
Here I go!!!

Posted by Amymc1 - 2008/01/05 23:28

:kiss: Hello to all.

I am starting my weight loss journey today....oh yeah!! I just read Angela's e-book. Loved it. The simpler the better for us newbies. Some sights and books are a little overwhelming. This is the place I have been looking for. I have 40-50 lbs to shed. My baby is 2....can't really blame it on her any more. I started reading and dabbling in raw things about 4 months ago. I just can't get a plan together, Then I purchased the e-book. I now have a plan. I have all the goods now Juicer, vitamix, excalibur dehydrator and new kitchen utensils I don't know how to use (mandoline slicer) I will keep you updated. Produce is so expensive here in Omaha, NE in the winter. What can I incorporate in the winter months? Do raw foodists think of seasonal eating????

Amy

:X

Re:Here I go!!!

Posted by karennd - 2008/04/09 01:37

I think raw vegans do incorporate some seasonal eating just due to the fact that certain foods become unavailable in the winter - like fresh berries.

Some might rely more on greens and sprouts(that they grow at home even) in the winter.

I try to stock up on frozen fruits for smoothies, but other than that I still eat a lot of greens, avocados, and tomatoes.

Angela and Matt have some yummy alternatives on their websites like sea spaghetti, flax crackers, and raw dried hummus

http://www.rawveganbooks.com/index.php?cPath=100150_100148&osCsid=ef037cec23dacde1dc068b22e2e1faae .

Re:Here I go!!!

Posted by SeoulKiwi - 2008/09/03 16:18

How are you getting on? :)

Re:Here I go!!!

Posted by Gypsy_Queen - 2008/09/04 07:35

Hello! I'm wanting to lose weight, too. I'm enjoying my green smoothies and green juices: very filling.

Eating seasonally is the best way to go. If you are able to grow your own, better yet! Living where I do in Australia, I'm blessed with an abundant choice year round.

Gypsy Queen

Re:Here I go!!!

Posted by KT Raw - 2008/10/23 04:33

I liked your post, I have three kids, the youngest is 2 and a half and i have been gaining weight instead of losing it. I have 25 lbs to go and feel like I have researched raw forever and dabbled in it but never committed. Any chance you want to buddy up through the winter! Then we would be svelte and glowing by spring ;-) KT

Re:Here I go!!!

Posted by SeoulKiwi - 2008/10/23 07:25

Hi KT

Good on you for deciding to take control of your weightloss. It is great you have found this forum and can share your journey with us.Welcome :)

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