

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

by Kristina Carrillo-Bucaram

FOREWORD BY ROBERT KIYOSAKI

"Expert Secrets is The Map That Will Allow You To Turn Your Specialized Knowledge, Talents and Abilities Into A Business That Will Work For You! This is one of the shortcuts of the New Rich."  
- ROBERT KIYOSAKI -

# EXPERT SECRETS

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## THE FULLY RAW DIET

21 DAYS TO BETTER HEALTH, WITH MEAL AND EXERCISE PLANS, TIPS, AND 75 RECIPES

KRISTINA CARRILLO-BUCARAM *Founder of FullyRaw*

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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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