
Rainbow Green Live Food Cuisine Gabriel Cousens

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Rainbow Green Live Food Cuisine

"Rainbow Green Live-Food Cuisine describes the holistic healing process of biological alchemy. It is a gift for us in how to live in these biologically toxic times." It is a gift for us in how to live in these biologically toxic times."

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Rainbow Green Live Food Cuisine consists of a diet of organic, plant-source-only, live (raw) food, with 25–45 percent moderate-low complex carbohydrates, 25–45 percent plant-based fats, moderate protein, low glycemic index, low insulin index, high minerals, no refined carbohydrates (especially white flour, white sugar, junk or processed foods), high fiber, and individualized moderate caloric intake, prepared with love.

What is Rainbow Green Live Food Cuisine?

Rainbow Green Live- Food Cuisine introduces the concept of live-food. This plan is strictly vegan and promotes the usage of fresh raw foods whenever possible. For most people, these recipes will be a radical change from what they eat at present. Nonetheless, they will provide a place to start.

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Dr. Cousens, Rainbow Green Live-Food Cuisine

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Raw Food Recipes – Rainbow Green Cuisine - Phase 1

Several good examples come to mind, Rainbow Green Live-Food Cuisine and The Raw Food Revolution Diet and Becoming Raw: The Essential Guide to Raw Vegan Diets. These books contain information on maintaining a nutritionally balanced raw vegan diet, as well as numerous recipes.

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