editorial Review

Review

"[Kristina's] first book, *The Fully Raw Diet* will hit shelves this month. If **brightly colored, jaw-dropping raw food dishes** are your obsession, follow her on every social media platform."

--Greatist.com's *100 Most Influential People in Health and Fitness*

"Thoughtful and comprehensive."

--*Publishers Weekly*

About the Author

KRISTINA CARRILLO-BUCARAM is the visionary behind FullyRaw, her raw-food lifestyle brand/business, with 500K dedicated fans via her YouTube channel, website, and social media. She is also co-founder and director of Houston's Rawfully Organic co-op.

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