

The Rawfit Diet Cookbook: Longevity, Beauty, Detox, Raw Food, Fitness and Weight Loss



Ricardo Riskalla is an Australian celebrity trainer who has been featured in the major Australian magazines and newspapers. He has effectively trained a variety of high profile clients including famous actors, top models and Olympic level athletes. He is also the creator of the awarded application A Million Workouts By Rawfit available for Apple iOS and Android and the best selling book The Rawfit Diet available on iTunes store, Amazon and Kobo. In this book he reveals all his secret Raw Food recipes that transformed many famous bodies around the globe. I fell and look better than I ever have. Vogue Ricardo Riskalla, the go-to guy for models, actors, marathon competitors and Olympic rowers. Thankfully he also trains mere mortals. Harpers Bazaar Genius! ESPN Forget busting a gut for hours to get great results. Cleo Magazine He makes lasagne using shaved zucchini, spaghetti from shredded vegetables and spring rolls wrapped in watermelon shavings. Sunday Telegraph Riskalla compares eating raw food to putting the best possible fuel you can into your body. Sunday Telegraph The anti-ageing effects are one great side effect of a raw food diet. Ageing is synonymous with a reduction in metabolic and digestive enzymes and raw food replaces these enzymes. Sunday Telegraph The diet can be delicious and the health benefits are sublime. Sunday Telegraph

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For me personally, filling my body with nutrient-rich raw food recipes is **Rawfit Personal Training Models & Celebrities** Image result for The Raw Food Detox Diet, by Natalia Rose : The Rawfit Diet: Longevity, Beauty, Detox, Raw Food, Fitness and Weight Loss **Ricardo Riskalla (Author of The Rawfit Diet) - Goodreads** - 5 secRead Book Online Now http:///?book **The Rawfit Diet: Longevity, Beauty, Detox, Raw Food, Fitness and** Lee una muestra gratuita o comprar The Rawfit Diet Cookbook: Longevity, Beauty, Detox, Raw Food, Fitness and Weight Loss de Ricardo The Rawfit Diet Cookbook: L The Rawfit Diet Cookbook: Longevity, Beauty, Detox, Raw Food, Fitness and Weight Loss 0.00 avg rating 0 ratings **Download Craft Beer Bar Mitzvah: How It Took 13 Years Extreme** The Rawfit Diet: Longevity, Beauty, Detox, Raw Food, Fitness and Weight Loss and the best selling book The Rawfit Diet Cookbook available on iTunes store, Amazon and Kobo. 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