

## *80 Raw Food Diet*



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### **80 Raw Food Diet**

80% Raw Food Diet. But we recommend going at least 80% raw for practical reasons. And, if you cut out junk food completely (this includes “organic” junk food) and make sure that two of your three daily meals as well as any and all snacks are raw fresh fruits and vegetables (1:4 ratio), you will achieve a significantly higher level of health.

### **80% Raw Food Diet - [organiclifestylemagazine.com](http://organiclifestylemagazine.com)**

The 80/10/10 Diet has gained popularity over the last decade or so. This low-fat, raw-food diet promises to help you discover a sustainable lifestyle that leads to weight loss, better health and ...

### **The 80/10/10 Diet: Healthy Diet or Dangerous Fad?**

The 80/10/10 raw food diet, also known as 811 diet, was developed by Dr. Doug Graham. Graham, a chiropractor and athlete, has followed a raw food diet since 1978, according to his website FoodnSport. Graham says that most raw food plans include too many high-fat foods, such as nuts and avocados, to meet calorie needs.

### **80/10/10 Raw Food Diet | Healthfully**

A sample weekly meal plan for 70-80% raw food dieters who want to lose weight and still eat mostly raw with added grains, seared fish, and steamed vegetables.

### **Healthy Weekly Meal Plan for 70-80% Raw Food Diet**

Experts also note that some people tend to eat too many healthy fats in an 80/20 raw diet from avocado, olives, nuts, and coconuts, which could end up making you gain weight. “Just because these foods may contribute to good health doesn’t mean they can be eaten all day,” Angelone says.

### **Tom Brady and Gisele Bundchen's 80/20 Raw Diet, Explained ...**

By trading in processed and cooked foods for a diet of raw veggies, fruits, nuts and seeds, Stokes went from miserable and 300 pounds to a happy, healthy 160 pounds in two years. If you want results, but aren't ready to give up cooked food entirely, eating an 80 percent raw diet can still have life-changing results.

### **How to Lose Weight Eating 80 Percent Raw | Healthy Eating ...**

Calories per bite will be less on a raw vegan 80/10/10 diet than a standard diet so you will need to eat a larger volume of food. So you can base the bulk of your calories on fruit like bananas, grapes, mangos, melons, dried fruit like dates and figs, and oranges and orange juice.

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