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Of course vegetables also contain lots of antioxidants, so you ' ll want to include lots of fruits and vegetables in your raw food diet. Some tips on incorporating raw foods into your diet: Start off slowly if you ' re going raw and swap out one regular meal a day for a raw food meal. Gradually work in more raw meals, depending on whether you go strictly raw or just want a few raw meals in your weekly diet. 21 Super-Easy Raw Food Recipes for Beginners Raw for Breakfast: 1.

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These colorful wraps make a great packed lunch or make-ahead dinner (you can prep them up to two days in advance). Just don ' t forget to put out the napkins and double-check that all the dressing ingredients (including the peanut butter and soy sauce) are raw. Get the recipe. Pinch of Yum.

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Nut butters, tahini, seed spreads, flax crackers and other raw vegan recipes are very high fat and low in carbohydrates. Carbohydrates are the preferred fuel source of the human body. Regardless of what the low-carb diet movement says, this is what all serious medical textbooks affirm. Humans have always thrived on carbohydrates.

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