



Ani's 15-Day Fat Blast: The Kick-Ass Raw Food Plan to Get Lighter, Tighter, and Sexier ... Super Fast

Ani Phyo

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Looking for that one miracle diet that will simply melt pounds away? Here it is. Premiere raw food chef Ani Phyo breaks down the myths and preconceptions of eating raw and offers a revolutionary, easy plan to help you shed up to fifteen pounds in just fifteen days simply by eating delicious raw meals. The plan is simple: eat up and speed up the fat burning and weight loss by using simple, living, and all-natural ingredients with Ani's signature recipes. Look forward to not only losing weight, but also building muscle, boosting endurance, slowing down aging, and feeling energized all day long.

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From Reader Review Ani's 15-Day Fat Blast: The Kick-Ass Raw Food Plan to Get Lighter, Tighter, and Sexier ... Super Fast for online ebook

Martine Walker says

I love Ani Phyto's style and I've loved every single one of her books. This is a great cleanse to try since it doesn't involve fasting. A worthwhile attempt that would do the body good once or twice per year. Only downside is that our 4 year old wasn't a fan, so no cleanse for him just yet.

Renee says

Fat Blast does what it says on the cover: knocks the weight off - but that seems to be what the title is concerned with rather than what the contents of the book address. This is a book about establishing healthy wholefood habits centred on raw/fresh veg, and weight loss is merely a side effect. (EDIT: The title was changed from Fat Blast to Detox for reprints - fitting!) High in micronutrients, it's a healthy plan that hits most RDAs most days - unusual for 2-week diet plans! This program, however, is less of a diet and more of a plan for a starting a healthier lifestyle. High in flavour, it's tasty - but it's quite low in calories... but you fill up fast because there's plenty of fibre...

If you don't skimp and make sure to double-up on meals if you're hungry or have higher activity levels - as Ani recommends - it's an easy, generous plan and you'll do well. There were several occasions when I had 1-2 extra serves, but a couple of times I didn't finish the meals.

If you aren't accustomed to eating a lot of greens, some of the greener smoothies and soups might be a little hard to take. You might need to go a few rounds with this plan to reboot your taste buds... Taste is a habit that can be changed given a little time. As an ex-vegetable hater, I can attest to that.

The shopping lists and recipes are easy to follow. You can replace some of the oil with some wholefood carb calories - ie. bananas, dates, and sweet fruit... or steamed potatoes if you're a rebel - to sustain much higher activity levels/workouts... But if you prefer to lose weight while sitting on your butt + only minimal activity - 20 minutes of walking is the recommended minimum - the plan in this book will work for you as is.

Ani recommends adding some wholefood cooked carbs as sides to raw meals - if you prefer - for a long-term sustainable, satisfying plan once you're done. I've found that tempeh, baked/steamed sweet potatoes, quinoa, lentils, beans, brown rice, tofu, and even a little wholegrain sourdough, goes well as sides/toppings with a lot of Ani's recipes.

4.5 stars: great variety of fresh food, a great raw diet. It's mostly well-researched, but there's some gross simplifications that are misleading, unscientific. The overall picture presented is great, and results are results.

Kathy says

Buy the printed copy not the ebook

I like this book very much. I just wish I had bought the printed version. It is very hard to go back and forth through the ebook to find things.

Stephanie says

Even though I've been vegan for 3 years and vegetarian for 6 years before that (and gluten free almost as long as vegan) I know that I haven't exactly had the best healthy diet. I've read all of Ani's other books and have tried recipes here and there but have found it difficult to transition to a raw or mostly raw diet. In this book Ani provides step by step instructions and a lot of motivation to get started. She makes a case for raw foods that isn't elitist but like a good friend wanting to help you feel better, if that makes sense. So many raw foodists (at least most that I've encountered) tend to come off as "I am better than you because I'm pure" but Ani is just so encouraging, matter of fact and excited. The day by day plan is totally laid out for you, with room for variation if you want. The recipes are easy to follow-- no need for a dehydrator in this book!! And the meals are tasty! I already recommended this to many people because although the title says "fat blast" it's really about getting your body healthy and eating great. I feel more comfortable phasing in more raw meals using her other books after doing this plan.

Cori McGraw says

Great ideas for incorporating raw vegan food into daily life without a lot of time, expense, extensive ingredients, or hassle. I found this to be one of the more practical books I've read on the subject of raw foods.

Dorine says

This is one of five books I bought to maximize use of my new Vitamix. I believe eating natural foods over processed ones lead to a healthier, happier life. I've been curious about how to eat a nutritionally balanced plant-based diet. While I don't often crave meat, I don't see myself banning it permanently from my life.

The introductory chapters are clear that Ani promotes a vegan lifestyle: "My raw food consists of fruits, vegetables, nuts, and seeds, and I avoid legumes, grains, gluten, and animal products." Alternative, less stringent eating options are promised in later chapters.

I plan to follow Ani's 15-day detox plan in the hopes of boosting my energy levels. The maintenance phase could serve as a good foundation for eating habits. But, right now, my idea of eating healthful real foods include dairy, legumes and whole grains - even if on a limited basis.

Samantha Arias says

I really liked this book. As you see I have yet to rate this book. This is because I myself have yet to try out the diet. But I will be, and when I do I will let everyone how and if it works. But as far a recipe creativity and

information goes, I'd give it a 5 stars. What I really liked about the book was that there was no need for a dehydrator. As someone in the process of finding a home, I don't have the money to invest in something like that right now. So this plan makes the diet easy and accessible for everyone. All you really need is basic cooking items, a food processor, and a blender. You can easily get away without owning the spiralizer. Side note, if you get the chance to, I'd say get yourself one of them. It's a cool and inexpensive gadget that's a lot of fun to play with in the kitchen. Plus you can make a lot of interesting dishes with it (Healthy or not LOL). The cooking/prep time of most recipes is a matter of minutes, if that. The only thing to really take time is the soaking of nuts and seeds. Now the diet does have a few pricier ingredients in some of the recipes so the diet won't be cheap if you follow it directly. The diet it's going to break your bank though. It's still cheaper than other diets out there. And if the results are what's promised, it's well worth it. I can't wait to get started!

Deb says

I am a big Ani Phyto fan. Her raw vegan recipes are usually fairly easy to follow and always taste great. In this book she makes them even more simple and guides the reader along with a 3-phase plan for losing fat and increasing health and wellness. I will likely never be 100% raw or even 100% vegan for that matter, but I think this book is a great way to ease into it, add more of these foods to your life and is great when you really just need to detox a bit and want to lead a more "unprocessed" life--even if you don't eat that way 100% of the time.

I bought the book in part for the 17 soup recipes and the smoothie and snack recipes. All are easy and incorporate mostly easy to locate ingredients.

Here's a link to the recipe for the yummy Curried Zucchini Cucumber Soup--which I have enjoyed several times already: <http://kahakaikitchen.blogspot.com/20...>

Jo'ie says

I'm starting a raw vegan cleanse and picked up this book for more information.

Overall I really loved this book, the program is easy to follow (today is day 1) and so far the shakes and soups have been tasty. She has a really positive and encouraging tone throughout the book and I really appreciate that she's not shaming me for being a meat eater! She talks about ways to include animal products back into your diet if you are using this just for a detox. She does encourage a plant base lifestyle but she's not preachy about it which is why I think I enjoyed the book so much.

I haven't completed the detox so I will update my review once I'm done.

Corinne Severn says

I was vegan who ate very little grains or pasta before trying this diet. The diet was easy to understand. The shopping lists were very helpful and the recipes were easy to prepare and most were quite tasty. I did not lose weight within the first 15 days, but decided to repeat Phase II and Phase III of the diet as suggested if you wish to lose more weight. During the 3 - 4 week, I lost several pounds (about 4% of my body weight). I also

maintained a regular exercise schedule with 30 - 40 minutes on an elliptical trainer twice a week and one weekend hike of more than 1 hour in duration (per my normal exercise schedule). Since my husband and I want to continue with some weight loss, we continue to use the raw food diet approach most days, having a smoothie for breakfast and one or two snacks and having salads or raw meals for lunch and dinner. We cut back from the 3 meals and 3 snacks per day to 3 meals and 1 or 2 snacks per day and try not to eat after our dinner. So I would say that the recipes are helpful to learning healthy alternatives for meals with focus on lots of greens. I don't think that the use of coconut oil in smoothies and soups has any benefit other than from a taste/texture point-of-view. As a follow-up I am going to be reading Ani's other cookbook for raw food preparation and some recipe books for green smoothies and superfood smoothies. The goal will be to add more greens while not getting bored by eating salads so often that we feel like rabbits.

Inez says

Those raw soups are not very appetising - especially in winter!

Kevin G G Simon says

My first Ani Phyto book. It works. I have lost .9 pounds each day like clockwork. I am already raw vegan but my normal choices in produce, nuts and treats did not match the shopping list in the book. No wonder my weight has been climbing since I began eating raw vegan over 9 years ago.

I spent a little less than my normal budget for a week of food. I have followed the plan without the expensive SuperFoods. I ordered some matcha and have added it to my menu yesterday, so I find the extras are not necessary to get the results.

If I didn't want to lose weight I would buy this book. The use of fresh herbs is refreshing. The soups are wonderful. I appreciate the recipes being calculated for one serving.

I have doubled them when I prepare them and find the smoothies and soups hold up for two days if I need them to.

I am so happy with the book. It's easy to read. It's easy to follow. I'm losing weight!

On a side note:

I have several chronic illness currently (and many prescribed medicines to deal with them.) I am unable to exercise, currently and started this diet while very ill with my Doctors approval.

I recently purchased a high speed blender, but I believe an everyday blender should do the job. No other special equipment is needed.

I'm so happy I found this book.

A.M. Day says

Very helpful and great for the new year health kick. The recipes in Ani's books are very easy to make and enjoyable. I'll never be a 100% raw foodie, but I try to stick with it most of the times. Not bad for raw food!

Jo says

I hate when they sell a book with a new cover (and in this case, new title) and act like it's a new book.

Valerie says

Super easy read! Recipes are very quick and simple. I'd recommend this to anyone who thinks eating vegan or partially raw is difficult or overwhelming. This book, like all of Phylo's work inspired me to change up my daily eating plan and to bring back many healthy elements it was missing.
