

The Rawfit Diet: Longevity, Beauty, By Ricardo Riskalla

By Ricardo Riskalla

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Ricardo Riskalla is the author of The Rawfit Diet (0.0 avg rating, 0 reviews, published 2013) and The Rawfit Diet Cookbook (0.0 avg rating, 0 register; tour;

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[Intro:] Shit! Sound like Flex touched that joint, alright! Hey yo! Some acting like I'm nice too, Shawty! War, war, war, war! Gates, gates, war, war I'm just rapping

Ricardo Riskalla is an Australian celebrity trainer who has been featured in the major Australian magazines and newspapers. He has effectively trained a variety of

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Sigourney s personal trainer, the raw food guru, Ricardo Riskalla shows us how to make a skin-loving, beauty-giving raw hot chocolate in the Vitamix.

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