

Life Rejuvenating

Raw Food Reset

By Rebecca Kinderman



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“my body is a temple
not a trash can”

- Unknown

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Introduction

I'm so excited that you've taken the first step toward bettering your health through raw food. My name is Rebecca Kinderman and I am an Australian, a mother, and I am married to the most incredible man on the planet, Jonathan. In 2012 we moved to beautiful California and in 2013 I gave birth to my daughter, Caprice, at home. This is also when I decided to use my passion for nutrition and create Rawfully Whole-some. My passion is sharing my knowledge with as many people as possible, about how they can reach optimal health and longevity by changing their eating habits and incorporating more raw food into their diets. As of this plan's release I am 6 months pregnant.



My love for nutrition, alternative medicine and all things natural, really came into play when I became a vegan in March 2010. It has been a long journey, which has evolved from eating a high fat, high carb, high sugar (when I say sugar I mean processed sugar), mostly cooked vegan diet. To a high fat, high carb, lower sugar, 50/50 cooked/raw vegan. To a high fat, high carb, no sugar, mostly raw vegan. To a low fat, high carb, no sugar, mostly raw vegan. As you can see I've basically done it all.

Taking you back a little... When I first became a vegan, I still had a LOT to learn. At this stage I still wasn't aware that there was such a thing as vegan junk food, and I didn't know how bad refined sugar is either. I just naively assumed that if it was vegan, it was healthy. I quickly discovered this wasn't the case. In early 2011, my mother asked me if I'd heard about raw food. She had been at the local organic markets and seen a raw food stall there. She went on to tell me about how their cakes were divine and completely raw and processed sugar free. I was excited to learn more, so I bought a couple of raw food books and eBooks with recipes and began to learn more about it myself. I was so excited and quickly became obsessed with raw food.

However, the "mainstream" raw food, which was rapidly growing in popularity, contained a high amount of fat. Something I thought was ok, if the source of fats were "healthy". My diet was packed with nuts and seeds, avocados and coconuts in almost every recipe I tried, or created. The base of my diet was fat. I never became a 100% raw foodie, because I never felt like I could completely rely on raw foods to satisfy me. I didn't know why though, when there were hundreds of others out there doing it. Regardless, I loved creating new recipes – especially desserts, and taking them to parties and gatherings with all our non-vegan friends.

I have never stopped searching for new information, and evolving from what I was at any current time. In my research and amongst the hours of surfing the internet, I came across the book 'The 80/10/10 Diet'. I then found Instagram and YouTube accounts of people

promoting a high carb, low fat raw vegan lifestyle and I was instantly intrigued. I went ahead and purchased the book and read it cover to cover in a matter of days. While reading, I had so many 'aha' moments and I finally realised why after all these years on raw foods, I never felt like I was fully thriving. I was eating WAY too much fat; more than the average person on the Standard American Diet. It doesn't matter the source of fat. It's still fat, and too much of it causes the same problems internally. For more information, I highly recommend you read the book 'The China Study', and I discuss this in further detail later on.

I immediately changed my diet where the bulk of my daily calories now came from fruit, tender greens and vegetables. I still ate avocados, and barely touched nuts and seeds. My body completely detoxed and I felt amazing. Vibrant, better mood, more mental clarity, healthier, lighter, I had a clearer mind and my general sense of wellbeing increased 10 fold. I had finally found the diet we were biologically made to thrive on. Now, it is my life's purpose to share this information and knowledge I have gained with the world. I want to inspire others to make changes in their current diet, so that they too, can feel as vibrantly healthy as my little family and I do.

This Raw Food Reset Plan is just the beginning for you, and I am so excited that you are embarking on this journey to better health, the right way, with my help.

Rebecca xo xo

Explaining

High Carb, Low Fat, Low Protein

In a society that has been brainwashed to think the more protein, the less carbs the better, many will look at this lifestyle and consider it unhealthy. Until I did my own research, I too, didn't realise just how little protein and fat our bodies need. Diets like Atkins have made us, as a society, afraid of carbohydrates, but before I drop the facts, let me just tell you, carbohydrates (unrefined from whole plant sources) are not the enemy.

It is important to understand, first, that no matter what type of food you eat, it all must be converted into sugar for the body to be able to utilize it for fuel, whether it is originally a fat, protein or carbohydrate. Carbohydrates are the easiest to convert into sugar. Secondly, we need to understand that there are two different types of carbohydrates: simple and complex. Fruit is a simple carbohydrate from a whole food source, which is easily digested, and their sugars are readily absorbed by our cells to use as fuel. Complex carbohydrates such as pasta, rice, cereals and bread are much more difficult for our bodies to digest and require a lot more energy to convert them to sugar. Cooking also denatures them, making assimilation by the body much harder and creating toxic by-products.



Fruit is mostly simple carbohydrates, which makes digestion quick and easy, using much less energy, and they are a complete nutritional package with protein, fat, vitamins and minerals.

The misconception of protein is ingrained in our culture, and while protein is an important macronutrient required by the body, we do not need near as much, as people think and consume. There is a large amount of research that discusses the dangers of animal protein, which has been discovered through extensive studies over many years. One book in particular, that explains this well is 'The China Study' by T. Collin Campbell, based on their extensive 20-year study on thousands of people's diets. Elevated levels of protein can cause liver problems, kidney stones, excess fat gain and kidney damage. It can lead to plaque build up in arteries, result in lethargy and diminish bone density and these are just a few of the health issues associated with high protein intake. Yet animal protein in large quantities, is still considered the most adequate way to meet your daily protein needs. I have had many people come to me concerned about their children getting enough protein, and concerned about protein deficiencies.

A protein deficiency is almost unheard of in developed countries, and only exists in a person not consuming enough calories. Protein exists in all foods, and in significant quantities

in leafy greens, other vegetables, nuts and seeds, and the amount of protein needed (5-10% of total daily calories) is significantly low, which makes it almost impossible to become deficient, unless of course, you are not consuming near enough calories. Eating your body's specific caloric needs and a well varied diet comprised of whole fresh plant foods and small amounts of nuts and seeds, will provide adequate protein for your nutritional needs.

As mentioned earlier, most raw food diets obtain a high percentage of daily calories from fat. Unfortunately too much fat, even raw fat can have detrimental affects to your health. This way of eating is not sustainable as it results in an under consumption of carbohydrates. Many of us have been ill informed and believe that too much sugar is what raises blood sugar, when in actual fact too much fat in the blood does. Excess fat levels inhibit insulin from functioning properly – escorting sugar out of the blood stream. That excess fat lines the cells, the blood vessel walls, the insulin receptor sites, the sugar molecules and the insulin with a thin layer of fat, which then blocks and inhibits normal metabolic activity.

If fat levels continue at a high rate due to poor diet, sugar will remain in the bloodstream and feed the candida colonies (a constant presence in the blood that is designed to remove excess sugar and bring blood sugar levels back down to a non life-threatening state) rather than the trillions of cells in your body. Those cells become starved of fuel and you end up feeling tired, lethargic and run down. Since all carbohydrate, fat and protein must be converted into simple sugar (glucose) to be used for fuel, the way to reverse this is not to eat less sugar, but to eat less fat. When the fat levels in your bloodstream drop, the sugar gets distributed again, and naturally yeast (candida) levels drop because there is no excess sugar.

Eat In Seasons

There is nothing more satisfying than gorging out on fresh, ripe, seasonal, juicy, sweet fruit. Unfortunately though, if a fruit is not in season and doesn't taste great on its own, chances are the dish won't taste great either. This is why it is important to eat what is currently in season and enjoy the variety that the seasons bring. It is also especially important to eat organic and locally grown wherever possible, to ensure a completely satisfying experience. I have written this plan with options for summer and winter seasonal fruits, so that no matter what season you're in when you purchased this eBook, you can start right away. If you can't always eat organic, it is wise to become familiar with and aware of the dirty dozen list of the most pesticide-laden foods, and I advise to only purchase those foods when organic is available.

Dirty Dozen:

1. Apples
2. Strawberries
3. Grapes
4. Celery
5. Peaches
6. Spinach
7. Sweet Bell Peppers
8. Nectarines
9. Cucumbers
10. Cherry Tomatoes
11. Blueberries
12. Potatoes
- + Green Beans
- + Kale/Collard Greens

On the contrary, the clean 15 list is the produce with the lowest pesticide levels and if organic is not available, would be ok to eat non organic.

Clean Fifteen:

1. Avocados
2. Sweet Corn (Check for non GMO)
3. Pineapples
4. Cabbage
5. Sweet Peas
6. Onions
7. Asparagus
8. Mangoes
9. Papayas
10. Kiwi
11. Eggplant
12. Grapefruit
13. Cantaloupe
14. Cauliflower
15. Sweet Potatoes

Mono Meals

A mono meal was a concept I had never heard of until I learned about the high carb raw vegan lifestyle. Eating a mono meal is so simple and easy, and I absolutely love eating as simply as possible – especially with kids. Where before, I was constantly working in the kitchen to create new and exciting recipes, but the preparation time was long and tedious. Now I enjoy sitting down to a mono meal for breakfast or lunch. Real fast food at its finest. What is a mono meal? A mono meal means eating one type of food for a meal. For raw vegans it means eating one type of fruit for a meal. Some of my favorite fruits to enjoy as a mono meal are watermelon, cantaloupe, honeydew melon, mangos, bananas, papaya and peaches.

It may not sound like something you'd enjoy at first, but give it a chance and as your taste buds renew, I'm certain you will come to thoroughly enjoy a mono meal as much as I do. If this concept sounds absurd to you, it's simply because we have been conditioned to think that meals need to be complicated. Even as a raw foodie, I was still conditioned this way for a long time. Mono meals have made my life so simple, and even Caprice loves her mono meals – her favorite is watermelon.

You might be wondering what the benefits are, besides it being a simpler way of eating. Firstly and most importantly it allows for better digestion and assimilation. Eating one type of food (especially fruit which digests quickly) uses much less digestive energy and enzymes than a complicated meal with many different types of foods and densities. Having great digestion really is the core to good health, and mono meals really aid in healthy digestion, and allow the body to focus its energy on healing in other areas. Another benefit is the quick and easy prep and clean up. As a mother, this is hugely appealing to me.



This plan incorporates one mono meal per day, except for winter where I include a few mono meals per week. I did this because, I personally feel that during the winter I find it harder to eat a lot of mono meals with the fruit that is available at that time. Come summertime, I am all about the mono meals, but winter I make my meals more enjoyable by using a few different fruits in a smoothie or some sort of dish. Now back to WHY I incorporate mono meals... Not only is this going to improve your digestion and speed up the cleansing and healing process, it will also heighten your senses for the impeccable taste of natural foods in their natural state. We have become so reliant on spices, salt and other processed flavorings, to enjoy the taste of food, specifically if it's cooked and bland, that we have lost all value and appreciation for the pure taste of natural foods. A mono meal comprised of fresh, seasonal, ripe, sweet, succulent fruit will leave you completely satisfied, let me promise you that.

Tips For Succeeding **on this plan**

For some, you may already enjoy raw foods and be looking to expand your knowledge, or want the convenience of a plan to follow. For others, this may be your first real introduction into raw foods and you really don't know how to successfully eat or stick to a raw vegan diet. Either way, I'm excited you're here.

1 If you haven't already, I highly recommend you invest in the book **'The 80/10/10 Diet'** by Dr Douglas Graham. This plan will help guide you in getting started with raw foods, and will certainly reset your health, but Dr Graham's book is a wealth of information and researched knowledge that will really truly help you understand why this way of eating truly is our species-specific diet, and the only way to really thrive.

2 **Learn when fruit is truly ripe.** Take a banana for example. Many people eat bananas when they're yellow, but the tip is still green and there aren't any brown spots. A banana should be spotty all over, have no green tip and peel with ease. I hear people constantly associate fruit with indigestion, cramping, bloating and gas. Many times this is because they are not eating the fruit when truly ripe, and/or eating fruit with or after cooked food. Until a fruit is truly ripe, the starches have not yet broken down into simple sugars, making it much harder on our digestive system. Once a fruit is truly ripe, it will be sweet and the simple sugars will be easily assimilated in the body.



3 **Abundance is key and learn your specific caloric needs.** Everyone requires a different amount of calories. A lot of it depends on how active you are, whether you're male or female and metabolism also plays a part. My recipes in this plan are a guide, but can be easily adjusted to suit your caloric needs. For somebody who is not used to eating a high carb vegan diet, it may feel like a lot of food, but fruit has high water content and can make you feel full quickly, only to feel hungry again 20 minutes later. Ensure you allow yourself that time to digest and then eat more to desired satisfaction. As your body adjusts and removes excess fat lingering in the intestines, you will begin to find it easier to eat more in a sitting. It's important to always eat to complete satisfaction. This diet is not about restriction or counting calories, but about abundance. What a beautiful thing.

This plan is based on the caloric needs of an average female with a moderate activity level. If you are a long distance runner, or work out intensively every day, you may

want to up your calories a little more. If you are a male you may also want to add some more calories to your day. Listen to your body and be sure to give it food when it needs it.

- 4 Keep well hydrated.** Even though you're eating a large amount of fruit, which contains a lot of water, it's important to constantly drink filtered water throughout the day as well. I drink a minimum of 4 litres a day. You might find yourself urinating more regularly, but remember that's another way that your body detoxes and removes uric acid from the body.

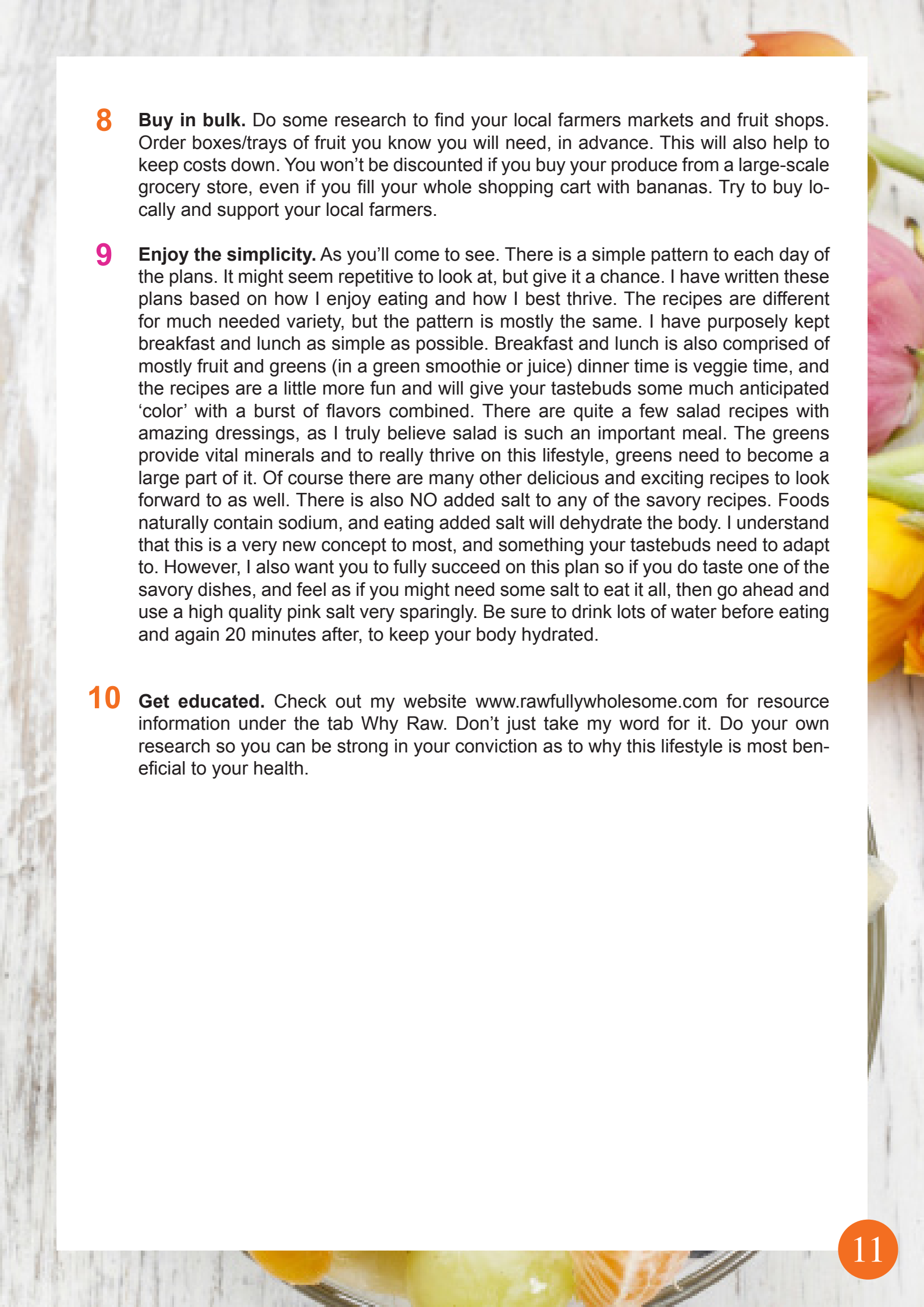


- 5 Stay Active.** Optimal health is not just about the food that you eat. Getting enough sleep, staying hydrated and of course keeping active is all super important in your overall wellbeing. While you're on this plan, you can still continue with your normal exercise regimes. If you don't exercise, I would encourage you to start walking daily and even practice some yoga at home. If you already have an exercise regime, step it up a notch. Push yourself to reach new limits. Your body will have all the right fuel that it needs to exceed your own fitness expectations while eating the food in this plan, so why not push yourself harder?

- 6 Get Adequate Sleep.** Aim to get a minimum of 8 hours sleep per night, especially while on this plan, to really harness all the benefits. Sufficient rest and sleep plays a vital role in your overall health and wellbeing, as it allows the body time for restoration and healing. It is also a good idea to eat your last meal (dinner) at least 3 hours before you go to bed. This way your body can focus its energy on healing, cell rejuvenation and giving you the most rest possible. If you eat too close to bedtime, your body uses its energy on digestion rather than resting and rejuvenation.

- 7 Always come prepared.** It is important to ensure that you properly plan when you're going to start this reset. If you fail to plan, you plan to fail. Make sure you purchase all the fruit that you need for the week ahead, with enough time for it all to ripen before you start. When you've started your reset, make sure you're prepared with the food you'll need for the day ahead if you plan to be out, or at work. Breakfast and lunch are super simple meals, and easy enough to prepare that morning to take with you. It's also a good idea to have extra fruit like dates or bananas with you in case you're not fully satisfied, or you get peckish before dinner.



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- 8 Buy in bulk.** Do some research to find your local farmers markets and fruit shops. Order boxes/trays of fruit you know you will need, in advance. This will also help to keep costs down. You won't be discounted if you buy your produce from a large-scale grocery store, even if you fill your whole shopping cart with bananas. Try to buy locally and support your local farmers.
 - 9 Enjoy the simplicity.** As you'll come to see. There is a simple pattern to each day of the plans. It might seem repetitive to look at, but give it a chance. I have written these plans based on how I enjoy eating and how I best thrive. The recipes are different for much needed variety, but the pattern is mostly the same. I have purposely kept breakfast and lunch as simple as possible. Breakfast and lunch is also comprised of mostly fruit and greens (in a green smoothie or juice) dinner time is veggie time, and the recipes are a little more fun and will give your tastebuds some much anticipated 'color' with a burst of flavors combined. There are quite a few salad recipes with amazing dressings, as I truly believe salad is such an important meal. The greens provide vital minerals and to really thrive on this lifestyle, greens need to become a large part of it. Of course there are many other delicious and exciting recipes to look forward to as well. There is also NO added salt to any of the savory recipes. Foods naturally contain sodium, and eating added salt will dehydrate the body. I understand that this is a very new concept to most, and something your tastebuds need to adapt to. However, I also want you to fully succeed on this plan so if you do taste one of the savory dishes, and feel as if you might need some salt to eat it all, then go ahead and use a high quality pink salt very sparingly. Be sure to drink lots of water before eating and again 20 minutes after, to keep your body hydrated.
 - 10 Get educated.** Check out my website www.rawfullywholesome.com for resource information under the tab Why Raw. Don't just take my word for it. Do your own research so you can be strong in your conviction as to why this lifestyle is most beneficial to your health.

Kitchen Equipment

High Speed Blender: The best blender on the market is the Vitamix blender. This high powered blender will break down nuts and seeds easily creating smooth and creamy textures. You can get away with a regular blender for the recipes in this plan, however the Vitamix is a real investment that you won't regret and is well worth the cost. It can be purchased online through the Vitamix website.

Food Processor: Any food processor will work for the recipes in this plan. I use a 9 cup Cuisinart food processor, but even a hand processor (which are relatively cheaper) should suffice.

Vegetable Spiralizer: This is not a necessary tool to have in order to follow this plan. It's a quick and easy way to turn vegetables into pasta, but a simple vegetable peeler can also be used. They are around \$30 online.

Knife: A sharp, high quality knife is a huge asset in your kitchen. Ceramic and steel should be available at any department or kitchen store.

Grater: Most kitchens should have one anyway, but a definite must for shredding carrots and other vegetables.

Mandolin Slicer: This is a slicer that allows you to slice vegetables as thinly or thickly as you want. This is not a mandatory piece of equipment, and a sharp knife can be used for things like the lasagna sheets, but this will make it quicker and easier for you. You should be able to pick one up fairly cheaply online or at any department or kitchen store.

Dehydrator: This is not required in order to follow this plan. However it is a piece of kitchen equipment that many raw foodies have, which allows you to get even more creative. You can make pizza bases, crackers, corn chips, dried fruit and much more. It also allows you to warm and soften food (like mushrooms) without cooking out the nutrients. The best dehydrator on the market is the Excalibur Dehydrator, which comes in 5 tray or 9 tray options.



Personal Goals

WHAT ARE YOUR GOALS FOR THE LIFE REJUVENATING RAW FOOD RESET?

Having clear written goals for what you want to achieve during this plan, will help you stay focused, and keep you accountable.

What do you want to get out of this raw food reset?

Do you want to try to maintain the high carb, low fat vegan lifestyle?

How do you want to feel mentally after completing this reset?

How do you want to feel physically after completing this reset?

How often do you want to exercise?

How much (if any) weight would you like to lose?

Summer

The following pages include a complete meal plan, shopping list and recipes for Summer.

Please see page 30 for Winter



Preparation & Planning

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Guide



Order and buy your fruit for Week One

About 4-5 days before you start the plans, buy your fruit so that it has time to properly ripen. (Please see my YouTube channel for a video on how to ripen your bananas quickly. <http://youtu.be/mRomKEeoz5w>)



Complete the shopping list for Week One

1-2 days before starting, finish buying all produce and grocery items.



Wash your greens

Wash and dry your greens, and store them in plastic bags, twisted up - this keeps them fresh and crisp for longer.



Frozen Fruit Preparation

Once bananas are covered in brown spots, peel and freeze a minimum of 8. Freeze even more to add to smoothies - this makes the smoothies icy cold!



Optional Purchase

A great investment is some large mason jars with the lids. Mason jars are fantastic to store smoothies in, and easy to take on the road or to work with you - which makes sticking to this plan while working full time,

Notes:

Life Rejuvenating Raw Food Reset Meal Plan Week One - Summer

	Breakfast	Lunch	Pre Dinner Course	Dinner
Day 1	Vanilla Cinnamon Spiced Smoothie	Mono Meal: 1 Cantaloupe	Mango Sorbet	Salad w/ Mango Lime Dressing
Day 2	Mono Meal: 2 Papayas	Green Leprechaun Smoothie	3 Peaches	Spinach Pesto Noodles
Day 3	Nectarine Dream Smoothie	Mono Meal: 1/2 lg/1sml Watermelon	Peach Banana Nice Cream	Salad w/ Creamy Cilantro Lime Dressing
Day 4	Mono Meal: 6 Mangos (or blended into a smoothie)	Pineapple Date Smoothie	1/2 Cantaloupe	Spaghetti Marinara
Day 5	Papaya Pineapple Smoothie	Mono Meal: 8 Peaches (or blended)	Carton/Punnet of Strawberries	Salad w/ Tasty Tropical Dressing
Day 6	Mono Meal: 8 Nectarines (or blended)	Strawberry Basil Lime Smoothie	Goji Banana Nice Cream	Collard Wraps w/ Red Pepper Tahini Sauce
Day 7	1 Heart Dragon Fruit Smoothie	Mono Meal: 1 Honey Dew Melon	1/2 Pineapple	Salad w/ Peachy Cream Dressing



Shopping List Week One

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Summer

Fruits

- 3 cantaloupe
- 11 mangos
- 3 papayas
- 15 peaches
- 1 lg or 2 sml watermelons
- 3 cartons/punnets strawberries
- 11 nectarines
- 1 honey dew melons
- 3 pineapples
- 30 bananas
- 23 dates
- 1-2 lg bottles raw coconut water or 2 young thai coconuts
- 2 dragon fruit
- 3 oranges
- 3 limes
- 1 lemon

Vegetables

- 1 beet
- 4 cucumbers
- 10 zucchinis
- 3 avocados (medium-large)
- 2 carrots
- 1 corn on cob
- 3 cartons/punnets cherry tomatoes
- 5 radishes
- 1 orange bell pepper
- 1 red bell pepper
- 1 pack alfalfa
- 2 garlic cloves

Herbs & Greens

- 8 chard leaves
- 3 heads of romaine
- 1 head crisp lettuce
- 16 cups mixed greens
- 2 cups baby spinach
- 4-6 collard green leaves
- 2 bunches basil
- 2 bunches cilantro
- 1 bunch oregano
- 1 bunch green onion

Other

- Matcha green tea powder (optional)
- Cinnamon
- Vanilla Powder/extract
- 1 jar raw tahini
- ¼ cup pine nuts
- ¼ cup macadamias
- 1 cup sundried tomatoes (oil free)
- 1/8 cup raisins
- 1/8 cup sesame seeds
- ¼ cup goji berries
- 2-3 cups frozen mango

Notes:

Once ripe, freeze min of 7 bananas. More if desired for smoothies.



Recipes Week One

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Summer

Vanilla Cinnamon Spiced Smoothie

ingredients

4 bananas
4 dates
3 cups filtered water
1 tsp vanilla
½ tsp cinnamon

method

Blend until smooth

Green Leprechaun

ingredients

4 bananas
4 dates
2 chard leaves
4 cups water
1 tsp green matcha powder

method

Blend until smooth

Nectarine Dream

ingredients

4 bananas
3 white nectarines
2 dates
2 cups coconut water

method

Blend until smooth



Pineapple Date

ingredients

4 bananas
½ pineapple
3 dates
2 romaine leaves
3 cups water

method

Blend until smooth

Papaya Pineapple

ingredients

1 pineapple
1 papaya
Water if needed

method

Blend until smooth

Strawberry Basil Lime

ingredients

4 bananas
1 cup strawberries
juice ½ lime
3 basil leaves
4 chard leaves
3 cups water

method

Blend until smooth



Recipes Week One

- By Rawfully Wholesome

Summer

I Heart Dragonfruit

ingredients

4 bananas
2 dragon fruit
1 cups strawberries
4 romaine leaves
3 cups water

method

Blend until smooth

Mango Sorbet

ingredients

2-3 cups frozen mango
1 orange, juice of
3 dates

method

blend or process the ingredients into a creamy sorbet.

Sprinkle with coconut.

Salad w/ Mango Lime Dressing

ingredients

8 cups mixed greens
1 beet, peeled

Dressing

1 cucumber, peeled
1 mango
½ lime, juice of

method

Place mixed greens into a large bowl. Spiralize or shred the beet. Blend cucumber, mango and lime juice. Pour over salad and enjoy.

Spinach Pesto Noodles

ingredients

4 medium zucchinis, spiralized (keep zucchini weenies for the sauce)
4 zucchini weenies
2 cups spinach
1 cup basil
¼ cup pine nuts
½ small avocado
1 garlic clove (optional)

method

Place zucchini noodles into a large bowl. Place all other ingredients into a food processor and pulse until combined and creamy, but still a little chunky. Pour over noodles and mix through with your hands.



Peach Banana Nice Cream

ingredients

3 frozen bananas
1 peach

method

Deseed the peach and add it with the frozen bananas to a high speed blender or food processor. Blend until bananas have broken down and a creamy ice cream consistency is formed.



Recipes Week One

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Summer



Salad w/ Creamy Cilantro Lime Dressing

ingredients

1-2 heads of crisp romaine lettuce
1 cucumber, peeled
2 carrots
1 corn cob
3 dates, sliced

Dressing

½ cup cilantro, stems removed
½ avocado
2 Tbsp lime juice
2 oranges, juice of

method

Tear lettuce into large bowl. Dice the cucumber, peel and shred carrots and remove

corn from cob. Add all plus the dates to the bowl. Blend the cilantro, avocado, lime juice and orange juice together until creamy. Pour over salad.

Spaghetti Marinara

ingredients

4 medium zucchinis, peeled

Marinara

1 carton/punnet cherry tomatoes
1 cup sundried tomatoes (not in oil)
1 date
1 Tbsp oregano
3 leaves basil
1 small garlic clove (optional)

method

Spiralize or peel the zucchinis and set aside in a bowl. Blend marinara ingredients together. Pour into a fine sieve over a bowl and allow the excess water to drain out. Pour the sauce over zucchini spaghetti.

Salad w/ Tasty Tropical Dressing

ingredients

8 cups mixed greens
1 cucumber, peeled
3 radishes
½ cup cherry tomatoes
1/8 cup raisins

Dressing

1 mango
¾ cup pineapple
1/8 cup sesame seeds
1 green onion
¼ cup cilantro

method

Place mixed greens in a large bowl. Spiralize or dice the cucumber, thinly slice the radishes, halve the cherry tomatoes and add it all with the raisins to the bowl of greens. Blend together dressing ingredients and pour over salad.



Recipes Week One

- By Rawfully Wholesome

Summer

Goji Nana Ice Cream

ingredients

3 frozen bananas
3 Tbsp goji berries

method

Blend/process bananas until ice cream forms, add a tiny amount of water if needed. Stir in the goji berries.

Collard Wraps w/ Red Pepper Tahini Sauce

ingredients

4-6 collard green leaves, destemmed
1 orange bell pepper, diced
1 cup cherry tomatoes, halved
Alfalfa or other sprouts
1 zucchini, shredded

Red Pepper Sauce

3 Tbsp tahini
1 red pepper
½ zucchini
2 dates

½ lemon, juice of

Simple Guacamole

1 large avocado
½ lime, juice of

method

Add red pepper tahini sauce ingredients to the blender and blend until smooth. Mash up the avocado and mix in the lime juice.

Lay out one of the collard wraps and slather it with red pepper sauce, guacamole and fill it with the other ingredients. Roll it up like a burrito and set aside while you make the rest.

Salad w/ Peachy Cream Dressing

ingredients

1 head crisp lettuce
1 cucumber, peeled
2 radishes

Dressing

2 peaches
¼ cup raw macadamia nuts
3 basil leaves

method

Tear up the lettuce and place in large bowl. Spiralize or dice the cucumber. Thinly slice the radishes. Blend together dressing ingredients until smooth and pour over salad.



Preparation & Planning

- By Rawfully Wholesome

Guide



Order and buy your fruit for Week Two

About 4-5 days before the start of week two, buy your fruit so that it has time to properly ripen. (Please see my YouTube channel for a video on how to ripen your bananas quickly. <http://youtu.be/mRomKEeoz5w>)



Complete the shopping list for Week Two

1-2 days before the start of the new week, finish buying all produce and grocery items.



Wash your greens

Wash and dry your greens, and store them in plastic bags, twisted up - this keeps them fresh and crisp for longer.



Frozen Fruit Preparation

Once bananas are covered in brown spots, peel and freeze a minimum of 8. Freeze even more to add to smoothies - this makes the smoothies icy cold!

Notes:

Life Rejuvenating Raw Food Reset Meal Plan Week Two - Summer

	Breakfast	Lunch	Pre Dinner Course	Dinner
Day 1	Mono Meal: 6 Mangos	Berry Blast Smoothie	Peaches n Cream	Raw Lasagna
Day 2	Strawberry Delicious Smoothie	Mono Meal: 1/2 lg/1 sml Watermelon	1 Cantaloupe	Salad w/ Strawberry Vinaigrette
Day 3	Mono Meal: 1 Cantaloupe	Tangy Green Smoothie	Strawberry Banana Nice Cream	Summer Medley Fettuccini
Day 4	Mango Tango Smoothie	Mono Meal: 8 Peaches (or blended)	1 sm/ 1/3 lg Watermelon	Salad w/ Creamy Avo Dressing
Day 5	Mono Meal: 1 Honey Dew Melon	Melon Berry Bliss Smoothie	3 Nectarines	Lettuce Cups w/ Mango Salsa
Day 6	Banana Date Smoothie	Mono Meal: 8 Nectarines (or blended)	Banana Nice Cream w/ Caramel Swirl	Salad w/ Sweet Summer Dressing
Day 7	Mono Meal: 2 Papayas	Cucumber Melon Breeze Smoothie	2 Mangos	Rice Paper Rolls w/ Peanut Sauce



Shopping List Week Two

- By Rawfully Wholesome

Summer

Fruits

15 mangos
10 peaches
1 lg or 2 sml watermelons
2 cantaloupe
1.5 honey dew melons
26 dates
15 nectarines
2 papayas
39 bananas
4 cartons/punnets strawberries
3-4 lg bottles raw coconut water
or 4-5 young thai coconuts
2 lemons
3 limes
1 carton/punnet raspberries
6 oranges

Vegetables

5 cartons/punnets cherry tomatoes
12 zucchinis
3 cucumbers
2 garlic clove
Ginger
3 avocados (medium)
2 radishes
6 corn on cob
1 red bell pepper
2 orange/red bell peppers
1 yellow bell pepper
4 carrots
2 tomatoes

Herbs & Greens

5.5 cups baby spinach
8 kale leaves
2 bunches spinach
1 bunch chard
1 head crisp lettuce
2-3 heads romaine
1 bunch mint
1 bunch oregano
2 bunches basil
1 bunch parsley
1 bunch green onion
2 bunches cilantro

Other

Frozen blueberries
 $\frac{3}{4}$ cup sundried tomatoes (oil free)
 $\frac{1}{2}$ cup cashews
 $\frac{1}{4}$ cup pecans
 $\frac{1}{4}$ cup raisins
Natural peanut butter
Kelp noodles
Rice paper sheets

Notes:

Once ripe, freeze min of 9 bananas. More if desired for smoothies.



Recipes Week Two

- By Rawfully Wholesome

Summer

Berry Blast

ingredients

3 bananas
1 cup frozen blueberries
1 cup strawberries
1-2 cups baby spinach
3 cups water

method

Blend until smooth

Strawberry Delicious

ingredients

3 bananas
2 cups strawberries
3 cups coconut water

method

Blend until smooth

Tangy Green

ingredients

3 bananas
3 nectarines
1 cup strawberries
4 kale leaves
3-4 cups water

method

Blend until smooth

Mango Tango

ingredients

3 bananas
2 mangos
3 cups coconut water

method

Blend until smooth

Melon Berry bliss

ingredients

3 bananas
3 cups watermelon
1 cup strawberries
1-2 cups baby spinach
1 cup water

method

Blend until smooth

Banana Date

ingredients

5 bananas
6 dates
Fill the blender with water
(approx 1.5L)

method

Blend until smooth

Cucumber Melon Breeze

ingredients

3 bananas
1/2 honeydew melon
1 cucumber
6 mint leaves
2 cups water
4 kale leaves

method

Blend until smooth





Recipes Week Two

- By Rawfully Wholesome

Summer

Peaches n Cream

ingredients

2 peaches
1 frozen banana
2 dates, pits removed
1/8 tsp vanilla
Pinch of cinnamon

method

Slice up peaches into a bowl. Blend frozen banana, dates, vanilla and cinnamon into a creamy consistency. Pour over peaches.

Lasange

ingredients

3-4 zucchinis
Cut the stem off and slice

Marinara Sauce

3 cartons/punnets cherry tomatoes
¾ cup sundried tomatoes (not in oil)

2 dates

2 Tbsp oregano

4 basil leaves

1 garlic clove (optional)

Green Goodness Layer

2 bunches of spinach, stems removed

1 bunch of chard, stems removed

1 bunch of parsley

1 green onion

¼ small avocado

Creamy Cheeze Layer

½ cup cashews

½ lemon, juice of



2 zucchinis, peeled and chopped

method

Lasange Pasta Sheets

Cut the stem off and slice zucchinis in half. Using a mandolin slicer or a sharp knife, slice the zucchinis into thin sheets of "pasta".

Marinara Sauce

Blend until combined. Pour into a fine sieve over a bowl and let the excess water strain out.

Green goodness Layer

Process all greens except the avocado, until finely chopped and combined. Add in avocado and pulse to combine until it creates a creamy green texture.

Creamy Cheeze Layer

Blend until smooth and creamy.

Assembly:

Using a medium lasagna dish, layer the bottom with two layers of zucchini stripes. Lay half the green goodness layer down, followed by half the marinara sauce. Add another layer of zucchini pasta, followed by the last half of the green goodness. Put half the creamy cheese layer over the green goodness, followed by another layer of zucchini pasta. Layer the last half of the marinara and cheese followed by a final zucchini pasta layer.

Salad w/ Strawberry Vinaigrette

ingredients

8 cups spring salad mix



Recipes Week Two

- By Rawfully Wholesome

Summer



½ carton/punnet cherry tomatoes
2 radishes
½ carton/punnet raspberries
Handful strawberries
Small handful pecans

Dressing

1 cup strawberries
¼ cup oranges, juice of (about 2)
4 dates, pits removed

method

Add spring salad mix and raspberries to a large bowl. Halve cherry tomatoes, thinly slice radishes and strawberries, and then add to the bowl. Blend dressing ingredients until smooth and pour over salad.

Strawberry Banana Nice Cream

ingredients

3 frozen bananas
Handful of strawberries

method

Blend/process bananas and strawberries into a creamy ice cream.

Summer Medley Fettuccini

ingredients

4 medium zucchini, peeled

Sauce

¼ avocado
½ lemon, juice of
1 cup fresh corn
1 small zucchini, peeled
1 mango

¼ cup cilantro

Garnish

Handful cherry tomatoes, halved
Handful baby spinach leaves sliced thinly (optional)

method

Peel zucchini into fettuccini strips and place in a bowl. Blend together sauce ingredients and pour over zucchini fettuccini. Mix together until fettuccini is coated well. Serve with baby spinach and cherry tomatoes on top.

Salad w/ Creamy Avo Dressing

ingredients

1 head crisp lettuce
1 orange/red pepper
½ carton/punnet cherry tomatoes

1 cucumber, peeled

Dressing

½ cup oranges, juice of (about 3)
½ avocado

method

Tear the lettuce into a bowl. Dice the pepper and cherry tomatoes. Spiralize or dice the cucumber and add to the bowl. Blend the orange juice and avocado until smooth and pour over salad.



Recipes Week Two

- By Rawfully Wholesome

Summer

Lettuce Cups w/ Mango Salsa

ingredients

½ - 1 head of romaine (use leaves as cups)
1 carton/punnet cherry tomatoes

1 orange/red pepper
1 yellow pepper
2 cobs of corn
3 carrots, shredded
½ avocado

Mango Salsa

3 Mangos
1 Tbsp fresh lime, juice of
½ cup cilantro

method

Dice cherry tomatoes, peppers and avocados and cut the corn off the cob. Mix together with shredded carrots in a bowl. Slice the mango and scoop out the flesh and place in food processor with lime juice and cilantro. Pulse until it's combined yet still a little chunky. Use romaine leaves as cups and fill with veggies and salsa.

Banana Nice Cream w/ Caramel Swirl

ingredients

4 frozen bananas
1 cup dates, pits removed
½ cup water, more if needed

method

First blend/process the dates and water until a creamy "caramel" sauce is formed. Add more water if needed to help along the blending process. Remove and set aside. Blend/process the frozen bananas into a creamy ice cream. Stir in as much of the caramel sauce as you'd like and any left over can be kept in the fridge and used as a snack (dip pieces of fruit into it).

Salad w/ Sweet Summer Dressing

ingredients

1-2 heads of romaine
2 tomatoes
Handful cilantro
1 carrot

Handful raisins

Dressing

1 mango
1 zucchini
1/3 avocado
¼ cup orange juice (about 1)
1 green onion

method

Tear romaine into a bowl and add raisins. Dice the tomatoes, shred the carrots with a grater and finely chop the cilantro. Blend all dressing ingredients and pour, mix and enjoy.





Recipes Week Two

- By Rawfully Wholesome

Summer

Rice Paper Rolls w/ Peanut Sauce

ingredients

Rice paper sheets (about 5-6)

Kelp noodles

1 carrot

1 cucumber

1 red bell pepper

Bunch of basil

½ cup baby spinach

Peanut Sauce

¼ cup natural peanut butter

1 small garlic clove

½ inch thumb of ginger

¼ cup lime juice (about 1-2)

¼- ½ cup water as needed

method

Place kelp noodles into a bowl of warm water to soften.

Cut veggies into thin strips.

Dip your rice paper sheets in warm water so they soften and become pliable (do this one at a time), then arrange your fillings in the middle.

Fold over two ends, and then wrap it up like a burrito, making it as tight as possible. Blend sauce ingredients together and serve in a bowl for dipping.

Winter

The following pages include a complete meal plan, shopping list and recipes for Winter.

Please see page 14 for Summer



Preparation & Planning

- By Rawfully Wholesome

Guide



Order and buy your fruit for Week One

About 4-5 days before you start the plans, buy your fruit so that it has time to properly ripen. (Please see my YouTube channel for a video on how to ripen your bananas quickly. <http://youtu.be/mRomKEeoz5w>)



Complete the shopping list for Week One

1-2 days before starting, finish buying all produce and grocery items.



Wash your greens

Wash and dry your greens, and store them in plastic bags, twisted up - this keeps them fresh and crisp for longer.



Frozen Fruit Preparation

Once bananas are covered in brown spots, peel and freeze a minimum of 8. Freeze even more to add to smoothies - this makes the smoothies cold, thick and creamy, which I still enjoy during winter!



Optional Purchase

A great investment is some large mason jars with the lids. Mason jars are fantastic to store smoothies in, and easy to take on the road or to

Notes:

Life Rejuvenating Raw Food Reset Meal Plan Week One - Winter

	Breakfast	Lunch	Pre Dinner Course	Dinner
Day 1	Vanilla Cinnamon Spiced Smoothie	Mono Meal: 6 persimmons	4 Oranges Juiced w/ Pulp	Carrot Ginger Soup
Day 2	Chocolate Strawberry Kiss	Green Leprechaun Smoothie	Apples w/ Date Sauce	Spinach Pesto Noodles
Day 3	Mono Meal: 2lbs/1kg Green Grapes	Sweet Persimmon Smoothie	Dateorade	Salad w/ Creamy Cilantro Lime Dressing
Day 4	Banana Mylk Cereal	Green Kiwi Smoothie	Pears n Cream	Spaghetti Marinara
Day 5	Frozen Berry Goodness Smoothie	Mono Meal: 1L Tangerine Juice (about 9)	Fruit "Porridge"	Salad w/ Creamy Sundried Tomato Dressing
Day 6	Pear and Fig Smoothie	Choc Mint Mylkshake	1lb/ ½ kg Red Grapes	Collard Wraps w/ Red Pepper Tahini Sauce
Day 7	Sweetly Grape Smoothie	Mono Meal: 10 Kiwis	2 Persimmons	Tomato Basil Soup



Shopping List Week One

- By Rawfully Wholesome

Winter

Fruits

10 persimmons
6 oranges
9 tangerines/mandarins
2lbs/1kg green grapes
2lbs/1kg red grapes
12 kiwis
44 bananas
63 dates
4 pears
3 apples
2 limes
1 lemon
4 lg bottles raw coconut water
OR 7 young thai coconuts

Vegetables

7 carrots
12 zucchinis
ginger
3 avocados (medium-large)
2 garlic cloves
1 cucumber
1 corn cob
2 cartons/punnets cherry tomatoes
1 orange/yellow bell pepper
1 red bell pepper
Alfalfa
4 vine ripened tomatoes
celery

Herbs & Greens

4 chard leaves
6 collard leaves
4 cups baby spinach
1 head romaine
1 head crisp lettuce
green onions
2 bunches cilantro
2-3 bunches basil
oregano

Other

Matcha green tea powder (optional)
Cacao OR carob powder
Cinnamon
Vanilla Powder/extract
Peppermint essential oil OR
peppermint stevia drops (optional)
1 jar raw tahini
 $\frac{1}{4}$ cup pine nuts
 $\frac{1}{2}$ cup dried mulberries
2 cups sundried tomatoes
2 cups frozen strawberries
1 cup frozen blueberries
4 dried figs

Notes:

Once ripe, freeze min of 2 bananas. More if desired for smoothies.



Recipes Week One

- By Rawfully Wholesome

Winter

Vanilla Cinnamon Spiced Smoothie

ingredients

4 bananas
4 dates
3 cups filtered water
1 tsp vanilla
½ tsp cinnamon

method

Blend until smooth

Green Leprechaun

ingredients

4 bananas
4 dates
4 chard leaves
4 cups water
1 tsp green matcha powder

method

Blend until smooth

Chocolate Strawberry Kiss

ingredients

4 bananas
1 cups frozen strawberries
4 dates
1 Tbsp cacao/carob
4 cups coconut water

method

Blend until smooth



Sweet Persimmon

ingredients

4 bananas
2 persimmons
3 cups water

method

Blend until smooth

Kiwi Green

ingredients

4 bananas
2 kiwis
1 pears
1 cup spinach
4 cups water

method

Blend until smooth

Frozen Berry Goodness

ingredients

3 bananas
1 cup frozen blueberries
1 cup frozen strawberries
3-4 cups coconut water
(about 2-3 young coconuts)

method

Blend until smooth

Pear & Fig

ingredients

3 bananas
2 pears
4 dried figs (soaked for 20 mins)
1 cup spinach
4 cups water



Recipes Week One

- By Rawfully Wholesome

Winter

method

Blend until smooth

Choc Mint Mylkshake

ingredients

4 bananas (use frozen to make it a thick shake!)
6 dates
1 drop peppermint essential oil or a couple drops peppermint stevia (optional)
2 Tbsp carob or cacao powder
3-4 cups coconut water + extra filtered water if desired

method

Blend until smooth

Sweetly Grape

ingredients

4 bananas
2 cups red grapes
4 cups water

method

Blend until smooth

Carrot Ginger Soup

ingredients

5 medium carrots, peeled
1 zucchini
1 orange, juice of
¼ tsp ginger
1 green onion
¼ cup cilantro

method

Chop the carrots and zucchini. Blend all ingredients into a thick and creamy soup. This

can be done in a food processor, but you may need to add it to the blender to break it completely down so it's smooth and creamy. To "warm" soup without cooking, keep it in the blender for a minute or so after it's creamy.

Apples w/ Date Sauce

ingredients

1 apple, sliced
½-1 cup dates, pits removed
Water as needed

method

Pop dates in the blender or food processor. Start with 1/8 – ¼ cup water and add more as needed to help along the blending process, but keeping it thick. Slice apples and dip into date sauce.

Spinach Pesto Noodles

ingredients

5 medium zucchinis, spiralized (keep zucchini weenies for the sauce)
5 zucchini weenies
2 cups spinach
1 cup basil
¼ cup pine nuts
½ small avocado
1 garlic clove (optional)





Recipes Week One

- By Rawfully Wholesome

Winter



method

Place zucchini noodles into a large bowl. Place all other ingredients into a food processor and pulse until combined and creamy, but still a little chunky. Pour over noodles and mix through with your hands.

Dateorade

ingredients

8 dates, pits removed
4 cups water
½ tsp vanilla

method

Blend into a smooth frothy milkshake

Salad w/ Creamy Cilantro Lime Dressing

ingredients

1 head of crisp romaine lettuce
1 cucumber, peeled
2 carrots
1 corn cob
3 dates, sliced

Dressing

½ cup cilantro, stems removed
½ avocado
2 Tbsp lime juice
2 oranges, juice of

method

Tear lettuce into large bowl. Dice the cucumber, peel and shred carrots and remove corn from cob. Add all plus the dates to the bowl. Blend

the cilantro, avocado, lime juice and orange juice together until creamy. Pour over salad.

Banana Mylk Cereal

ingredients

5 bananas (1 frozen)
½ cup dried mulberries
2-3 dates
¾ cup water

method

Slice the 4 fresh bananas into a bowl. Pulse the mulberries in a food processor until broken down. Add dates and pulse until combined. Add to the bowl of bananas. Blend the frozen banana and water, and pour it over the banana slices.

Pears n Cream

ingredients

2 pears
1 frozen banana
2 dates, pits removed
1/8 tsp vanilla
Pinch of cinnamon

method

Slice up pears into a bowl. Blend frozen banana, dates, vanilla and cinnamon into a creamy consistency. Pour over pears.



Recipes Week One

- By Rawfully Wholesome

Winter

Spaghetti Marinara

ingredients

4 medium zucchinis, peeled
Marinara
1 carton/punnet cherry tomatoes
1 cup sundried tomatoes (not in oil)
1 date
1 Tbsp oregano
3 leaves basil
1 small garlic clove (optional)

method

Spiralize or peel the zucchinis and set aside in a bowl. Blend marinara ingredients together. Pour into a fine sieve over a bowl and allow the excess water to drain out. Pour the sauce over zucchini spaghetti.

Fruit "Porridge"

ingredients

1 apple
2 bananas
4 dates

method

Process ingredients in a food processor to achieve a creamy, yet not completely smooth "porridge" consistency.

Salad w/ Creamy Sundried Tomato Dressing

ingredients

1 head crisp lettuce
¼ cup cilantro
1 cucumber
Small handful sundried tomatoes

Dressing

1 zucchini
¼ cup sundried tomatoes (soaked for 30 mins)
½ avocado
1 orange, juice of

method

Tear up the lettuce and place in large bowl. Spiralize or dice cucumber. Thinly slice the radishes. Blend together dressing ingredients until smooth and pour over salad.

Collard Wraps w/ Red Pepper Tahini Sauce

ingredients

4-6 collard green leaves, destemmed
1 orange bell pepper, diced
1 cup cherry tomatoes, halved
Alfalfa or other sprouts
1 zucchini, shredded

Red Pepper Sauce

3 Tbsp tahini
1 red pepper
½ zucchini
2 dates

½ lemon, juice of

Simple Guacamole

1 large avocado
½ lime, juice of

method

Add red pepper tahini sauce





Recipes Week One

- By Rawfully Wholesome

Winter

ingredients to the blender and blend until smooth. Mash up the avocado and mix in the lime juice.

Lay out one of the collard wraps and slather it with red pepper sauce, guacamole and fill it with the other ingredients. Roll it up like a burrito and set aside while you make the rest.

Tomato Basil Soup

ingredients

4 vine ripened tomatoes
½ cup sundried tomatoes
1 zucchini
1 stalk celery
1 green onion
5 basil leaves

method

Roughly chop the tomatoes, zucchini and celery. Blend all ingredients into a thick and creamy soup. This can also be done in a food processor. To “warm” soup without cooking, keep it in the blender for a minute or so after it’s creamy.



Preparation & Planning

- By Rawfully Wholesome

Guide



Order and buy your fruit for Week Two

About 4-5 days before the start of week two, buy your fruit so that it has time to properly ripen. (Please see my YouTube channel for a video on how to ripen your bananas quickly. <http://youtu.be/mRomKEeoz5w>)



Complete the shopping list for Week Two

1-2 days before the start of the new week, finish buying all produce and grocery items.



Wash your greens

Wash and dry your greens, and store them in plastic bags, twisted up - this keeps them fresh and crisp for longer.



Frozen Fruit Preparation

Once bananas are covered in brown spots, peel and freeze a minimum of 2. Freeze even more to add to smoothies - this makes the smoothies cold, thick and creamy, which I still enjoy during winter!

Notes:

Life Rejuvenating Raw Food Reset Meal Plan Week Two - Winter

	Breakfast	Lunch	Pre Dinner Course	Dinner
Day 1	Mono Meal: 5-6 Bananas or blended with water	Berry Blast Smoothie	Pears n Cream	Raw Lasagna
Day 2	Strawberry Delicious Smoothie	Mono Meal: 1L Tangerine Juice (about 9)	Apples w/ Date Sauce	Salad w/ Lemon Tahini Dressing
Day 3	Dateorade	Green Goodness Smoothie	2 Persimmons	Stuffed Portobello Mushrooms
Day 4	Dates n Greens Smoothie	Mono Meal: 2lbs/1kg Green Grapes	4 Oranges Juiced w/ Pulp	Salad w/ Creamy Avo Dressing
Day 5	Frozen Mango Tango Smoothie	Banana Mylk Cereal	Dateorade	Hearty Veggie Wraps
Day 6	Banana Date Smoothie	Mono Meal: 10 Oranges	Fruit "Porridge"	Salad w/ Tomato Basil Hemp Dressing
Day 7	Pear and Fig Smoothie	Chocolate Strawberry Kiss	1lb/1/2kg Red Grapes	Rice Paper Rolls w/ Peanut Sauce



Shopping List Week Two

- By Rawfully Wholesome

Winter

Fruits

36 bananas
9 tangerines/mandarins
2 persimmons
23 oranges
1lb/ ½ kg red grapes
2lb/1kg green grapes
69 dates (buy a bulk box)
2 kiwis
5 pears
6 lemons
2 limes
2 apples
4-5 large bottles raw coconut water OR 7-8 young thai coconuts

Vegetables

1 sml jicama
1 beet
10 zucchinis
5 cartons/punnets cherry tomatoes
2 garlic cloves
5 carrots
5 cucumbers
1-2 avocados
3-4 portobello mushrooms
4 corn cobs
1 orange/red bell pepper
2 red bell peppers
Bunch of celery

Herbs & Greens

7 cups baby spinach
3 kale leaves
2 bunches spinach
1 bunch chard
2 heads romaine
2 heads crisp lettuce
1/4 purple cabbage
Green onions
1 bunch parsley
2 bunches basil
1 bunch cilantro
1 sml oregano
1 sml dill
1 sml sage

Other

1 cup frozen blueberries
6 cups frozen strawberries
2 cups frozen mango
4 dried figs
3/4 sundried tomatoes (oil free)
3/4 cup cashews
1/2 cup raisins
1/2 cup dried mulberries
Nutritional yeast (optional)
Rice paper
Kelp noodles
Natural Peanut butter
Hemp seeds OR sub for avocado

Notes:

Once ripe, freeze min of 2 bananas. More if desired for smoothies.



Recipes Week Two

- By Rawfully Wholesome

Winter

Berry Blast

ingredients

3 bananas
1 cup frozen blueberries
1 cup frozen strawberries
1-2 cups baby spinach
3 cups water

method

Blend until smooth

Strawberry Delicious

ingredients

3 bananas
2 cups frozen strawberries
3 cups coconut water

method

Blend until smooth

Dateorade

ingredients

10 dates, pits removed
1L water
½ tsp vanilla (optional)

method

Blend until smooth

Green goodness

ingredients

4 bananas
2 kiwis
1 cucumber
3 kale leaves
4 cups water

method

Blend until smooth

Dates n Greens

ingredients

8 dates, pits removed
1-2 cups frozen strawberries
2 cups baby spinach
4 cups water

method

Blend until smooth

Frozen Mango Tango

ingredients

3 bananas
2 cups frozen mangos
3 cups coconut water

method

Blend until smooth

Banana Date

ingredients

5 bananas
6 dates
Fill the blender with water
(approx 1.5L)

method

Blend until smooth





Recipes Week Two

- By Rawfully Wholesome

Winter

Pear & Fig

ingredients

3 bananas
2 pears
4 dried figs (soaked for 20 mins)
1 cup spinach
4 cups water

method

Blend until smooth

Chocolate Strawberry Kiss

ingredients

4 bananas
1 cups frozen strawberries
4 dates
1 Tbsp cacao
4 cups coconut water

method

Blend until smooth

Pears n Cream

ingredients

2 pears
1 frozen banana
2 dates, pits removed
1/8 tsp vanilla
Pinch of cinnamon

method

Slice up pears into a bowl. Blend frozen banana, dates, vanilla and cinnamon into a



vanilla and cinnamon into a creamy consistency. Pour over pears.

Lasange

ingredients

3-4 large zucchinis
Cut the stem off and slice

Marinara Sauce

3 cartons/punnets cherry tomatoes
3/4 cup sundried tomatoes (not in oil)
2 dates
2 Tbsp oregano
4 basil leaves
1 garlic clove (optional)

Green Goodness Layer

2 bunches of spinach, stems removed
1 bunch chard, stems removed
1 bunch of parsley
1 green onion
1/4 small avocado

Creamy Cheeze Layer

1/2 cup cashews
1/2 lemon, juice of
2 zucchinis, peeled and chopped

method

Lasange Pasta Sheets

Cut the stem off and slice zucchinis in half. Using a mandolin slicer or a sharp knife, slice the zucchinis into thin sheets of "pasta".

Marinara Sauce

Blend until combined. Pour into a fine sieve over a bowl and let the excess water strain out.

Green goodness Layer

Process all greens except the avocado, until finely chopped and combined. Add in avocado and pulse to combine until it creates a creamy green texture.



Recipes Week Two

- By Rawfully Wholesome

Winter



Creamy Cheeze Layer
Blend until smooth and creamy.

Assembly:

Using a medium lasagna dish, layer the bottom with two layers of zucchini stripes. Lay half the green goodness layer down, followed by half the marinara sauce. Add another layer of zucchini pasta, followed by the last half of the green goodness. Put half the creamy cheese layer over the green goodness, followed by another layer of zucchini pasta. Layer the last half of the marinara and cheese followed by a final zucchini pasta layer.

Apples w/ Date Sauce

ingredients

1 apple, sliced
½-1 cup dates, pits removed
Water as needed

method

Pop dates in the blender or food processor. Start with 1/8 – ¼ cup water and add more as needed to help along the blending process, but keeping it thick. Slice apples and dip into date sauce.

Salad w/ Lemon Tahini Dressing

ingredients

1 head romaine
1 cup purple cabbage

1 cucumber
1 carrot
¼ cup raisins

Dressing

1 zucchini, peeled
1 lemon, juice of
3 dates
2 Tbsp tahini
Water as needed

method

Tear lettuce into bowl. Shred/slice the cabbage. Spiralize or dice the cucumber and shred the carrot. Add all to the bowl. Blend dressing ingredients and pour over salad.

Stuffed Portobello Mushrooms

ingredients

3-4 portobello mushrooms

Cheeze Stuffing

1 zucchini, peeled
1 cup corn (about 2 cobs)
¼ cup cashews
1 Tbsp nutritional yeast (optional)

Green Topping

1 cup baby spinach
¼ cup cilantro
1 Tbsp sage

Other Toppings

¼ cup cherry tomatoes

method

Remove and discard stems of the Portobello mushrooms.



Recipes Week Two

- By Rawfully Wholesome

Winter

Blend Cheeze ingredients together until smooth and then distribute cheese mixture evenly into mushrooms. Put mushrooms into a dehydrator on 118°F for about 6 hours OR use your oven on the lowest temperature for 1.5 hours OR eat raw as is. Slice cherry tomatoes, finely chop green toppings and once mushrooms are finished in the dehydrator or oven, add the cherry tomatoes and green toppings.

Salad w/ Creamy Avo Dressing

ingredients

1 head crisp lettuce
1 orange/red pepper
½ carton/punnet cherry tomatoes
1 cucumber, peeled

Dressing

½ cup oranges, juice of (about 3)
½ avocado

method

Tear the lettuce into a bowl. Dice the pepper and cherry tomatoes. Spiralize or dice the cucumber and add to the bowl. Blend the orange juice and avocado until smooth and pour over salad.

Banana Mylk Cereal

ingredients

5 bananas (1 frozen)
½ cup dried mulberries
2-3 dates
¾ cup water

method

Slice the 4 fresh bananas into a bowl. Pulse the mulberries in a food processor until broken down. Add dates and pulse until combined. Add to the bowl of bananas. Blend the frozen banana and water, and pour it over the banana slices.

Dateorade (Pre-Dinner Course)

ingredients

8 dates, pits removed

4 cups water
½ tsp vanilla

method

Blend into a smooth frothy milkshake

Hearty Veggie Wraps

ingredients

1 head of romaine
1 carton/punnet cherry tomatoes
1 cucumber
2 carrots
2 corn cobs
1 beet

Creamy Tahini Sauce

1.5 zucchini, peeled
1 stalk celery
2 Tbsp tahini
1 orange, juice of
3 dates
1 Tbsp fresh dill





Recipes Week Two

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method

Slice the cherry tomatoes, cucumbers and remove corn from cob. Peel and shred the carrots and beet. Blend sauce ingredients except for the dill. Finely chop and mix into sauce. Lay out romaine leaves and fill with sauce and veggies. Roll the lettuce gently, tucking filling in tightly.

Fruit "Porridge"

ingredients

1 apple
2 bananas
4 dates

method

Process ingredients in a food processor to achieve a creamy, yet not completely smooth "porridge" consistency.

Salad w/ Orange Basil Hemp Dressing

ingredients

1 head of crisp lettuce
1 carrot
1 sml jicama
¼ cup raisins

Dressing

4 oranges, juice of
1 red bell pepper
1 stalk celery



2 Tbsp hemp seeds OR ¼ avocado
3-4 basil leaves

method

Tear lettuce into a bowl. Shred or spiralize carrot, peel and dice jicama and add to the bowl of lettuce with raisins. Blend dressing ingredients and pour over salad.

Rice Paper Rolls w/ Peanut Sauce

ingredients

Rice paper sheets (about 5-6)
Kelp noodles
1 carrot
1 cucumber
1 red bell pepper
Bunch of basil
½ cup baby spinach

Peanut Sauce

¼ cup natural peanut butter
1 small garlic clove
½ inch thumb of ginger
¼ cup lime juice (about 1-2)
¼- ½ cup water as needed

method

Place kelp noodles into a bowl of warm water to soften. Cut veggies into thin strips. Dip your rice paper sheets in warm water so they soften and become pliable (do this one at a time), then arrange your fillings in the middle. Fold over two ends, and then wrap it up like a burrito, making it as tight as possible. Blend sauce ingredients together and serve in a bowl for dipping.

Congratulations

YOU HAVE COMPLETED THE LIFE REJUVENATING RAW FOOD RESET

I HOPE YOU FEEL RE-ENERGIZED, YOUR
HEALTH HAS GONE TO THE NEXT LEVEL AND
YOU HAVE ACHIEVED OR ARE ON YOUR WAY
TO ACHIEVING ALL THE GOALS YOU SET IN
THE BEGINNING OF THIS BOOK.

*Thank you for supporting my passion to help all of
you! If you have any additional questions, please
email me through my contact form on my website,
under the tab 'consultation'.*

I wish you so much health and happiness...

Rebecca xoxo

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www.rawfullywholesome.com