



## What is a raw & living food diet?

Eating raw & living food seems to be different for different people. Speaking from my own

experience, here's my answer:

A living food diet for me is one that contains the most enzyme-rich vegan food. It is a way of eating that consists of less dehydrating and more sprouted food. I'm talking about fruits, vegetables, sprouted nuts, seeds and grains. When I eat living food I want to dance & sing. I just find that the food tastes so much better & my tummy is happiest (meaning most satiated & satisfied) when I eat this way. I really feel fed is what I want to share with you.

The best part, however, about eating raw/living food is that I'm learning how to be gentle with myself, to listen to what my body (& mind, spirit & soul) really wants. And I don't know how to say this other than to just say it: I feel as though I'm giving myself the best gift in the world... To be able to be present & healthy & happy for me, my husband and my kids is just like, I don't know, better than sliced bread! HA!

Thank you for reading! Please email me at [linda@vt-fiddle.com](mailto:linda@vt-fiddle.com) or call me at 802-223-2111. I'd love to see where you are on your living food journey & ask you how you want me to support you.

If you'd like to check out what I'm doing, please go to [www.vt-fiddle.com/rawfood](http://www.vt-fiddle.com/rawfood) for more info.

Have a RAWsome day!

Linda

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**What else am I offering you ask?  
Well, there's the:**

- **potluck dinners that happen monthly (the 2nd Thursday of each month.)**
- **personal consultations for those wanting one-on-one support & classes,**
- **catering for the individual or an event**
- **products available to help a person make raw food on their own.**



## RAW & LIVING FOOD



**POTLUCKS,  
CONSULTATIONS,  
CATERING &  
PRODUCTS**

## Potlucks

Monthly raw food potluck dinners on the 2nd Thursday of each month from 6:00 pm – 8:00 pm! For more info & to sign up, please go to:  
<http://rawfood.meetup.com/282/>

## Consultations

Personal consultations:

- 5 hours for \$350.00 + cost of food

8 recipes that are created based on your personal needs. We meet to make the recipes, set your kitchen & I answer your questions. Email & phone support are also a part of the personal consultations.

Call to get me on your calendar:  
802-223-2111 or email me at  
[linda@vt-fiddle.com](mailto:linda@vt-fiddle.com).

## Products

On hand, I have:

- Nut milk bags (\$7.50 + tax)
- Spiral slicers (\$25.00 + tax)
- Alissa Cohen's book (29.99 + tax)
- VitaMix 4500 blender (350.00 + tax)
- VitaMineral Green (50.00 for 1 lb.)

Please call me to pick yours up or I can deliver to you for a shipping fee.

## Catering

Catering includes breakfast, lunch, dinner, special dishes or desserts, full course meals for parties or events, breads, crackers & other dehydrated goodies not otherwise mentioned. Catering is for 1 or 2 people, a family, a party of 50 or anything in between.

## Dessert Options

date nut torte.....	\$30.00
(serves 8-10 people)	
raw cheesecake.....	\$50.00
(serves 8-10 people)	
crepes or cannolis.....	\$30.00
(serves 8-10 people)	
birthday pudding cakes.....	\$50.00
(serves 6-8 people, for any occasion)	
birthday pudding cakes.....	\$65.00
(serves 9-12 people, for any occasion)	
ice cream.....	\$30.00
(serves 6-8 people)	
chocolate fudge or truffles.....	\$30.00
(serves 8-10 people)	
raw pies.....	\$35.00
(serves 8-10 people)	
sundaes.....	\$40.00
(includes the works! for 6-8 people)	

## Lunch/Dinner Options

all meals comes with salads topped with homemade dressing. prices are based on per person. for orders serving 8 or more people, special pricing with discounts will apply. please call for specifics: 223-2111

RAWvioli.....	\$10.00
chilli with onion dip.....	\$10.00
veggie pasta with marinara.....	\$10.00
raw calzones.....	\$15.00
raw reuben.....	\$10.00
raw vegan wraps/tacos.....	\$10.00
raw meatloaf.....	\$15.00
raw lasagna.....	\$10.00
raw enchiladas.....	\$15.00
BBQ chick-UN fingers w/sauce....	\$15.00
pesto stuffed mushrooms.....	\$10.00
pecan carrot burgers w/curry sauce... .....	\$10.00

raw vegan salad dressing options:  
french, thousand island, raw goddess,  
Alpha Beta dressing, blue cheese.  
CALL FOR MORE OPTIONS! 223-2111