



Brandi Rollins
Press Kit



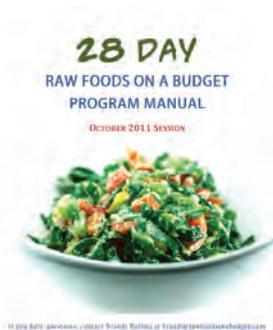
Raw Food Author, Educator, and Entrepreneur
Author of *Raw Foods on a Budget* and *Confessions of an East Coast Raw Vegan*



Author & Educator, Brandi Rollins is the voice behind the raw foods on a budget movement.

Brandi's commitment to making a contribution has inspired her to write books on topics neglected in the health foods movement including eating a raw foods diet on a budget and thriving on raw foods in cold climates. She has authored the books, *Confessions of an East Coast Raw Vegan* and *Raw Foods on a Budget*.

 **Raw Foods on a Budget**
The ultimate resource to enjoying raw foods while living on a tight budget

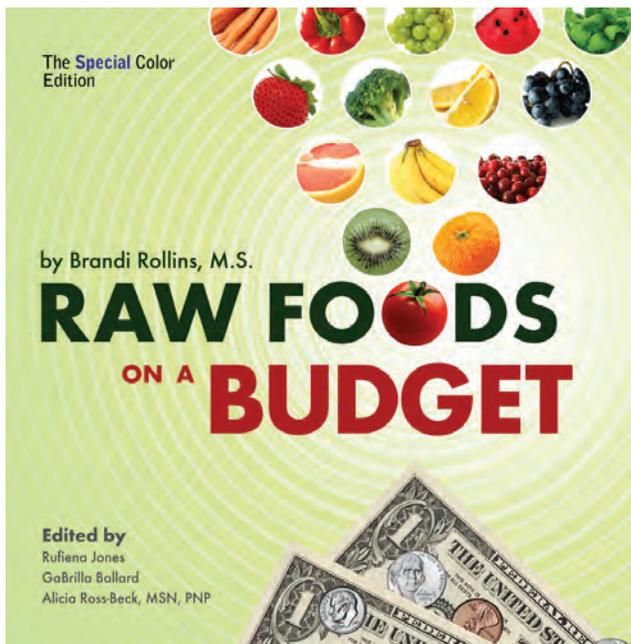


Raw Foods on a Budget Presents:

The **BUDGET** 
LOVE self-study
Program

Brandi Rollins is available for speaking engagements and workshops. For more info email brandi@rawfoodsonabudget.com

Since she was a child, Brandi has had a strong love for food. Unfortunately, this love would eventually lead to excess weight gain and many unsuccessful diets. Then in 2004, Brandi found the raw foods diet and she was hooked! However, one obstacle emerged...affording this diet on a small student stipend. For several years she was able to ignore her high grocery bills...but then in 2009 it all changed. All of sudden, Brandi had to deal with the debt she had accrued from failing to manage her food bills. Her first step was obvious: she had to tackle her current grocery bills. She made very small adjustments at first, but it was the feeling of success from these small steps that planted the seeds for *Raw Foods on a Budget*. Over a few short months, Brandi was able to reduce her monthly food bills in half! Now, Brandi is committed to teaching everyone how they can enjoy a plant-based diet on a budget!



Raw Foods on a Budget is the most comprehensive guide to eating a budget- loving, raw foods diet.

Written by Brandi Rollins, Raw Foods on a Budget was designed to provide raw food newcomers and long-term enthusiasts with REAL ANSWERS on how to afford a plant-based diet.

Taking a holistic approach, Brandi demonstrates that eating an affordable raw foods diet is more than about finding low-cost fruits and vegetables; instead, it encompasses how and where we buy food; how we store, prepare, and eat food; and our overall relationship with food and money.

Designed as a workbook and recipe book, Raw Foods on a Budget provides over 70 detailed strategies, worksheets, and activities for living raw foods on a budget, as well as 90 delicious, low-cost, easy-to-prepare recipes.

What a FANTASTIC BOOK!!! It has been said “To be a success you must find a need and fill it”. Brandi has done just that! I am so blessed to have found the wisdom & practical advice, given in abundance, in this book.”

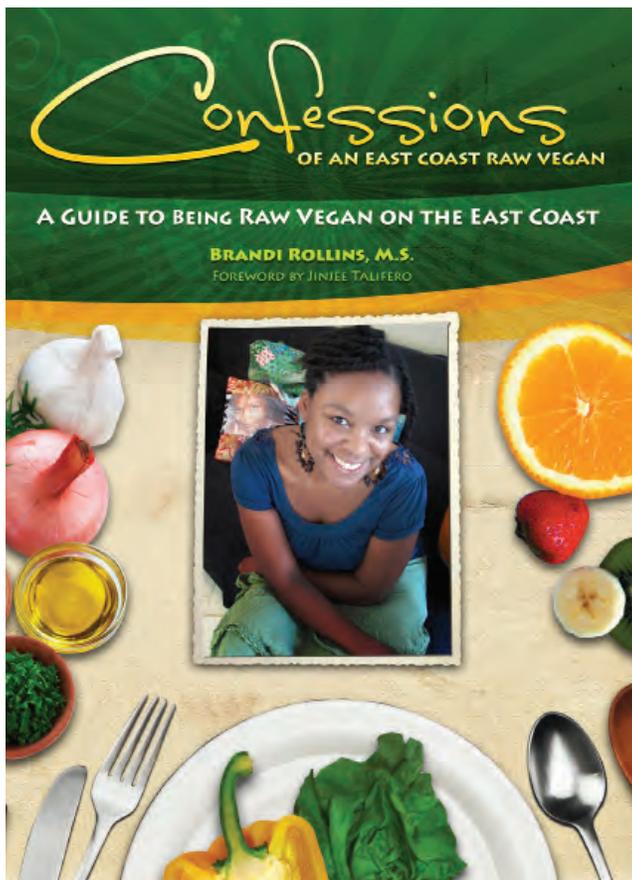
-Patricia, Reader

What an amazing book! The amount of research and level of detail that the author has put into this book shows her dedication to bringing healthy raw food to the people and making it affordable.

-Anja, Reader

Thank you for this book, great information and recipes. It has helped me stay healthy and my pocket book still has cash. I have learned so much from your site and book.

-Kirsten, Reader



Confessions of an East Coast Raw Vegan is the first book that teaches people how to eat a raw foods diet in cold climates.

Let's face it, eating a raw vegan diet in cold climates can be a tricky. It requires a different set of strategies and until now, there wasn't much guidance.

I am really impressed with Brandi's first raw food book, *Confessions of an East Coast Raw Vegan*....I'm excited to share this resource with other raw vegans, and especially East Coast raw vegans and those living on the East Coast who are considering the raw vegan diet but aren't sure how to do it. It is so important to have support when embarking on this way of life.

-Jinjee Talifero
The Garden Diet, Go Raw Programs

In this book, Brandi teaches everyone how to THRIVE on a raw foods diet in cold climates and even during the winter! Brandi provides strategies to help people shop by season, add variety to their diet in the winter, connect with their local farmers, and much more. She also provides over 50 recipes for beautiful entrees, desserts, smoothies, juices and milks, breads and crackers, and soups, salads, dressings, and dips! These recipes are simple and low-cost, and truly celebrate all the produce that the northern east coast has to offer!

Speaking Engagements

Brandi Rollins is available for speaking engagements and workshops. For more info email Brandi at brandi@rawfoodsonabudget.com

Example Speaking Topics

Eating Raw Foods on the East Coast and LOVING IT! (Free Talk - 1 hour)

I thought I could only thrive on a raw foods diet in California or Hawaii, but now there's hope...

- Marna (an Aspiring Raw Vegan)

It's about time we celebrate the beauty that eating a raw foods diet on the northern east coast has to offer! In this free talk, Brandi Rollins, author of Confessions of an East Coast Raw Vegan and Raw Foods on a Budget, will reveal the benefits to eating raw foods on the northern east coast! In addition, she will show you how to successfully eat raw foods all year long, even while living on a budget!

Raw Foods on a Budget (Free Talk - 1 hour)

Learning how to live raw foods on a budget is more than just about finding cheap produce. It's a way of LIFE!

Author of Raw Foods on a Budget, Brandi Rollins takes a holistic approach to food budgeting by teaching people HOW and WHERE to buy inexpensive, high-quality produce; how to PREPARE, STORE, and EAT raw food in ways that stretch their dollar; how to create and maintain a BUDGET; and even how to embrace the ABUNDANCE and JOY a budget can bring to their life!

In this talk, Brandi will teach you powerful strategies to reduce your food bills by 15 to 50%!

Free Materials for Talks

Brandi's Favorite Budget Strategies (<http://tinyurl.com/rfbudgetsampler>)

8 Strategies to Starting a RAW Foods Diet Right Now (<http://tinyurl.com/8rawstrategies>)

Raw Foods on a Budget Book Preview (<http://tinyurl.com/rawfoodsbudgetpreview>)

Confessions of an East Coast Raw Vegan Book Preview (<http://tinyurl.com/confession-spreview>)

Raw Foods on a Budget (Paid Workshop - 3-4 hours)

Are you struggling with the price of high-quality produce and raw food products? You are not alone! Learning how to eat raw foods on a budget is more than just about finding cheap produce; it's a way of LIFE!

Author of Raw Foods on a Budget, Brandi Rollins, takes a holistic approach to food budgeting by teaching people HOW and WHERE to find inexpensive, high-quality produce; how to PREPARE and STORE raw foods in ways that stretch their dollar; and even how to embrace the ABUNDANCE and JOY a budget can bring to their life!

Through this intensive workshop, you will acquire a solid foundation on which to start your raw foods on a budget journey. Specifically, you will learn how to create a budget that brings real abundance to your life AND how to maintain this budget; strategies that improve the way you shop for food like meal planning and buying what you need; and methods for connecting with your local farms to obtain high-quality, inexpensive produce. Lastly, Brandi will perform several food demonstrations to show you how amazing budget-friendly raw food recipes can taste and to teach you the art of nut and sweetener substitution.

Workshop Materials: 20-30 page workshop packet + you will receive a copy of the Raw Foods on a Budget eBook Edition (a \$10 value)

Registration: \$30-50 (depending on speaker's travel expenses)

Raw Foods on a Budget Presents:

The

BUDGET

LOVE

Self-Study
Program



WELCOME to the first and only FREE program devoted to teaching you how to live a budget-conscious, raw food lifestyle!

The Budget Love program was created by Brandi Rollins, author of Raw Foods on a Budget, to help everyone live an amazing life in an affordable way! Abundance is not about having a kitchen filled with raw produce that goes to waste...it's about having a beautiful relationship with food and money, and sharing with others.

This 2-3 month program includes:

- + Weekly conference calls
- + Weekly assignments
- + Community support on the Raw Foods on a Budget forum

The text book for the course is Raw Foods on a Budget.

More information about the program can be found at
<http://www.rawfoodsonabudget.com/budgetlove>



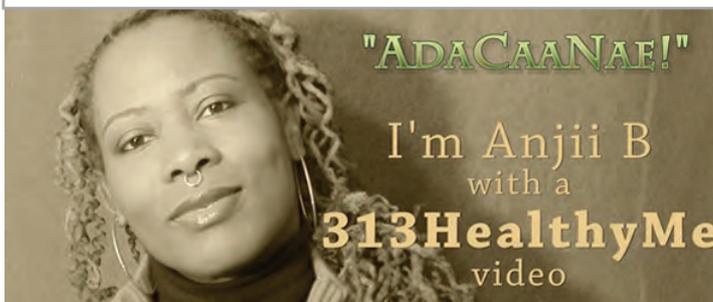
Raw Foods on a Budget TV is a FREE online television network that showcases videos and episodes that show people how to prepare raw foods the inexpensive way.

You can watch Raw Foods on a Budget TV by registering at www.rawfoodsonabudget.com to become a member (or login if you are already a member). Be sure to sign up for the Raw Foods on a Budget Newsletter to receive notifications of new episodes!

Channels



In the Kitchen with Brandi



Watch at www.rawfoodsonabudget.com

Press

As featured on,



Other Websites:

The Garden Diet (www.thegardendiet.com)

Healthy Shots with Cher Till (Blog Talk Radio)

Articles

<http://www.terawarner.com/blog/2011/08/raw-mom-approved-raw-foods-on-a-budget/>

<http://enlightenedopportunities.blogspot.com/2011/10/chat-with-brandi-rollins-author-of-raw.html?spref=fb>

<http://pholia.wordpress.com/2011/05/28/raw-food-on-a-budget/>