



The Beginner's  
**RAW FOOD DIET**  
GUIDE

Read this before starting a raw food diet

# RAW FOOD DIET GUIDE



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Raw Food Diet Plan

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Welcome to the raw food diet guide. It is great that you are reading this because there are so many benefits from eating raw food.

This step by step guide has been designed to assist your journey into eating more raw food and offering helpful tips and guidelines, as at the beginning it may seem daunting.

You'll learn how by just a simple shift in the way you're eating, will help you be the healthiest and happiest you've ever been.

Experience for yourself, how eating abundant living foods will make a profound difference to your health & life.



The raw food diet guide is an introduction to getting started eating raw, with some helpful and tasty recipes to get you started too.

Most raw food diets are made up of 75% plant based raw foods, and one of the many attractive benefits from eating raw foods is that it promotes natural energy, vitality, natural weight loss and a healthy body and mind.

Some examples of raw foods include fruits, vegetables, nuts, seeds, rolled grains and sea vegetables.



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People often believe that a raw food diet is just about eating cold vegetables and salads

*“This is not true.”*

Eating raw allows you to still warm foods, make delicious soups and prepare crackers & cookies that are enzyme happy as they are not heated over 116 degrees.

You can still have lots of treats including raw chocolate and many raw foodists do drink high quality organic alcohol including champagne. This isn't about deprivation – this is about eating the best you can with every mouthful.

People on a raw food diet still eat cooked (I mean warmed up) food, but nothing would be heated over 114 degrees Fahrenheit, because when you heat food over a certain temperature (114 F), you kill the natural and abundant enzymes within it.

(You've literally cooked all the goodness/enzymes out of it.)

Enzymes are the nectar the body requires, they help us to digest our food, and without these enzymes the body can suffer from disease. So the idea behind a raw food diet is not to destroy the live enzymes.

Eating a high percentage raw food diet guarantees abundant live enzymes and a happier, healthier digestion. (This equals a much happier you)

In short you are destroying the actual food itself meaning that when you eat it (after it's been cooked that is), you aren't really getting much goodness from it at all.

Cooked food is also much harder to digest than raw living foods, eating raw foods offers immediate energy & goodness – eating cooked food is hard work for your body to get anything from and especially difficult to digest and break down.



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*So before we get started let's just understand what some of these terms actually mean:*

Raw: *Raw is a material that is in its natural, unprocessed form. food that has not been cooked.*

Vegan: *A person who excludes eating or using animal products.*

Enzymes: *bio molecules that catalyze. Enzymes increase the rates of chemical reactions.*

Legumes: *the seedpod of a legume plant (peas, beans, lentils)*

Unpasteurised: *a liquid that hasn't gone through a heating process that destroys bacteria, moulds and yeast.*

Organic: *foods grown without pesticides, artificial fertilizers, human waste... foods that are processed without radiation or additives.*



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What would make YOU want to change to eat more raw foods?

What are the pros and cons of eating a raw food diet?

## The benefits of eating raw food (the pros)

- Raw food diets are known to improve digestion.
- Eating a diet of 75% raw foods can help to prevent disease in the body.
- Teeth problems reduce
- Raw food diets promote weight loss
- Raw food diets help maintain ideal weight
- Improved skin conditions
- Healthier younger more natural glow.
- More well-being
- Increased energy
- Increased amounts of vitamins and minerals in foods
- Abundant live Enzymes for optimum digestion



## Against Eating Raw

- Shopping time increases as does preparation time
- Socialising and eating out can be challenging.
- More expensive.
- Some risk when vegan if not supplementing well.



There are clearly more pros than cons, but it's of course always important to listen to yourself and follow what feels right for you and only you.



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Here is a list of foods that are commonly included in a raw food diet:

Raw and Frozen fruits & vegetables

Dried fruits

Sea vegetables

Juice – fresh vegetables and fruit juice

Oil – cold pressed and organic

Herbs

Sprouts

& Of course not forgetting

Raw chocolate & raw deserts (which are good for you too!)



**Soaking and sprouting nuts**, seeds, grains and legumes is very popular in the raw food diet world as soaking actually de-activates certain enzyme inhibitors making these foods much more digestible when soaked – Bonus.

Also sprouting really does increase their nutrients & digestive enzymes.

When sprouting your own seeds and legumes at home you can always guarantee a fast snack that is handy and cheap. You can buy sprouts but they are so easy to make at home.



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A good way to start a raw food diet is to just begin adding more and more raw foods into your daily diet. You don't have to do it all at once and just become 100% overnight (although some do), just begin gradually and have fun with new abundant and alive foods.

Lots of people imagine that they are just going to spend all day in the kitchen... and you can if you like, but once you get the hang of what you're having meals are fast and easy to prepare and really don't take long at all.



## **What about getting enough Protein?**

The other common complaint on a raw food diet is always the protein one.

*Where does the protein come from?*

Seeds, nuts, cold pressed essential oil, seaweeds, legumes, Tahini, humus, and sprouts.

The list is endless... and with a sensible transition with support and knowledge there is never a protein issue.

Eating a raw food diet really does encourage weight loss & fast.

The increased amounts of fibre and water from the raw foods encourage the body to let go and balance itself naturally and comfortably.

Some people find that they lose weight fast at the beginning and then stabilise after a while.

It is rare to overeat on a raw food diet.



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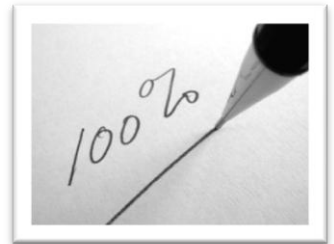
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*Some Ideas on how you could begin a raw food diet:*

**1. STEP ONE: Change one meal a day to being 100% raw.**

That way you can guarantee that you are getting 100% goodness and raw nutrients from one of your daily meals.



*A good start is breakfast.*

You could choose from smoothies or juices, fresh fruit salads with nuts and seeds, raw oats (soaked overnight) made into a raw muesli or porridge. (Making it a great way to start your day.)

This way by starting with a raw meal first thing you will feel energized and more positive towards the other meals to follow.

Of course you could change lunch or dinner – but I would certainly recommend that you start on breakfast.

**2. STEP TWO: Have one raw food day each week.**

YES one whole day when you are completely and absolutely RAW for the entire day... breakfast, lunch & dinner – including all snacks too.



**3. STEP THREE: JUST DO IT...**

Go for it, take action, and change as much as you can if not all of it or go for 80/90% raw food diet plan.

Some people are just much more comfortable with this way and find it easier just to transform and eat only raw food from now.



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## What tools do I need to get started?

Depending on how you cook and eat at the moment will depict what you actually need to buy or not for your new raw food kitchen.

Usually a **food processor, juicer** and a **blender** are a must... (I would always put a good blender before a processor.)

A basic non fancy middle of the road processor can really serve you in a raw food kitchen. Something that propels food and breaks it down and mixes well.

As for the blender & juicer – if you bought a vita mix for example you wouldn't necessarily need a juicer, as the vita mix is so powerful you could juice in the blender (and then strain it through a nut milk bag).

On the other hand if you had a middle of the road blender (and there is nothing wrong with that) you may want also to afford a decent juicer.



Juicing really is an amazing way to enhance goodness and vitality into your day and improves health no end.



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Another item to consider is a **dehydrator**. You can spend a lot or just get a basic one for around £90. These are the raw food ovens and are great to make raw crackers, breads, cookies and dried fruits etc.

A Good water filter is another item that you may want to consider. And to be honest this is something that I would consider even if I weren't going to be raw.

Drinking clean water really is a must these days as there is so much filth and nasty chemicals in the systems that we need to ensure that these are removed.

You really don't want those chemicals in your body.



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# Healthy Recipes

## Raw Food Diet Meal plans and Recipes.

Here are some ideas of what a meal may look like and some yummy recipes.



### Nut / Seeds Milk

1 Cup Almonds soaked overnight – chuck away the soaked water after soaking

4 Cups water

Pinch Himalayan pink salt

Nut milk bag

SO soak the almonds overnight and then discard the water in the morning (or when you are ready to make the milk)

Blend all ingredients in a high speed blender the almonds and water and then strain through a nut milk bag...

Drink and Enjoy...

Amazing alternative to dairy milk and makes a great smoothie base too.

Great gently warmed to make hot chocolate...

*Grounding, amazing raw vegan milk.*

These milks can also be made with cashews, pumpkin seeds, brazil nuts & hemp seeds. Hemp seeds only need to be soaked for 2 – 4 hrs as do Brazil nuts, cashews overnight and pumpkin seeds overnight – enjoy.



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## Raw Spaghetti Bolognese

10 Sundried Tomatoes soaked overnight

1 Fresh Tomato

½ Stalk Celery

2 Cloves Garlic

2 T Olive Oil (cold pressed)

½ Red Onion

Pinch Himalayan Pink Salt

½ Carrot

Tiny pinch cayenne pepper (optional)

2 Courgettes for spaghetti

Place all the above ingredients into the blender *except the courgettes* and blend away into a sauce.

You may need to add water (depending on the consistency you like)

Once the sauce is ready take the courgettes and either slice them with a potato peeler or use a 'spiraliser' if you have one that turns them into spaghetti long strips...

Then pour the sauce over the courgettes and enjoy.

Really is a satisfying meal that is filling and yummy.

This sauce can also be poured over organic brown rice or gluten free pasta.

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## **Raw Pesto**

Large bunch Fresh organic Basil

2 Cloves Garlic

Raw Organic Olive Oil up to 4 Tablespoons

1 tsp Lemon Juice

3 Tablespoons Pine Nuts

2 Tablespoons Cashew Nuts

Himalayan Pink Salt



Place it all in the blender and blend... you could add a little water if it's too thick.

Use as a dip or on raw crackers or on spiralised vegetables... or on gluten free organic pasta, or with crudités.

## **Raw Banana Ice Cream**

4 Bananas that have been peeled and then sliced and frozen.

4 Dates or 2 Tablespoons Agave nectar

½ tsp Vanilla Essence or ½ a vanilla bean scraped.

Place the frozen bananas in the blender with the dates or agave and vanilla and blend. You can use coconut water or just water or almond milk to make the consistency you want (or just have them straight)...

Makes amazing creamy ice cream that is heavenly and raw.

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You could also add in a tablespoon of raw cacao powder or carob to make it chocolate banana ice cream.

Sweeten with an extra date of tsp of agave if necessary.

You could place it back in the freezer but I imagine you will want to eat it straight away.

## Sea Vegetable Salad

100g Kelp Noodles

1 Tablespoon Tahini

1 Tablespoon Flax Oil

1 Tablespoon supergreens powder

1 Tablespoon Lemon Juice

Pinch salt

Alfalfa Sprouts

Hemp Seeds Shelled 1 Tablespoon

Green Leaves – rocket, lettuce, spinach...



Place the noodles and leaves in a dish

Blend in a small bowl or cup the Tahini, flax, lemon, greens and salt

Pour the dressing over the noodles and leaves.

Yum.

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## Thai Soup

1 Cup cashews

1 Carrot

2 Spring Onions

1 Tomato

Pinch Himalayan Pink Salt

3 Cups Water

1 Stick Celery

Coconut Milk Optional

1 "ginger



Place everything in the blender & just blend away.

You can add a pinch of stock if you like (gluten free, vegan of course.)

The higher speed your blender is the warmer the soup comes out.

If you like it warmer you could always just heat it gently in a pan.

So as you can see there are lots of ideas and recipes to play with here. And you don't have to stay with the exact ingredients... you find that the more you experiment the better meals you will make. For lots more simple step by step recipes see [eating for energy](#).



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Make friends with your food and meals and create delicious amazing meals that really resonate with you. Don't just do what someone else says follow your own taste and heart.

Be creative and experiment. Those are always the best meals – play around.

It's worth a try isn't it? Go on – you will certainly look better, feel better and live longer... and there are plenty of us raw foodists around now to meet up with and exchange ideas.

Also you have my support 100% - I will be sending you much more information as time passes. Please keep in touch and let me know how you getting on...

This could be the best thing you ever do for your body, heart and Soul.

I wish you abundant health, best wishes x

Lisa



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**P.S** Would you like a complete and effective raw food diet guide to help you step by step, as I highly recommend Yuri Elkaim's [eating for energy](#) which is a complete raw food diet plan with powerful information, recipes, audios to listen to and lots more to really support you. It cost about £27 and is well worth every penny. Have a look [here](#)...

**P.P.S** Or if you are looking for a more personal one to one email & telephone support for your health, I highly recommend a good friend of mine called Helena Bingham who is the founder of [nutritionfriend.com](#). She will tailor make a nutrition diet plan for you personally and help you deal with any health goals you require. Her website also has lots of free information and sells natural products, superfoods and supportive detox products.



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