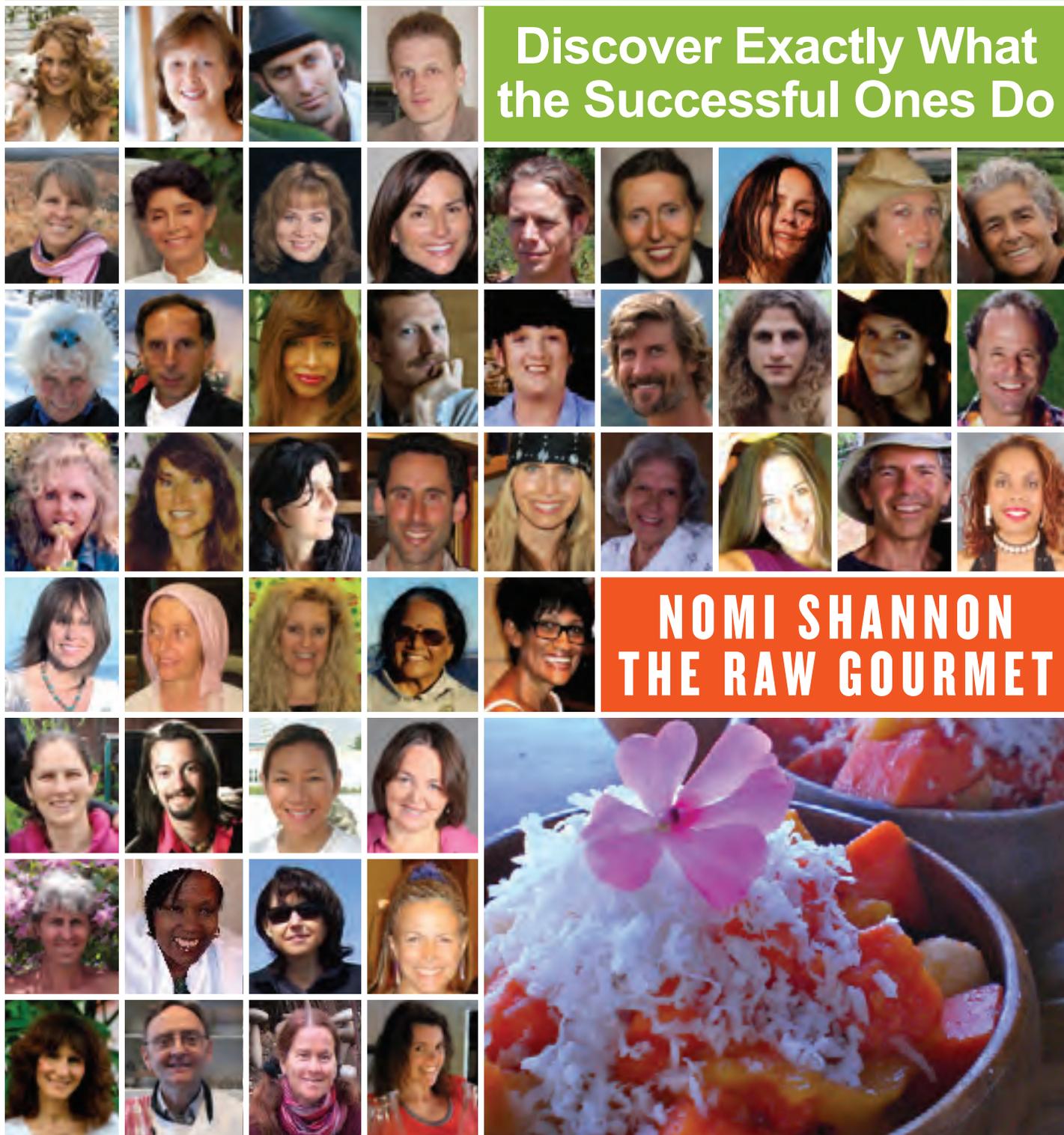


# WHAT DO RAW FOODERS EAT?

Discover Exactly What  
the Successful Ones Do



**NOMI SHANNON  
THE RAW GOURMET**

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**What Do Raw Fooders Eat?**  
**Discover Exactly What the Successful Ones Do**

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## FOREWORD



Nomi Shannon

I want to welcome you-as some of the the first sets of eyes to see this eBook. It was over two years in the making and is a labor of love. Many people had a part in helping me pull off such a large project, among them: Debo Gaffaney, Doug Shannon, Colleen Cackowski, Laurie Masters, Rob Petetit and the many contributors who took the time and the energy to keep a one week food log, and write thoughtful biographies.

This compilation brings to you a picture of how successful raw fooders really eat. I could probably write pages and pages of conclusions about what you are about to read. But I think you will come to your own conclusions just by looking carefully at all the food logs.

Do I think you will get some powerful and useful ideas from reading this? You Bet I do! Do I think that you are going to 'resonate' or identify with each food log? By no means, but I do think you are going to make some discoveries that apply to your life as a raw fooder and see the way it flows for many people. And, just maybe you might hit yourself on the side of the head a few times and say "Why didn't I think of that?"

I can't thank my contributors enough, especially the very well known ones, for putting themselves in the public eye like this. Not everyone chose to. No, being scrutinized by thousands of people isn't always a comfortable feeling. So in that light of gratefulness I sincerely hope that all of the people who read this eBook will be respectful toward all the contributors whether or not they personally agree with their way of doing their raw food lifestyle.

Those that shared this information did so with an open heart. And I know that all who read this will take what they want from what they see here and not judge, publicly or privately, anything contained herein that they personally disagree with or disapprove of.

I welcome your feedback before this eBook is presented to the WORLD, send it to: [nomi@rawgourmet.com](mailto:nomi@rawgourmet.com)

Nomi Shannon

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**M**y name is Josef Bábík, I am a 30 year old male and live in the village of Vacenovice in the Czech Republic.

I am an IT specialist, now working as translator and permaculture designer. But most importantly I am a FATHER, and this is my primary and best occupation.

I have been trying to eat raw for about 8 years and have been a vegetarian for 9 years. I eat simple, local, and seasonal food. Maybe my diet seems to be monotonous for people around me, but I know that it is not. I feel that it is very rich in nutrients and I can say that it is high-level fuel for my body!

Almost everything I eat is from own garden. I love to harvest things just before I eat them, because I



can feel the vibrant energy of the food. I love to eat fruits and vegetables directly in the garden! Often I am trying to eat various wild plants and fruits. I don't use any mixers, food processors, blenders etc.

Maybe my diet may look very poor at first sight, but it really is not! I am eating seasonally and we have now season of plums, apples, pears, peaches, tomatoes, walnuts etc. So

I am enjoying them fully!  
My diet is changing with the fruits that are currently ripe.

**Almost everything I eat is from my own garden.**

Also I have to add, that this week was very hectic for me, because I had a deadline for my translation work and we are reconstructing our house so there was not so much time for the food.

I like music, and I play a few musical instruments.



# WHAT JOSEF ATE...

## Sunday

- 7:00AM 26 **raspberries** direct in the garden
- 7:30AM 4 **apples** brought from the garden
- 10:00AM 9 fresh **walnuts** and 30 plums direct from the tree
- 12:00PM 700g of **melon** from my parent's garden
- 2:20PM 15 **yew berries** direct from the yew bush during the walk in the garden. Be careful the whole yew plant is toxic! The only part which is not toxic is the red berry, but you have to spit out the hard seed, because the seed is toxic too!!!
- 3:30PM 4 **pears** and 20 **plums** direct from the tree
- 6:00PM 10 fresh **walnuts**
- 7:15PM 1 young **corn**, a little chive and 1 giant **tomato**

## Monday

- 7:00AM 22 **plums**
- 8:00AM 1 **parasol mushroom** (*leucoagaricus leucothites*) as a small snack while scything the lawn
- 9:30AM 4 **peaches** and 12 fresh **walnuts**
- 12:00PM 250ml of drinking water from the tap
- 3:30PM 4 **peaches** and 6 fresh **walnuts**
- 7:00PM 16 **plums** direct from the tree in garden
- 8:00PM About 400g of **salad**: 4 tomatoes, 400g of pumpkin pulp, chive, 1 red onion, 1 tablespoon of extra virgin olive oil, pinch of sea salt

## Tuesday

- 7:15AM 4 **pears**
- 8:30AM 250ml of drinking water from the tap
- 9:30AM 17 **plums** direct from the tree in the garden and 11 fresh walnuts
- 11:00AM 3 **peaches**

- 12:30PM About 400g of **salad**: 4 tomatoes, 1 red onion, 1 head of chinese cabbage, bunch of chive, 50 g broccoli, 2 celery leafstalk, 2 tablespoons of extra virgin olive oil, pinch of sea salt
- 2:30PM 250ml of drinking water from the tap
- 3:30PM 250g of **ground wheat** with 3 garlic cloves, 2 tablespoons of extra virgin olive oil, pinch of sea salt and a little water and dill seeds
- 5:30PM 50 **raspberries** direct in the garden
- 8:30PM About 300g of same **salad** as today at 12:30 PM with 4 plants of corn harvested a few minutes before eating



## Wednesday

- 7:30AM 150 **raspberries** direct in the garden
- 10:30AM 31 **plums** direct from the tree
- 12:00PM 250ml of drinking water from the tap
- 1:00PM About 500g of **salad**: 3 tomatoes, 1 red onion, chive, pinch of sea salt and 2 young corns (unripe and still soft)
- 3:00PM 250 ml of stum, lightly **fermented wine** from my own grapes (juice grapes, then allow to lightly ferment) I drink stum only occasionally in the autumn

## My diet is changing with the fruits that are currently ripe.

- 4:15PM 36 **plums** direct from the tree
- 5:40PM 250ml of drinking water from the tap
- 6:20PM 4 **tomatoes** direct in the garden
- 7:15PM About 300g of **salad** consisting of 250g of pumpkin pulp with few pumpkin seeds, 1 red onion, pinch of sea salt, 1 giant tomato, chive
- 8:00PM 150ml of **stum** from my own grapes

### Thursday

- 7:15AM 4 **pears** and 5 **walnuts**
- 10:30AM 31 **plums** direct from the tree
- 12:30PM About 500g of fresh **melon** from my parent's garden
- 3:00PM About 400g of **salad**: 1 giant tomato, 1 red onion, chive, pinch of sea salt
- 5:30PM 4 **peaches**, 4 mini-kiwies direct from the kiwi plant

- 7:30PM 4 **pears** and 5 fresh walnuts

### Friday

- 8:00AM 4 **apples** brought from the garden
- 10:30AM 35 **plums** in the garden and 6 fresh mini-kiwi
- 12:30PM About 400g of **salad**: 1 giant tomato, chives, 4 garlic cloves, zucchini, 1 tablespoon of extra virgin olive oil, pinch of sea salt, everything shredded using the knife
- 2:00PM 15 **yew berries** direct from the yew bush during the walk in the garden.
- 4:00PM 500ml of **stum**. I am drinking stum only seldom in the autumn.
- 6:00PM 1 giant **tomato** in the garden
- 7:15PM 2 young **corns**, little red onion, few leaves of New Zealander spinach
- 7:45PM 250ml of drinking water from the tap



# WHAT JOSEF ATE...

## Saturday

- 8:00AM 10 **yew berries** direct from the yew bush during the morning walk in the garden
- 8:30AM 4 **apples** brought from the garden
- 11:30AM 1 unpeeled **cucumber** and 1 dill spring direct in the garden
- 12:30PM About 400g of **salad**: 1 red onion, 1 giant tomato (about 400g), 1 head of chinese cabbage, bunch of chive, 1 small parasol mushroom from our lawn, pinch of sea salt, 1 tablespoon of extra virgin olive oil, everything shredded, everything fresh from own garden
- 2:00PM 250ml of **stum**
- 3:15PM 400g of **watermelon**, fresh direct from my parent's garden
- 5:45PM 42 plums direct from the tree in the garden and 4 fresh walnuts
- 7:00PM 250ml of drinking water from the tap
- 8:00PM 1 fresh giant tomato (300g)

Here is the link to my salad with photos:

<http://tinyurl.com/3Babik>



## RECIPES

**Salad for Katherine** (I created this salad for my wife Katherine as a present for her name day and won a prize on the **Czech vegetarian server** for this original recipe.

1 **hokaido pumpkin** (or other kind of pumpkin, squash or zucchini)

3 **carrots**

2 tablespoons of **honey**

1 tablespoon of oil (optionally)

few **mint leaves** (fresh or dried)

3 **sprouts leaves** (you can use spinach leaves, chard leaves or lettuce leaves too)

Shred the **pumpkin** roughly, you can use the pumpkin seeds too.

Shred the **carrots** finely, add the honey, and add the oil (use any oil that you prefer)

Stir the mixture and finally add the mint.

Let it mellow for few minutes so the flavor can develop.

You can serve this salad on sprouts. From a pumpkin you can cut out some shapes for garnish. For example, cut out heart shapes and decorate the plate using them, because you eat first with your eyes! You can serve the fresh pumpkin seeds separately on one sprout leaf and with a little shredded carrot on another leaf.

# AMY BACHELLER

california • USA

I was born in Cleveland, Ohio and have lived on both coasts. I have a BA from Bates College in Lewiston Maine and an M.Ed, from Lesley University, in Cambridge, Massachusetts. I am the mother of two adult children. I have been the guardian of a multitude of animals, from horses to geckoes. My husband and I moved from Boston to Santa Barbara at the end of 2008 as the fulfillment of a long held dream. I am thrilled to be a California Girl.



chef/instructor from Living Light Culinary Arts Institute; where I also teach aromatherapy.

I have had extensive clinical practice, working and studying with luminaries in the holistic world, such as Martin Rossman, MD, Andrew Weil, MD, Dean Ornish, MD, and Gary Young, ND. I created a successful education/healing center in New England. I offer classes, lectures and transformational healing sessions, for both people and animals.

I began my professional career as a special education elementary school teacher and have taught at the graduate school level. I became a vegetarian in 1972 when I was a foreign exchange student in India. I went vegan in 1990 for health reasons with great success. I went totally raw in 2007 seeking how to have and hold more light. It's the end of "dietitis" for me and the most fun I've ever had with food!

One of my delights with raw foods is the addition of essential oils. I use therapeutic grade oils from Young Living which can be taken internally. They add a depth and dimension of flavor that takes any recipe over the top, as well as having added healing properties from the oils. I am working on a book, **The Essence of Raw: Combining the Culinary Arts of Raw Cuisine with the Ancient Wisdom of Essential Oils.**

I offer my holistic practice, Scent From Heaven, in Santa Barbara. With twenty years of experience, I am certified in nutritional counseling, aromatherapy, clinical guided imagery, bodywork and energetic healing. I am also certified as a gourmet raw food

I bring an intuitive spiritual connection to all of my work. I have personally healed a variety of issues that traditional medicine said were "incurable". I strongly believe in the amazing healing capacity of the human body, on all levels of body, mind and spirit.



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## Sunday

- 8:00AM Spoonful of coconut yogurt, alkaline water with 1 tablespoon ginger juice and 2 drops stevia
- 9:00AM **Green Smoothie:** one apple, handful of blueberries, handful of spinach, 3 Romaine leaves, one stalk celery, sprig of mint, handful of parsley, handful of sunflower sprouts, ½ cup coconut water, 4 Brazil nuts, superfoods: 1 tablespoon goji berries, 1 tablespoon Maca powder, 1 teaspoon blue green algae crystal Manna flakes, dash of Himalayan salt, 1 tablespoon bee pollen, ½ teaspoon dulse flakes, 2 drops Christmas Spirit Young Living essential oil (YLEO)
- 11:00AM **Chia pudding:** one scoop Mila (ground chia seeds), 1 teaspoon Ormus greens, ½ cup coconut water, 1 tablespoon shredded coconut, 1 tablespoon dried barberries, 1 drop Nutmeg and 1 drop Orange YLEO, dash of Himalayan salt, ¼ cup buckwheat cereal (Lydia's cinnamon)
- 1:00PM **Pizza:** buckwheat crust (sprouted buckwheat, carrots, ground flax, olive oil, Oregano Young Living essential oil, Himalayan salt), nut cheese (macadamia nuts, pine nuts, Black Pepper YLEO and lemon juice), marinara sauce (plum tomatoes, sundried tomatoes, bell pepper, olive oil, seasonings), ¼ cup fenugreek sprouts, 4 olives, 2 tablespoons sauerkraut, 1 tablespoon microgreens. ½ cup **Persimmon Pudding:** persimmons, avocado, Nutmeg and Ginger YLEO, Himalayan salt (recipe included)
- 4:00PM ½ cup **veggie juice** that my husband makes: kale, ginger, apples, lemon, celery, parsley and cucumber
- 6:00PM **Tossed Salad** (about 4 cups): Romaine lettuce, carrots, celery, red bell pepper, tomatoes, sunflower and pumpkin

seeds, clover sprouts, microgreens, macadamia nuts, Incan berries, coconut flakes, dressing: olive oil, lemon juice, Himalayan salt, Lemon YLEO. ¼ cup **Mediterranean Hummus:** zucchini, tahini, olive oil, lemon juice, Himalayan salt, Black Pepper and Lemon YLEOs. 4 **flax crackers:** flax seeds, sauerkraut, olive oil, Fennel and Lemon YLEOs, Himalayan salt

**Note:** This is a pretty typical day. I do better with small, frequent meals. I eat totally raw and have a magical garden with lots of fresh fruits and veggies so I eat what is in season, freshly picked out of the garden as much as possible. Second choice is our Farmers' Market. Third choice is our local health food stores. I eat organic as much as possible and make most of my own food. Today from the garden was Romaine, celery, parsley, mint, bell peppers, tomatoes and persimmons. I use Young Living essential oils (YLEO) in just about everything that I make. They add an amazing flavor dimension as well as their ancient healing properties. I drink alkaline water throughout the day, flavored with essential oils.

## Monday

- 8:00AM Spoonful of coconut yogurt, alkaline water with 1 tablespoon ginger juice and 2 drops stevia
- 9:00AM **Green Smoothie:** same as Sunday except Kale leaves instead of Romaine
- 11:00AM Chia pudding
- 1:00PM 1 tablespoon jungle peanuts, 4 olives, 1 tablespoon sauerkraut, 1 cup **Kale Salad:** kale, lemon juice, Lemon YLEO, goji berries, walnuts, sea palm, Bariani olive oil, Himalayan salt. 1 cup **mashed potatoes:** cauliflower, lemon juice, macadamia nuts, pine nuts, cashews, Longevity YLEO. ½ cup Persimmon Pudding.

## WHAT AMY ATE...

- 4:00PM ½ cup veggie juice (as above)
- 6:00PM 2 cups **Napa Salad**: 1 head Shredded Napa Cabbage, 2 grated carrots, 1 chopped red bell pepper, dressing of 1 tablespoon sesame oil, 1 tablespoon lemon juice, 1 drop Fennel YLEO. ¼ cup **Spinach Dip**: spinach, avocado, mint leaves, lemon juice, olive oil, Nutmeg YLEO. 4 flax crackers, 4 Ginger Snaps (Go Raw)

### Tuesday

- 8:00AM Spoonful of coconut yogurt, alkaline water with 1 tablespoon ginger juice and 2 drops stevia
- 9:00AM **Green Smoothie**: same as Sunday except persimmons and raspberries for fruit, Nutmeg and Ginger YLEO
- 11:00AM **Chia pudding**: same except 1 drop Thieves YLEO
- 1:00PM 1 tablespoon jungle peanuts, 4 olives, **Collard Wrap**: 2 tablespoons spinach dip, 1 cup Napa Cabbage, 1 tablespoon fenugreek sprouts, 1 tablespoon microgreens, 1 tablespoon sauerkraut, ½ cup Persimmon Pudding
- 4:00PM ½ cup veggie juice (as above)
- 6:00PM Tossed Salad: same as Sunday with ¼ cup **guacamole**: avocado, lemon juice, Lemon YLEO, Himalayan salt, cumin, 4 flax crackers, 4 dehydrated persimmon slices

### Wednesday

- 8:00AM Spoonful of coconut yogurt, alkaline water with 1 tablespoon ginger juice and 2 drops stevia
- 9:00AM Green Smoothie: same as Tuesday but add a guava
- 11:30AM Chia pudding
- 1:30PM 1 tablespoon jungle peanuts, 4 olives, Collard Wrap (same as Tuesday), ½ cup

### Persimmon Pudding

- 4:00PM ½ cup veggie juice: same
- 6:00PM 1 cup Kale Salad, 1 cup **Waldorf Salad**: 2 apples, 2 celery stalks, ¼ cup raisins, ¼ cup cinnamon pecans, ¼ cup almond mayo

### Thursday

- 8:00AM Spoonful of coconut yogurt, alkaline water with 1 tablespoon ginger juice and 2 drops stevia
- 9:00AM **Green Smoothie**: same as Sunday but pear and frozen cherries for fruit, collard leaves instead of Romaine, Citrus Fresh YLEO
- 11:00AM Chia pudding
- 1:00PM 1 tablespoon jungle peanuts, 4 olives, **Layered Salad**: ¼ cup clover sprouts, 2 tablespoons spinach dip, 1 tablespoon fenugreek sprouts, 1 tablespoon microgreens, 1 tablespoon sauerkraut, 1 teaspoon bee pollen  
½ cup Persimmon Pudding
- 4:00PM ½ cup veggie juice
- 6:00PM **Mexican Cabbage**: 1 head chopped cabbage, sundried tomato powder, sprouted peas, tomatoes, olive oil, Black Pepper and Coriander YLEO, Himalayan salt, mix then dehydrate 1 hour. ¼ cup **sprouted pea hummus**: sprouted peas, lemon juice, olive oil, Himalayan salt, tahini, Dill and Lemon YLEO, 4 Flax Crackers

### Friday

- 8:00AM Spoonful of coconut yogurt, alkaline water with 1 tablespoon ginger juice and 2 drops stevia
- 9:00AM Green Smoothie: same as Tuesday
- 11:00AM Chia pudding

## WHAT AMY ATE...

1:00PM 1 tablespoon jungle peanuts, 4 olives, **Collard Wrap**: 2 tablespoons sprouted pea hummus, ¼ cup clover sprouts, 1 tablespoon microgreens, 1 tablespoon sauerkraut, 1 teaspoon bee pollen

4:00PM 1 Fuji apple, sliced with 1 tablespoon almond butter

6:00PM 2 cups **Veggie Medley**: 1 head chopped broccoli, 2 sliced carrots, 1 julienned red bell pepper, dressing: coconut water, almond butter, macadamia nut butter, ginger juice, lemon juice, Himalayan salt, Coriander YLEO, dehydrate 2 hours. ½ cup veggie juice: same as Sunday. ½ cup **Pear Sorbet**: pear, coconut water, stevia, Ginger YLEO

### Saturday

8:00AM Spoonful of coconut yogurt, alkaline water with 1 tablespoon ginger juice and 2 drops stevia

9:00AM Green Smoothie: same as Thursday

11:00AM Chia pudding

1:00PM 1 cup Veggie Medley same as Friday, 1 cup Mexican cabbage same as Thursday, ½ cup Persimmon Pudding: same as Sunday

4:00PM 1 orange, 6 almonds

6:00PM **Longevity Lentil Burger**: sprouted lentils and quinoa, celery, red bell pepper, olive oil, Longevity YLEO, Himalayan salt, served with Romaine leaves, tomato slices, 1 tablespoon almond mayo and ¼ cup clover sprouts. 1 cup Waldorf salad: same as Wednesday, 4 Ginger Snaps by Go Raw



Photo is courtesy of Shale Talifero, Age 9

I've been practicing alternative health care professionally in one form or another since 1989. In my early days it was with women's health, massage, and reiki, and since 2001 I have been focused on colon hydrotherapy and food allergy testing. In 1999 I learned about cleansing and the raw foods lifestyle, and I've been striving to live that way ever since.

Because I had (and have) my own health issues, and battles with several addictions (including FOOD!) and eating disorders, and I still managed to forge my way forward on this path (which is not always an easy one), I feel I have a lot to offer in terms of personal experience and support.

I became a colon hydrotherapist because, well, I felt like crap. I looked wrong, I felt wrong, I had no energy and it just didn't make any sense. Well... yes, it did... I just didn't know that then. It seemed that no matter what I ate my body didn't seem to be digesting it very well. I had immediate discomfort, distention, gas, chronic constipation and eventually a slamming case of Irritable Bowel Syndrome (IBS). The Standard American Diet (S.A.D.) was doing me wrong, and the western,



allopathic medicine system wouldn't even believe me. They said it was all in my head. "But here, take these daily forever anyway... they might help..."

Here's what was really going on: Waaaay back in the '80's and the first half of the '90's I drank coffee and soda all day long, I smoked up to two packs of cigarettes a day (sometimes three), could easily eat fast food two or three times a day, and washed it all down at night with large amounts of beer. Not surprisingly, I started not feeling so well.

Luckily, after many years of misery, weight gain, body discomfort, eating disorders, health challenges (especially digestive disorders... go figure, eh?), and being disappointed by the western medical establishment (mostly trying to dupe me with "marketing disguised as education"), I began to look for my own answers.

## All health and sickness begins in the colon.

It took a while, but I did finally stumble onto the oldest cure in the book (literally)! Hippocrates, the father of modern medicine, declared, "Let food be thy medicine and medicine be thy food," and, "All health and sickness begins in the colon."

So, armed and inspired by these two simple sentences, I began to educate and experiment on myself. I knew in my 'gut' that I needed to begin a cleansing program to undo what I had done with the first part of my life and then make adjustments to my diet, my lifestyle, my ideas and perspectives.

I'm happy to say that at this point I've been clean and sober since 1992, off cigarettes completely since 1998, and I went 'raw' in late 1999.

My first attempt at being raw lasted about three years and then I couldn't maintain. I knew, even then, that I wasn't



doing 'raw' intelligently. My intentions had started off on the right foot, but once the weight started to fall off, my head got really messed up around it all.

During those three years I did manage to make a lot of good friends and connections in the Raw World, and took in a ton of important information. Natural health, good food and cleansing became my life's focus and work, even if I couldn't practice it for myself at times, because I was 'back in the food'. Heck! I even became a booty-rooter!

The benefits I have gained through exploring my own health issues have led to my passion for supporting and encouraging health and wellness in others... and what I like to call My Passion for Poop. My goal is to help you to detoxify your whole body system so you can rebuild and regenerate new cells and tissues in a healthy environment.

It won't happen overnight—10, 20, 30, 40 or more years of toxic living can't be rinsed out in an hour. It's a process and it takes time and commitment. Only you know what you've shoveled into your body. Only you know if you feel optimally healthy.

Only your body can show you what it's going to take to get you there.



### By eating the right foods and cleansing you give your body a fighting chance to do what it was designed to do—heal itself.

Sound easy? Sometimes yes, sometimes no. I still struggle with so much of it all myself. But I do know now what I know now... and I mostly look and feel great—and when I don't, I know why!

I have come to understand that what you put in your body is important—and equally important is what is or isn't coming out! I believe that colon, and therefore general, health in America is deteriorating. "Dead", low-fiber, high-fat, "junk" fast food diets leave behind a trail of sludge that can lead to constipation, toxicity, obesity, skin conditions, allergies, irritable bowel syndrome, hemorrhoids, diverticulosis, and much worse.

By eating the right foods and cleansing you give your body a fighting chance to do what it was designed to do—heal itself. It is important to learn what different types of 'foods' are doing in your body, to remove the obstacles (toxins, acids, harmful micro-organisms, clogging build up) to your health and wellness—and see how cleansing your body can change your life.

I (a.k.a. "**Colon Girl**") am a certified colon hydrotherapist, food allergy and sensitivity testing consultant, and raw food believer. I have been in private practice helping people cleanse and detoxify since 1999, and in the health field in general since 1989. My services include: **Colon Hydrotherapy**, the **10-Day Booty Boot Camp**, **Liver and Gall Bladder Flushing**, as well as **Food Allergy and Sensitivity Testing** (which can be done long-distance).

I am the organizer of the live weekly speaker event "**Monday Night LIVE! @ Cafe Gratitude**", a presenter at Raw Spirit Festival and a columnist for Raw Fu Magazine. To find out more information on me, Every Body Cleansing Studio (which I own with my husband, Stephen), my services, or Monday Night LIVE! @ Café Gratitude, please see my websites:

[www.everybodycleansing.com](http://www.everybodycleansing.com)  
[www.mondaynightliveevents.com](http://www.mondaynightliveevents.com)

(And remember... Poopin' is Cool!)

# WHAT SHEA ATE...

## Monday

My food is out of balance on Mondays because I do office work from home the first half of the day (where I tend to under-eat) and then I go to Café Gratitude in Healdsburg, CA the second half of the day for "Monday Night LIVE! @ Café Gratitude" the live, weekly raw food speaker event I organize and host) where I tend to overeat.

- 7:00AM First quart of water with 1 tablespoon MSM
- 8:00AM 4 ounces fresh orange juice, 2 tablespoons bee pollen, supplements: liquid vegan omega 3, probiotics, B12, D, C, 2 tablespoons HealthForce Nutritionals Vitamineral Green
- 10:30AM **Blended apple:** 2 Fuji apples, 1 tablespoon maca, 1 tablespoon chia seed, 2 tablespoons ground flax, 20 soaked almonds, 5 Brazil nuts and a splash of almond milk
- 1:30PM 2 bananas
- 5:30PM "**I Am Fulfilled**" (the Café Gratitude large house salad: greens, beets, teriyaki almonds, almond humus, avocado, carrot, tomato with goji chipotle dressing)

## Tuesday

- 6:00AM First quart of water with 1 tablespoon MSM
- 7:00AM **Orange Juice/ Supplements.**  
See Monday, 8:00AM
- 8:30AM **Blended apple:** See Monday, 10:30 AM
- 11:30AM **Green smoothie:** frozen pineapple, frozen mango, ½ bunch cilantro, ½ bunch parsley, splash of cranberry juice, water, 1 teaspoon HealthForce Vitamin C, 2 tablespoons Vitamineral Green.
- 12:30PM 3 bananas
- 3:30PM 1 Honeycrisp apple (YUM! My favorite!)
- 6:30PM **Tomato soup:** 2 large tomatoes, 1 large red bell pepper, garlic, ginger, cayenne, splash tamari, 1 avocado, almond milk—all blended and topped with wakame

## Wednesday

- 7:00AM First quart of water with 1 tablespoon MSM
- 8:00AM **Orange Juice/ Supplements**  
See Monday, 8:00 AM
- 9:30AM **Blended apple:** See Monday 10:30 AM
- 12:45PM 2 extra ripe Hayashi persimmons
- 2:30PM 2 bananas and 1 huge Honeycrisp apple
- 6:30PM **Large salad:** ½ head romaine lettuce, ½ tomato, ½ avocado, 2 tablespoons ground flax, cayenne, and wakame. Dressing: ½ tomato, ½ avocado, juice of 2 limes , blended

## Thursday

- 6:30AM First quart of water with 1 tablespoon MSM
- 7:30AM **Orange Juice/ Supplements**  
See Monday, 8:00 AM
- 8:30AM See Monday 10:30 AM
- 12:30PM Romaine leaves and ½ cup raw Kim chi.
- 2:00PM Synergy Kombucha (Trilogy).
- 4:30PM I pretty much just 'tasted' my way around Whole Foods Market: apple slices, pear slices, avocado with red onion and lime, and olives. (\*burp\*)
- 6:00PM Large Salad: See Wednesday, 6:30PM

## Friday

- 6:30AM First quart of water with 1 tablespoon MSM
- 7:30AM **Orange Juice/ Supplements**  
See Monday, 8:00 AM
- 9:00AM **Blended apple:** See Monday 10:30AM
- 12:00PM Green smoothie, See Tuesday, 11:30AM
- 2:00PM 3 bananas
- 3:30PM 1 Honeycrisp apple and 1 ounce of soaked almonds

## WHAT SHEA ATE...

- 5:00PM **Small salad:** ¼ head romaine lettuce, ½ tomato, ½ avocado, 1 teaspoon ground flax, cayenne, and wakame. bunch of cilantro, juice of 2 limes, blended
- 6:00PM Huge bowl of **corn chowder:** 4 cups fresh corn kernels, ½ bunch cilantro, ¾ quart almond milk, 1 avocado, red onion, ginger, garlic, cumin, cayenne (Stephen ate half)

### Saturday

- 7:00AM First quart of water with 1 tablespoon MSM
- 8:00AM **Orange Juice/ Supplements**  
See Monday, 8:00 AM
- 9:00AM **Blended apple:** See Monday, 10:30AM
- 12:00PM 2 bananas, 1 Honeycrisp apple
- 12:30PM **Tea:** Yerba Mate w/ Bengal Spice made into almond milk, 1 tablespoon cacao, 1 tablespoon maca, cayenne, ginger

- 5:00PM **"I Am Fulfilled"** (the Café Gratitude large house salad: greens, beets, sunflower spouts, teriyaki almonds, almond hummus, avocado, carrot, tomato with goji chipotle dressing.) And an order of Café Gratitude Nachos: Flax chips, guacamole, cashew cheese, tomato salsa and a nut pate. Sooo good!

### Sunday

I try to fast on Sundays—sometimes it is juice, sometimes water.

I also give myself a day off of supplements. Today I fasted on vegetable juice.

My favorite **Green Veggie Juice** (GVJ) is: Ginger, parsley, cilantro, dandelion, romaine, spinach, kale, chard, celery, apple and lime. I had 3 quarts, plus water.



© Photo Eric Rivkin

I began my love affair with the body and what it can achieve when I began studying Aikido and Judo in my late teens. My Sensei (Martial Arts instructor) was also a ballroom dancer, and suggested that I take up dance as a way to improve my skills.

Fast forward a decade and a half, and after working as a professional dancer (including nearly a decade with the award-winning dance company, Loose Change), massage therapist and personal trainer, (as well as for Whole Foods Market for many years), I found myself as a "food-is-fuel" type of person who believed that I needed animal protein to remain as active as I was. I had also developed a chronic cough that numerous doctors could not diagnose.

While rehearsing for a large dance production, I read "The China Study" by T. Colin Campbell. Even though I was afraid that it would affect my ability to maintain the muscle needed to continue dancing, rock climbing and strength



© Suki Zoe

**To my surprise, my cough disappeared and my energy level increased...**

training, I decided to become a vegan. To my surprise, not only did my cough disappear and my energy level increase, but I also quickly gained 10 pounds of muscle mass!

In 2006 I met Shea Lynn Baird (who is now my wife) and she introduced me to the world of raw foods, cleansing and colon hydrotherapy!

Shea and I recently opened **Every Body Cleansing Studio** in Santa

Rosa, California where we offer number of different cleansing/detox modalities, including Colon Hydrotherapy, Massage, Infrared Sauna, D-Tox

Foot Baths, Liver and Gall Bladder Flushes, Food Allergy and Sensitivity Testing and the 10-Day Booty Boot Camp!

I also help Shea produce Monday Night LIVE! @ Café Gratitude, a weekly live speaking event held at Café Gratitude, a raw restaurant in Healdsburg, California.



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# WHAT STEPHEN ATE...

## Monday

- 8:30AM: apple x2, brazil nuts x5, soaked almonds x20, maca 1tbsp, ground flax 2tbsp, almond milk 1cup.
- 12:00PM: **Green smoothie:** pineapple ½ cup, mango ½ cup, peach ½ cup, banana x3, water 1pt, parsley 1 bunch, kale ½ bunch, romaine ¼ head.
- 2:30PM: Bananas x2.
- 5:30 PM: Café Gratitude Rawtwurst & large **salad:** greens, beets, sunflower sprouts, terayki almonds, almond hummus, avocado, carrot, tomato. Goji-chipolte dressing.

## Tuesday

- 8:45AM: apple x2, brazil nuts x5, soaked almonds x20, maca 1tbsp, ground flax 2tbsp, almond milk 1cup.
- 12:30PM: **Green smoothie:** same as smoothie at 12:00PM Monday
- 3:00PM: Bananas x3.
- 6:30PM: **Soup:** tomato x2, red bell pepper, garlic, ginger, cayenne, tamari, avocado, almond milk. Vita-mixed. Topped with wakame.

## Wednesday

- 8:45AM: apple x2, brazil nuts x5, soaked almonds x20, maca 1tbsp, ground flax 2tbsp, almond milk 1cup.
- 12:15PM: **Green smoothie:** same as smoothie at 12:00PM Monday
- 2:00PM: Bananas x3.
- 6:30PM: **Large Salad:** romaine ¾ head torn up, tomato, avocado, wakame, ground flax 2tbsp, cayenne 1 pinch, lime.

## Thursday

- 8:30AM apple x2, brazil nuts x5, soaked almonds x20, maca 1tbsp, ground flax 2tbsp, almond milk 1cup.
- 12:15PM: **Green smoothie:** same as smoothie at 12:00PM Monday

1:45PM: 1 banana.

3:15PM: 2 grapefruits.

6:00PM: **Large Salad:** same as salad Wed. 6:30PM

## Friday

- 8:45AM: apple x2, brazil nuts x5, soaked almonds x20, maca 1tbsp, ground flax 2tbsp, almond milk 1cup.
- 12:15PM: **Green smoothie:** same as smoothie at 12:00PM Monday
- 3:00PM: Bananas x2, grapefruit.
- 5:00PM: **Large Salad:** same as salad Wed. 6:30PM
- 6:00PM: **Soup:** corn kernals 4 cups, cilantro ½ bunch, almond milk 24 oz, avocado, red onion, ginger, garlic, cumin, cayenne.

## Saturday

- 9:00AM: apple x2, brazil nuts x5, soaked almonds x20, maca 1tbsp, ground flax 2tbsp, almond milk 1cup
- 12:15PM: **Green smoothie:** same as smoothie at 12:00PM Monday
- 2:00PM: Bananas x2, grapefruit x2.
- 5:00PM: Café Gratitude: Large house **salad:** greens, beets, sunflower sprouts, terayki almonds, almond hummus, avocado, carrot, tomato. Goji-chipolte dressing. Nachos: flax chips, guacamoli, tomato salsa, cashew cheese, nut pate.

## Sunday

- 10:30PM: **Green smoothie:** same as smoothie at 12:00PM Monday
- 1:30PM: Bananas x3
- 5:00PM: **Large Salad:** same as salad Wed. 6:30PM

[www.everybodycleansing.com](http://www.everybodycleansing.com)

[www.mondaynightliveevents.com](http://www.mondaynightliveevents.com)

# ELIZABETH BECHTOLD

california • USA

At 72 years young I have been a vegetarian since 1984, a vegan since 1989, and a raw vegan since 1994. I have always enjoyed an active lifestyle: dancing, skiing, playing tennis and travelling. I was born and raised in Alameda, California and lived on the east coast for over 30 years. I finally returned to my roots in Alameda in 2000. I have traveled all over the world while continuing to stay raw during my travels.



to Port Said, Egypt (northern terminus of the Suez Canal), earning my way by ironing the Captain's shirts, sorting out navigation maps, and painting lifeboats. I climbed the Cheops pyramids in Cairo at night even though it was illegal! I also worked on a Kibbutz in Eiv Gev on the Sea of Galilee in Israel for 3 weeks digging weeds in a melon patch in 110 degree heat. Traveling and adventure has

always been in my blood.

In my early 20's I worked as a waitress in the Olympic Village in Squaw Valley at the 1960 Winter Olympics serving the international athletes. At the end of all the Olympic ceremonies, I talked my boyfriend into taking the Squaw Valley Olympic Flag off the roof. Ironically, it turned out to be a great thing to have done! I recently returned the flag



to Squaw Valley and they placed it in their museum along with my old waitress uniform for their 50<sup>th</sup> anniversary. They were very grateful as it is the only Olympic flag of 5 that was ever returned. I was helping them out after all!

After the 1960 Olympics, I followed a friend, Olympic Alpine Team athlete Bev Andersen, to Europe and skied the European circuit. I extended my trip and backpacked around Europe and the Middle East for 15 months. I hitchhiked on a Yugoslavian freighter for 9 days on the Mediterranean from Naples, Italy,

In 1962 I got married and had three children in three years, moved 7 times in 7 years, following my husband around while he was getting his Ph.D. in Middle Eastern studies from Princeton University. We lived in Egypt and the Sudan while he was doing his research, which included life in mud huts and touring many of the antiquities of Egypt.

We then moved our family to the suburbs of Washington D.C., where my husband taught Middle Eastern Studies at the University of Maryland. While living there, I got started in my business in 1972 by helping my brother-in-law. He had a meat packing business and needed labels for his products that required government approvals. I learned all the ins and outs of getting the approvals from the USDA in Washington, D.C. Working on the food labels for my brother-in-law spurred me on to become vegetarian because I kept reading all the unhealthy ingredients in the labels my company expedited and wanted something better for myself and my children. From 1979 to 1984 I also worked part-time for Eastern

## ELIZABETH BECHTOLD

Airlines as a ticket agent at Dulles International and National Airports, both in Washington D.C., and traveled around the world with my kids with the passes accrued from the company. In 1981, when I became a single Mom to my three children, I expanded my labeling business to support us more fully and allow us to continue to travel.

In 1992, I received the honor of being named 'Entrepreneur of the Year' by the American Small Business Association and was featured on the cover of their magazine. They called me "a human tornado, an unbelievable bundle of high intense energy, keen intellect and almost uncanny business savvy"...amazing what a vegetarian diet can do! In 2012, I will celebrate 40 years as CEO of my company, Prime Label Consultants.

Before going raw I had a hiatal hernia, vitamin B12 deficiency, thyroid problems, and a few other issues that have disappeared since I made the change. The most important benefits I've noticed since I've 'gone raw' is my clarity of thought, unending energy, and overall joie de vivre.

I learned more about how to successfully be raw by going to conferences. I also attended the Ann Wigmore Institute in Puerto Rico in 1994 and the Optimal Health Institute in Lemon Grove, California. I avidly participate in raw events throughout the country and have taken a course in raw food preparation at Living Light Culinary Institute.

Even though I've always been an adventurer-entrepreneur-dancer-athlete, I just never dreamed that I'd have the energy for it like I do at my age. Now that I am semi-retired, I

have time for these activities and enjoy doing my lindy hop, swing and waltz dancing all over the world! I am co-chairman of the San Francisco Waltzing Society.

I have long been a supporter of raw food teachers and authors by offering my home as a teaching venue and in some cases helping them to get their books published. I have hosted many open houses for raw food teachers including Nomi Shannon, Elaina Love, Blessings, Dr. Doug Graham, Victoria Boutenko, Dina Knight and more.

My kitchen has been used for video shoots and to teach certification courses. For the past ten years I've hosted 5 to 10 potlucks a year for both raw food and vegetarian groups.

I've been a guest lecturer at World Vegetarian Day, held yearly in the fall by the San Francisco Vegetarian Society. I spoke to a full room and my topic of choice was 'Traveling with Raw' in which I discussed how to incorporate and continue a healthy raw lifestyle, even while traveling around the world!



There are three events that I love to do. The first is feeding raw food snacks to the coordinating group of the Nature Friends

Tourist Club at our monthly work days. This is not a raw food group but they put their beer and pretzels aside and dig into the raw food meal with gusto! I not only serve up the snacks, but also teach a little about the raw way of life.

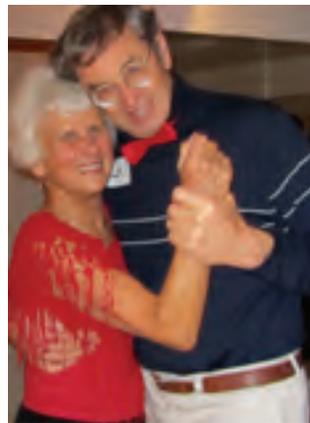
## ELIZABETH BECHTOLD

The second fun thing I love to do is with the San Francisco Unified School District. I make fruit leathers in the classroom, usually for one of my grandchildren's classes. The children are so excited when we make the mixture.

The recipe is simple. You start with a ¼ cup of water in a Vitamix, add 50% organic fruit, 50% organic banana, enough to blend a quart approximately. For every quart of pureed fruit, you add a tablespoon of psyllium husk, juice of one lemon, and a dash of vanilla. Some fruits that are delicious and work well are strawberries, blueberries, and raspberries. I always add the banana as an extender to mellow the fruit leather and make it less tart and concentrated. We spread the fruit mixture thinly onto Teflex sheets, about 1/8" thick, and dehydrate at 105 degrees for 24 hours. We do 2 different flavors/colors and they finger paint designs in the fruit puree before we dehydrate them. It is both a nutrition and art class in one!

The third love I have is attending the annual Burning Man Festival in Black Rock City Nevada. I come prepared with a bag of crazy outfits, sand goggles, a bicycle, and 1000 raw vegetable flax crackers to barter for goodies. Going to Burning Man is an experience in art, creativity, freedom, and sharing. I wouldn't miss it!

To this day, I still have a large part in running my business. I am on three tennis teams and snow ski competitively at Donner's Summit. I participate actively in dance, tennis, hiking, and travel. All of this is made possible by my raw



food lifestyle and daily exercise program.

Speaking of travel, last summer my two oldest grandchildren and I spent two months backpacking and staying in youth hostels all over Europe.

We had green drinks daily while we visited 13

countries. While on a public bus in Croatia, at age 71, I met the love of my life Roger, age 70. Roger is a Brit living in New Zealand and shares the same love of life and adventure that I do. He's recently cut out coffee, embraced green drinks, and has been incorporating more vegan eating into his life. Who knows what else he'll be willing to try!

In my life I've raised three wonderful children, two who graduated from Princeton University and one who made a 20-year career of the Air Force before retiring. All three went on to acquire MBA's from Dartmouth, Stanford, and George Washington University respectively. I now have five amazing grandchildren who will, no doubt, go on to achieve their own greatness.

I'm living my fantasy life every day, enjoying my raw food way of life with Roger, my new found love and travelling buddy. I am truly blessed.

To find out more visit my website at:

[www.LizzysLanding.com](http://www.LizzysLanding.com)

or email me at

[liz@primelabel.com](mailto:liz@primelabel.com)

My business websites are:

[www.primelabel.com](http://www.primelabel.com)

[www.foodcompliance.com](http://www.foodcompliance.com)

## Monday

- 7:00AM 1 quart of lemon water (juice of 2 lemons)
- 9:00AM 16 ounces of green smoothie (yields approximately 32 ounces): 4 cups spinach, 1 cup French sorrel, 2 frozen bananas, 1 organic mango with skin, ½ cup chia gel (9 to 1 ratio, water to chia seeds, pre-soaked at least 30 minutes and stored in refrigerator up to three weeks), 1 tablespoon Vitamineral Green.
- 12:00PM The remaining 16 ounces of the green smoothie
- 3:00PM Sunflower Pate (see **The Raw Gourmet** by Nomi Shannon) and three flax crackers
- 5:00PM Salad consisting of 4 cups organic mixed greens, two grated carrots, ½ cup spring onions, 8 cherry tomatoes, 2 cups of spinach, ½ cup sprouts, topped with one avocado cut into squares and dressed with tahini dressing: Blend together the following ingredients in VitaMix: ¼ cup raw tahini, ¼ cup fresh lemon juice, ¼ cup water, pinch of sea salt, 1 clove garlic, black pepper to taste, and fresh (or dried) dill weed to taste
- 8:00PM Calming tea (chamomile)

## Tuesday

- 7:00AM 1 quart of lemon water (juice of 2 lemons)
- 9:00AM 16 ounces of green smoothie (yields approximately 32 ounces): 1 organic pineapple (peeled and chopped with core removed), 2 organic unpeeled mangos, chopped with seeds removed, 1 bunch Swiss chard, 2 cups of water, ½ cup of chia gel (see above). Blend all ingredients in VitaMix until creamy.
- 12:00PM The remaining 16 ounces of green smoothie

- 3:00PM Two (2 ounce patties) of Live Garden Burger (Raw Family Signature Dishes, by Victoria Boutenko, page 53) wrapped in collard greens
- 5:30PM Salad consisting of 4 ounces of garden greens, 10 basil leaves, ½ cup of chopped red onion, 1 cup of sunflower sprouts with tahini dressing (see above for recipe). Two flax crackers
- 8:00PM Calming herbal tea (chamomile)

## Wednesday

- 7:00AM 1 quart of lemon water (juice of 2 lemons)
- 9:00AM 16 ounces of watermelon juice (one small organic watermelon in total, rind, seeds, and all, with juice of one lime and ¼ teaspoon of Himalayan salt)
- 11:00AM 16 ounces of green smoothie (yields approximately 32 ounces): 1 papaya, 2 bananas, 1 tablespoon Vitamineral Green, 4 ounces of organic spinach, 1 ½ cups of water, 1 teaspoon vanilla, ½ cup chia gel, and ¼ teaspoon Himalayan salt, all blended in a VitaMix until creamy.
- 1:30PM 16 ounces of remaining smoothie
- 3:00PM 1 cup Zucchini Hummus Dip (blend the following in a food processor until smooth: 2 zucchini (peeled and chopped), ½ cup raw tahini, 1/3 - ½ cup fresh lemon, 2-4 cloves of garlic, 1/8 cup olive oil, ½ tablespoon cumin, 1 ¼ teaspoon sea salt. Ideally chill for 2 hours before serving. Eat with raw veggies and/or crackers) 2 flax crackers and ½ cup raw veggies
- 5:30PM Green salad (see above for recipe) with olive oil and fresh squeezed lemon
- 8:00PM Calming Tea

## Thursday

- 7:00AM 1 quart of lemon water (juice of two lemons)

## WHAT ELIZABETH ATE...

- 9:00AM 16 ounces of green smoothie (yields approximately 32 ounces): 3 peaches, 2 frozen bananas, 4 ounces of spinach, 2 ounces of French sorrel, 2 cups of water, ½ cup of chia gel
- 11:00AM 16 ounces, the remaining portion of the green smoothie from above
- 1:00PM Juice of one whole organic cantaloupe (seeds, rind, and all) mixed in the VitaMix with the juice of one organic lime and a pinch of sea salt
- 3:00PM Kale Salad: 1 bunch of dinosaur kale stemmed and torn into small pieces, 1 avocado, skinned, pitted and cut into cubes, 2 tablespoon fresh lemon juice, 1 tablespoon olive oil, pinch of cayenne, 1 fresh garlic clove, 10 cherry tomatoes, 2 spring onions, chopped, half red pepper chopped, and Himalayan salt to taste. Massage kale with lemon juice and salt until fibers are broken down to about half the quantity, massage in the avocado, and add remaining ingredients and mix.
- 5:00PM Half a recipe of Corn Chowder Soup: 2 cups corn, cut off cob, 1 cup almond milk (see above), 1 avocado, 1 teaspoon cumin, ½ teaspoon salt, dash of pepper, 4 almonds or 1 tablespoon almond butter. Blend in VitaMix and add chopped red peppers or sprouts to decorate on top.
- 8:00PM Calming tea

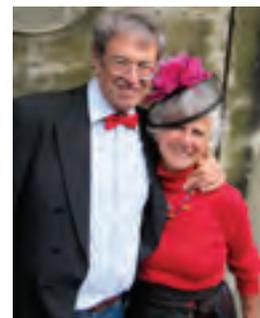
### Friday

- 7:00AM 1 quart of lemon water (juice of 2 lemons)
- 9:00AM 16 ounces of green smoothie: 1 bunch of kale without stems, 1 bunch of Swiss chard without stems, 2 tomatoes, 2 red bell peppers with seeds and stems removed, 2 cups of water, and ½ cup of chia gel
- 11:00AM 16 ounces, the remaining portion of the green smoothie from above

- 3:00PM Second half of corn soup from the day before
- 5:00PM Cole Slaw Salad: 1 cup of shredded red cabbage, 1 cup of shredded green cabbage, ½ cup chopped spring onions, juice of two lemons, 2 tablespoons olive oil, and ¼ teaspoon sea salt. Mix together in bowl. 3 flax crackers.

### Saturday

- 7:00AM 1 quart of lemon water (juice of 2 lemons)
- 9:00AM 1 ½ cups of raw oatmeal (soak ¾ cups of raw oat groats for 8 hours the night before in 2 cups water, drain oats and blend in VitaMix with water to cover, add three soaked dates, ¼ teaspoon sea salt, and ½ teaspoon vanilla). Serve on top of one cut up fresh peach (without pit) and one banana.
- 11:00AM 16 ounces of green smoothie: ½ bunch of dandelion greens, ½ bunch fresh parsley, ½ cup of fresh blueberries, 1 peach, ½ cup chia seeds, and 1 ½ cups water. Blend all in a VitaMix until creamy.
- 1:00PM Sunny Pate: add 1 tablespoon nutritional yeast and 1 tablespoon miso
- 3:00PM 2 cups of Raw Organic Soup (**Raw Family Signature Dishes**, by Victoria Boutenko, page 34) 3 flax crackers
- 5:00PM Green Salad (see above for recipe) and add ¼ cup dehydrated pumpkin seeds (½ cup pumpkin seeds soaked for 8 hours, drained and dehydrated for 24 hours.)
- 8:00PM Calming tea



## Sunday

- 7:00AM 1 quart of lemon water (juice of 2 lemons)
- 9:00AM 2 cups Sprouted Buckwheat Currant Granola
- 11:00AM 16 ounces of green smoothie: ½ cup freshly picked purslane, 1 cup romaine, 1 ripe pear, 1 ripe peach, juice of ½ lemon, 1 cup water, ¼ cup chia seeds. Blend in VitaMix until creamy.
- 1:00PM 1 organic avocado spread on 5 flax crackers.
- 3:30PM Green salad with 1 cup fresh sprouts, dehydrated sunflower seeds, and raisins with dressing of 2 tablespoons olive oil, 1 tablespoon fresh lemon, ½ teaspoon of garlic powder and ¼ teaspoon sea salt
- 6:00PM Banana ice cream: 2 frozen bananas in champion juicer with the blank blade plus 5 chia energy balls: 1 cup almonds ground in a coffee grinder or VitaMix, ¼ cup lecithin granules, slightly less than ¼ cup cashew butter or your favorite nut butter, flesh of ½ young Thai coconut (minced), ¾ teaspoon vanilla, 1 ½ tablespoons dry chia seeds, 1/8 cup of raw honey, pinch of sea salt, and ½ cup dried cherries, chopped. Mix ingredients by hand. Press a small handful together into a 2 inch diameter ball and roll each ball in unsweetened coconut to coat.
- 8:00PM Calming tea

## Recipes

### **Sprouted Buckwheat Currant Granola**

Soak 1 cup of buckwheat groats in 2 cups water for 4 hours.

Drain and rinse several times.

Sprout buckwheat for 24-36 hours until tails are no longer than the groat (Be sure to rinse and drain 3 times each day).

Place the following items in a food processor and blend until oatmeal-like consistency:

Soaked and sprouted buckwheat grouts

1/8 cup agave

¼ cup maple syrup

½ teaspoon cinnamon

1/8 teaspoon nutmeg

1 teaspoon sea salt

1 teaspoon vanilla

1/8 teaspoon of stevia powder

After blending, gently mix in ½ cup soaked currants.

Spread mixture on teflex lined dehydrator sheets.

Dehydrate for 8 hours, then flip over, remove teflex and dehydrate for 12 or more hours until dry.

Serve with almond milk.

### **Almond Milk**

Soak 1 cup almonds in 3 cups water for 8-12 hours.

Drain and rinse several times. Place the following items in a VitaMix and blend:

Soaked almonds

3 cups water

Strain and press milk through a nut milk bag. Put strained milk back in the VitaMix with the following ingredients and blend: 2 soaked dates (remove pits), pinch of sea salt, and 1 teaspoon vanilla extract. Pour into a glass jar with lid and place in the refrigerator to chill for 2 or more hours. NOTE: Milk will keep in refrigerator for up to 3 days.

Since my late teens, my passion has always been to merge our sense of the Earth and our sense of being human. When I was 21, I founded a production company called Environ-Mental Productions, which produced media to help us think more similarly to how the intelligence of the planet might be "thinking".

At UCSD, while I was studying many science, social science, and humanities subjects a flash came to me: "Learn to know truth from the inside, from the body, emotions, intuition, and spirit, because they are all required to understand fully." I credit the Culture of Life Institute for helping me answer that flash of inspiration, through the wonderful Master's-level education in Spiritual Nutrition/Vegan and Live-Food Nutrition, directed by Sir Gabriel Cousens, M.D., M.D.(H), D.D based at the Tree of Life Rejuvenation Center.



I was blessed with experiencing the Institute in many profound ways from being a Live Food/Spiritual Nutrition Master's student to traveling as Dr. Cousens' assistant, and network coordinator for gabrielcousens.com, being a Tree of Life Teacher, becoming a Modern Essene Priest, and by being trained by Dr. Cousens in facilitating powerful processes from the Kabbalistic-Essene-Jewish tradition, the Yogic tradition, and the Native American tradition.

I am currently in the last phase of the Culture of Life Institute's Master's Degree Program requirements. I am pleased to be studying a topic that continues to fascinate me. My research aims to ascertain what life factors in peoples' background, psyche, social views, culture, and spiritual life are primarily associated with their being aware of,

**Learn to know truth from the inside, from the body, emotions, intuition, and spirit, because they are all required to understand fully**

choosing to pursue, and successfully reversing their diabetes in the live-food approach. The results should have the practical benefit of revealing demographic trends in what population segments are most ready for natural wellness and transformation.

My life has gone through incarnations in the arts, sciences, healing, media, and advocacy, and is now beginning to sharpen together into focus! I have applied to a doctoral program so that I can become, a "holistic professor" of wellness, nutrition, and spirituality. I see myself teaching university students, health and mental health professional students, and practicing professionals in the aspects of their practices that relate to re-connectivity to nature and spirituality. I also see myself being part of innovative organizations and boards in these fields.



### Eat-Reel: Where Greens Meet Movie Screens

During the 5.5 years I was 100% involved at the Tree of Life, the making of the film **Simply Raw** was the natural, magical outcome of the alignment of people, place, time, and destiny. The powerful setting, community, and expertise at the Tree of Life combined well with my filmmaking passion and background to birth the concept, vision, team, production plan and production schedule for the film, **Simply Raw: Reversing Diabetes in 30 Days**. This birth process started in Patagonia through long nights of brainstorming with my initial business partner, Mark, an expert in incorporating new businesses who let me bring him "up to snuff" in filmmaking. What a joy it was to initiate and witness the project branch out, bring out new levels of dedication and talent in people in the local and extended family of live-food lifestyle supporters.

Together, as filming took place all over the country and editing shifted to Santa Monica, we saw **Simply Raw** through to completion no matter what challenges tested us from outside and inside the project. Some tough decisions were required, which encouraged me to trust my gut, especially when my ideas of what we had to do were supported by Gabriel Cousens' wise guidance. We came to realize more and more clearly that we were filming, editing, and finally releasing a true gem, a piece of cinematic innovation, passion, and history that came to have a life of its own.

**Simply Raw Reversing Diabetes in 30 Days**, is a first-of-its-kind independent documentary film that chronicles six Americans with diabetes who switch to a diet consisting entirely of vegan, organic, uncooked food in order to reverse disease without pharmaceutical medication. Diabetes is increasing by a remarkable 5% per year. 24 million Americans have diabetes and 55 million more are pre-diabetic. 1 in 3 children born in the United States are predicted to get diabetes in their lifetime, and 1 in 2 people of color. The costs are more than the Iraq and Afghanistan wars combined. The six people in this film are challenged to give up meat, dairy, sugar, alcohol, nicotine, caffeine, soda, junk food, fast food, processed food, packaged food, and even cooked food for 30 days. It is a physical, emotional, mental, and spiritual journey that represents a microcosm of the personal and economic health of our culture--and the results are amazing!

Most of all, it is the precious look on peoples' faces while watching **Simply Raw** that connects me with my purpose, when they light up and get it, when the

reality of their potential for transformation and returning to well-being naturally comes into them, that gets me every time. About 120,000 of the DVD **Raw for Life** and **Simply Raw** are out there now, and the 8-minute short version, has, been seen close to a million times. Literally millions of transformational experiences are occurring through the spark of inspiration we allowed to come to manifestation. I do know that this work is part of changing the world. One of the websites I've started to that show this work is [eat-reel.org](http://eat-reel.org).

### An Alive Life in the Bay Area: Where Movements Spark Tides

From June 2009 until the present, I put on over 30 three-hour events called "**A TASTE Of Simply Raw**," attended by a total of over 1300 people in the Bay Area and northern California that included film screenings of **Simply Raw**, expert healthy living practitioner speakers legitimizing **Reversing Diabetes Naturally**, testimonial speakers of those who've reversed their diabetes natural, Culture of Life live-food tastings including local community live food chefs, breath and physical movement practices, local resource tables (like holistic and nutritional practitioners; CSAs, urban organic farms, and farmers markets), and intention-setting exercises. There continues to still be such a hunger for **A TASTE Of Simply Raw**, and we are working on taking the level of the media and experiential sharing even higher.

This is social change, entertainment, as well as an individual and community therapeutic modality within itself. That's what **TEEM with Life: Transform-a-Peptic Eating and Edutainment Manifestations** is for, because we are on the same "TEEM" with life!" **TEEM with Life** catalyzes our inner inspiration, induces healing, fosters creativity, brings community together, and shifts our culture. It is an expression of what spiritual and religious organizations are meant for. The website, [TEEMwithlife.org](http://TEEMwithlife.org), is now active.

Starting first with my father, I have begun supporting peoples' juice cleanses. I am pleased to say that after a 7-day green juice fast, my dad was glowing. He had such a clear mind that he bowled a 289, by far his best score ever--10 strikes in a row! Also, his pains went away! I am also working on group green juice fasts with the Directors of OmBody in Oakland, CA.

To learn more about Michael Bedar please visit:

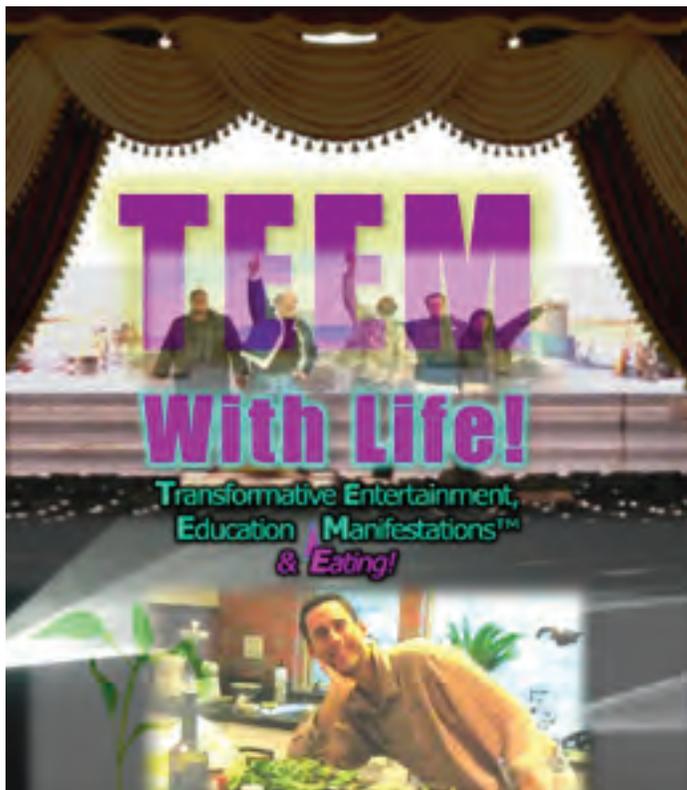
[www.TEEMwithlife.org](http://www.TEEMwithlife.org)

## WHAT MICHAEL ATE...

This menu was for the month of February. It is an interesting month where there are some warmer days as signs of things to come, yet winter continues to create some very cold evenings and mornings. I find that equatorial and summer-blossoming foods do very much cool my body, so most of the foods I eat in February will be, rather, winter foods and high latitude foods, to warm me. The fruits I will eat especially are oranges, tangerines, pears, apples, and winter blooming foods and fruits from higher latitudes. In the summer, my intake of summer-yielding and tropical fruits such as bananas, mangos, papayas, etc. increases significantly. This is basically called eating seasonally and regionally.

### Monday

- 7:30AM 1 liter water with ¼ cup aloe vera juice, ½ squeezed lemon and pinch of Himalayan salt
- 8:00AM **Flax Porridge:** flax seed soaked, added lemon juice, royal Himalayan sea salt, dried papaya, banana, and pineapple from Totsatep organic fruit farm in Thailand, coconut butter, aloe vera juice, optional: durian, noni juice, vanilla extract, clove



- 12:30PM **Sprout Salad:** Sprouted Mung Beans from my sprouting jar, kelp flakes, cultured cabbage, spirulina and sesame oil
- 3:00PM Water with 2 tablespoons ground flax, 2 tablespoons ground chia, and 1 tablespoon Vitamineral Earth from HealthForce Nutritionals

### Tuesday

- 7:30AM 1 liter water with ¼ cup aloe vera juice, ½ squeezed lemon and pinch of Himalayan salt
- 10:00AM 1.5 cups sprouted and dehydrated almonds, a peeled orange
- 1:00PM 1 entire head of romaine lettuce
- 5:00PM Mixed Greens Salad: 2 cups spring mix greens, peas, 2/3 cup kombu sea vegetables, 1 cup sunflower seeds, 1 cup raspberries

### Wednesday

- 7:30AM 1 liter water with ¼ cup aloe vera juice, ½ squeezed lemon and pinch of Himalayan salt
- 12:00PM **Deep Green and Bright Red Salad:** spirulina and sesame oil salad dressing, avocado, nori, sea palm, kombu, and massaged collards and kale, sliced tomatoes and peppers, eaten with Mauk Family "Mineral Rich Crusts" used as scoopers, as one might use Mexican chips.

### Thursday

This Thursday happened to be special time on the lunar cycle that happens twice a month.

- 8:00AM 1 liter water. Water fasted until 6:00 p.m.
- 5:00PM Celery, Cucumber, Chard Green, Aloe-Vera Juice

### Friday

- 7:30AM 1 liter water with ¼ cup aloe vera juice, ½ squeezed lemon and pinch of Himalayan salt

## WHAT MICHAEL ATE...

- 9:45AM 2 organic apples and 3 figs dipped in raw tahini
- 12:00PM **Salad:** 2 cups spinach, ¼ cup sesame seed, ¾ cup walnuts, 1 tablespoon bee pollen, ground flax seed salad
- 4:00PM 1 liter water with 1.5 tablespoons chlorella
- 6:00PM Piece of challah bread of ground flax seed, almonds, sesame seeds, assorted herbs
- 7:00PM 3 cups sprouted red lentils and sprouted sunflower seeds, wrapped with olive oil and cayenne, 1 avocado, pinch of Himalayan salt, 1 tablespoon spirulina, ¼ teaspoon cayenne pepper, wrapped in nori sheets (3-5 rolls)

### Saturday

1 liter water with ¼ cup aloe vera juice, ½ squeezed lemon and pinch of Himalayan salt

- 10:00AM 2 Bosc pears

- 1:30PM 2 cups kale chips, made with kale, raw sesame tahini, and various spices., dehydrated at 105-115 degrees
- 7:00PM Slice of party cake made from coconut butter, Irish moss, chia seed, lime, dates, figs, date water, fig water, goji berries, goji berry water

### Sunday

- 9:00AM 1 liter water with ¼ cup aloe vera juice, ½ squeezed lemon and pinch of Himalayan salt
- 10:30AM 2 tangerines
- 11:00AM 2 tablespoons super green powder in 1-2 cups water (brand names you can find at raw food stores)
- 1:30PM 1.5 cup raw tahini and ¾ cup raisins eaten with about 6 celery sticks and 5 carrot sticks
- 5:00PM 16 ounces Kale Celery Apple Juice



I'm 65 years old and live in Goa, India. I have an M.A. in Political Science and an MBA (Marketing) from Indira Gandhi Open University in New Delhi India. I then pursued a Ph.D. degree and submitted an initial report to Mother Teresa's Women's University Kodai Kanal Tamil Nadu India.

I also completed an advanced course in skin care and hair sculpting at Pivot Point, Chennai. I run a beauty parlor. All the creams we use are natural and we do not entertain the use of chemicals in my beauty parlor.

Having retired after nearly 40 years as an Executive Manager of Air India, the National Carrier of India in 2003, I opened a South Indian



**We prepare our own drinks, for example, hibiscus and lime**

restaurant called Kaveenash. We prepare Authentic South Indian food, and we do not serve any chemical soft drinks. We prepare our own drinks, for example, hibiscus and lime, mint and lime, etc. We also prepare fresh juices and mocktails, and ice creams with fresh fruits, all handmade by me. I also make probiotic yoghurt and chocolates. This season I am planning to make flavored yoghurt. Cakes are mainly whole wheat with sugar or jaggery.

It must be noted that Goa depends on Tourism which is seasonal from October to March. The heavy monsoons start from June to September. There is not much tourism then. The rest of the months focus mainly on domestic tourism.

## WHAT PADMINI ATE...

### Monday

**7:00AM** Emerald Ice: juice of 1 lime and 4 small oranges

**9:00AM** 6 amlas (Indian gooseberry), 3 small bananas (local Goan variety called elichi-sweet) and 1 green apple

**12:00PM Salad:** 2 Romaine lettuce leaves, 1 cup shredded carrots, ½ cup chopped onions, 1 cup chopped cucumber, 1 cup Spinach leaves, ¼ cup garlic chopped, 1 cup radish (Hindi name is mouli) chopped, 1 cup tomatoes chopped. Dressing: juice of one lime, ½ teaspoon salt, 1 teaspoon black pepper

**3:00PM Fruit and vegetable salad:** 1 carrot, 1 apple (red Kashmiri variety), 1 pear, 1 cup frozen mango (Bangapalli variety from the state of Andhra Pradesh in South India) The fruits are all cubed, apple pared and cubed and carrot chopped. Mixed and eaten.

**8:00PM Salad:** 2 tablespoons sundried tomatoes, 2 sliced celery stalks, 1 cup of moong (mung) sprouts, 1 shredded carrot, ½ cup sunflower seeds. 1 teaspoon ground black pepper, 1 teaspoon lime juice, ½ teaspoon light salt, ½ teaspoon dried tulsi (basil, not the sacred tulsi)

## WHAT PADMINI ATE...

**10:00PM** 1 teaspoon fennel, ½ teaspoon cumin blend juice

### Tuesday

**7:00AM** 1 small pear and 2 green bananas:  
Blend and drink

**9:00AM** 6 amlas (gooseberries) and one slice of fresh papaya

**12:00PM Raita and mixed vegetables:**

1 medium carrot, cubed, ¼ cup pomegranate seeds, 1 cucumber, peeled and cut into small cubes, ¼ onion (small bits), 1 small red tomato, chopped. Slightly whisk 1 cup of fresh yoghurt (handmade from cow's milk) ½ teaspoon salt, ½ teaspoon sugar and the vegetables and slightly mix. Top up with 1 teaspoon fresh green cothimily (cilantro) and 1 teaspoon fresh mint (we call it puthina). Sprinkle ¼ teaspoon garam masala, ¼ teaspoon cumin powder, and ¼ teaspoon pepper powder

**3:00PM Fruit salad:** 1 apple pared and cubed, 1 cup green or purple grapes (available at all times), 1 banana chopped (green variety) 1 cup pineapple cut in cubes, one cup frozen peaches cut in cubes, and one dried apricot (from Sharjah, U.A.E. available here). Toss all the fruits together and garnish with pomegranate seeds.

**5:00PM Fruit salad:** 1 big sitafal (Cherimoya-Custard Apple), 1 ripe guava, 2 chickleos, (similar to Kiwis of New Zealand) 10–12 seedless green grapes, 8 frozen strawberries cut in half, 1 thin slice of ripe papaya. Mix.

**8:00PM Apple, green pepper, cabbage and lettuce salad:** 1 green apple (pared and sliced), 1 green pepper sliced, 1 cup shredded cabbage, 2 tablespoons of orange juice put over the apple, green pepper and cabbage. Garnished with 1 deseeded green chili and ½ teaspoon salt.

**10:00PM** 2 tablespoon aloe vera juice (Forever Living Company of U.S.A. These products are available here and, in fact, I am one of the distributors of these products.)

### Wednesday

**7:00AM** Juice of 1 big slice white gourd or pumpkin, blended

**8:00AM** Finely powdered gooseberry with 2 teaspoons honey

**11:00AM Avocado and mango salad:** 1 avocado, mashed up with ½ chopped onion and 1 frozen mango

**3:00PM** 20–25 grams of raw amla juice mixed with ½ cup of water



**4:00PM** 1 small orange, ½ inch ginger and ½ cup peeled cucumber, juiced

**7:00PM Salad:** sprouts, 1 cup (sprouted) Moong dal, ½ cup fresh yoghurt and a few lettuce leaves. On the lettuce leaves, put the beaten yoghurt and sprouted moong dal and add ½ teaspoon cayenne powder, ½ teaspoon salt and ½ teaspoon black pepper. Garnish with a few mint and few green cothimily leaves.

## WHAT PADMINI ATE...



© Photo Eric Rivkin

### Thursday

**7:00AM** Juice of 1 radish white (Mooli) mixed with juice of 1 lime-180 ml

**9:00AM** Green papaya salad

**1:00PM** **Sprouts salad:** 1 cup sprouted alfalfa seeds, 1 cup shredded carrots, 1 cup shredded cabbage, 1 cup celery, 2 tablespoons lime juice, ½ teaspoon cayenne pepper, ½ teaspoon black pepper ½ teaspoon sea salt

**4:00PM** 1 tomato, 1 carrot and 1 red apple, juiced

**8:00PM** Make a base of the following: 1 cucumber cut into ½ inch long pieces, 2 tomatoes cut in half, 2 green peppers cut in half. Scoop out the inside and prepare the fillings:

**1) Vegetable mix:** ¼ cup grated carrot, ¼ cup grated radish. ¼ cup grated cabbage, 1 teaspoon chopped green chilli, 1 teaspoon Chings chilli sauce, 1 teaspoon lime juice, 1 teaspoon grated ginger, 1 teaspoon salt Fill into 1 tomato, 1 green pepper and half a cucumber. Garnish with green cothimily.

**2) Fruit Mix:** ½ cup green grapes cut in halves, ½

cup pomegranate seeds, ½ cup melon seeds, ½ teaspoon salt. 1 teaspoon lime juice, ¼ teaspoon, 1 teaspoon honey, ¼ teaspoon black salt. ¼ teaspoon cayenne pepper. Fill into rest of the tomatoes, green pepper and cucumber garnish with green cothimily.

**10:00PM** 1 teaspoon powdered aniseed mixed with 1 cup filtered water. Strain and drink.

### Friday

**7:00AM** 3 teaspoons of fresh amla juice, 1 teaspoon honey

**10:00AM** Raita. Tear the baby leaves of spinach, add date. Mix spinach, date, salt and curd.

**1:00PM** **Beetroot salad:** grate 1 beetroot and add 1 teaspoon honey, ½ cup pomegranate seeds and 1 or 2 dates. Mix.

**3:00PM** 1 red apple, 1 peeled cucumber, and 2 celery stalks. Blend and drink.

**5:00PM** 1 180ml glass of buttermilk. This is a mixture of 2 tablespoons of yoghurt and the rest is water. Add ¼ teaspoon salt.

**8:00PM** Masala moong sprouts. 2 cups moong sprouts, 1 ½ teaspoons sesame oil, ½ teaspoon lime juice, ¼ teaspoon garam masala, 1/8th teaspoon local ground mustard. ½ teaspoon cayenne pepper. A little sea salt.

**10:00PM** 3 grams of fenugreek powder mixed with ¼ cup water and a drop of honey

### Saturday

**7:00AM** 6 okra soaked overnight. In the morning drink the juice.

**9:00AM** **Mint fruit salad:** 1 green apple, 1 pear or 100 grams green grapes, 2 teaspoons chopped mint. Mix fruit and garnish with mint leaves.

## WHAT PADMINI ATE...

**11:00AM** 3–4 slices pineapple and 1 red apple, 2 slices of watermelon. Blend.

**1:30PM Salad:** slice 1 big red radish. Chop 2 tomatoes, chop 2 peeled cucumbers, 2 cups moong sprouts. Add ½ teaspoon salt and juice of ½ lime. Garnish with green cothimily (Cilantro), fresh mint leaves and 1 teaspoon tulsi (basil) leaves.

**4:30PM Fruits Beetroot Salad:** 1 small beetroot grated, 1 red apple cubed (Kashmiri), 2 frozen grated mangos, 10–15 black halved seedless grapes, 1 red banana, chopped (Hetha pallam-Kerala), 2 small chickoos, [similar to a kiwi] chopped, juice of 1 lime. Mix and garnish with mint leaves.

**7:30PM** 1 small cauliflower (florets), 2 small carrots cut in rounds, broccoli florets, 1 teaspoon Dijon mustard, 1 ½ cups thick fresh yoghurt, 1 teaspoon lime juice, and sea salt. Mix 10–12 springs of fresh mint with ¼" of juiced ginger.

**10:00PM** Mix 10 sprigs of fresh mint with ¼ teaspoon of rocksalt powder, and ¼ teaspoon ginger. Juice and drink it.

### Sunday

**7:00AM** 1 teaspoon fenugreek soaked in ½ cup water overnight, drink in the morning.

9:00AM 1 peeled red apple cut in cubes and 1 chikooBlend.

**12:30PM Sprouted salad:** sprout 1 teaspoon soya, [soybeans]1 teaspoon channa dal\* (Bengal gram), a few peanuts, 1 teaspoon green moong dal, 1 teaspoon moth lentil, famous food of the state of Gujarat (mutti) overnight. Mix together 1 teaspoon cumin seed powder, and salt into 2 cups of fresh yoghurt. Garnish with 1 teaspoon tulsi leaves.

*Note from Nomi: channa dal can be found in Indian markest in large US cities. "Bengal gram dal" is the British English term for what is called "chana dal" in Hindi, In Bengali it's known as "chholar dal."*

This bean looks just like yellow split peas, but is quite different because it doesn't readily boil down to mush. It's more closely related to garbanzo beans, or chickpeas. The differences are that chana dal is younger, smaller, split, sweeter, and has a much lower glycemic index. But you can substitute chana dal for garbanzo beans in just about any recipe.

**4:00PM White ash gourd raita:** grate 1 slice ash gourd, mix 2 teaspoons pomegranate seeds, and 1 shredded green pepper. Mix 2 cups fresh yogurt add ¼ teaspoon salt. Garnish with a few leaves of green cothimily.

**7:30PM Sprouted salad:** 1 cup seeds, 1 cup sunflower seeds, sprouted overnight. Cut one green apple into slices, one sliced button mushroom and one sliced green pepper. Mix together with 1 teaspoon lime juice, ¼ teaspoon sea salt and 1 teaspoon black pepper.

**10:00AM** A little (¼ teaspoon) black pepper and tulsi (i.e. basil not the holy and sacred one) and a few fresh mint leaves. Mix together into juice.



**H**ello. My name is Angelena Bosco. I am a raw food chef, instructor and author of the book, **Fall In Love With Feeling Good.** [www.simplyrawinspiration.com](http://www.simplyrawinspiration.com)



As a chiropractor, my father learned about proper diet when he was a young man and saved himself from a lifetime of illness. So, I grew up knowing about juicing, fasting and the vegetarian diet. He taught our family that taking medication and eating refined sugars, meat, dairy and bread were detrimental to our health.

However, I had never heard of a raw foods lifestyle until 2003. I was in my early 30s when I received a copy of *Living Nutrition Magazine* in which my dad had written an article. I was amazed at the concept and knew at that moment that OF COURSE we are supposed to eat raw.

It took me two years of reading and learning before I decided to do it. I wanted to change the way I ate, but it seemed so hard. One day, I realized I had a cold that was not going away. It had been hanging around for at least three weeks. I decided I would try all raw foods to see if I could shake it.

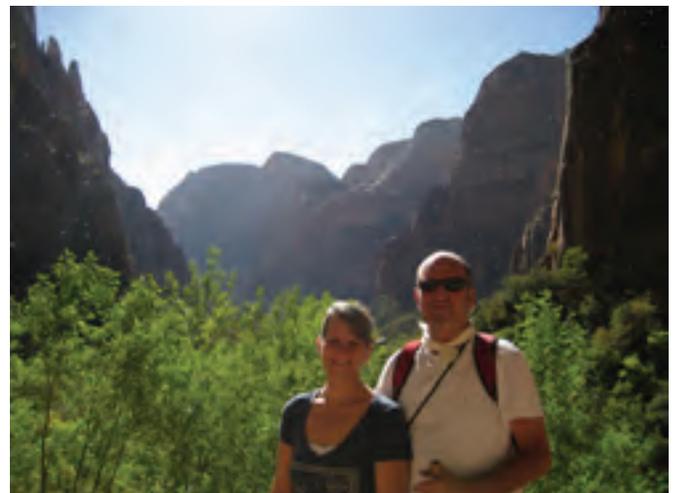
I did a lot of juicing—that was mostly all of what I knew about raw foods. For three days I drank lots of carrot juice and ate fruit salads and green salads. And I began to feel better. My cold symptoms were still with me, but I noticed that I had more energy.

I continued on with the regimen, and after only 11 days of eating raw, I became clearly aware that I felt the best I had ever felt in my entire life.

I felt both energized and peaceful at the same time, and it was clear to me that I wanted to feel like this for the rest of my life. After six months of eating raw, drinking fresh juices and starting a new exercise regime, I lost 45 pounds.

At that point, I realized I could not keep this newfound information to myself. Why didn't the rest of the world know about this amazing lifestyle? It is all natural and completely on target with what our bodies need in order to be truly healthy.

There is no other way to live than to eat from the earth just the way nature intended. We are balanced to perfection. We eat fresh fruits and vegetables and our bodies know exactly what to do with them. Health and absolute vitality are the natural result.





After graduating high school, I attended the Hospitality Management Program at Columbia College in Northern California. There I studied hotel management and trained to be a chef of California cuisine. At that time the cooking did not particularly interest me; I was not good at it. I chose to pursue other ventures in the hospitality industry. It took 15 years before I discovered that I am a “natural” in the raw food kitchen.

In 2008, I attended Living Light Institute in Fort Bragg where I studied Fundamentals of Raw Foods and Essentials of Raw Culinary Arts with Cherie Soria and the Science of Raw Food Nutrition with Drs. Rick and Karin Dina.

Being a raw teacher and sharing this information is where I find I am most happy and comfortable. I am all about simple. The recipes and meals I prepare and teach are foods that are easy to prepare and are also tasty.

I don't want to spend much more than 15 minutes making my dinner. Plus I do not use many special ingredients. There are some recipes that require special ingredients or more time for soaking, sprouting and dehydrating. So, I make them once in a while as a treat or experiment for myself.

Sometimes, one just needs to prepare a raw pizza, and it takes no more time than making a

cooked pizza from scratch.

Now, five years into the raw foods lifestyle, I have become the athlete I have always wanted to be. I go on incredible hikes, play tennis, run 5ks, ride my bike in marathons and weight train. I have experienced changes in my life that I never knew would ever occur. I discovered a new person hiding inside. I feel **good**, I want to be active and I am connected with the earth in a different way.

I live in San Diego county where my fiancé and I have a Valencia orange grove and a small variety of other fruits, as well as a vegetable garden. We are fortunate to live in a climate where we can grow just about anything. We share our space with two cats, Samantha and Tilly, as well as several homing pigeons.



I enjoy being a teacher and promoter of the live food lifestyle. I offer classes throughout San Diego, Riverside and Orange Counties. Twice a year I travel throughout the US and Mexico offering classes, lectures and sharing this invaluable information.

My classes are fun and inspiring. Raw foods are simple to prepare and taste fantastic. Remember: a healthy and joyful life is only a few weeks away!

Angelena Bosco

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# WHAT ANGELENA ATE...

## Monday

- 8:00AM 20 ounce **Smoothie**: 1 banana, 1 cored apple, 6 strawberries, 4 lacinato kale leaves, 1 ½ cups Mexican papaya, 1 tablespoon bee pollen, 3 cups water; 1 tablespoon almond butter, 2 raw blueberry scones
- 10:30AM 12 ounce smoothie as earlier
- 11:30AM **Salad**: 2 cups romaine chopped, ¼ cup shredded carrots, 6 grape tomatoes, ¼ cup sliced peeled cucumber, 2 tablespoons hummus
- 1:30PM 2 raw blueberry scones with 1 teaspoon almond butter between them
- 5:00PM 1 apple and a large handful of raw trail mix: mixed nuts, raisins and dry mulberries (store bought)
- 8:00PM **Salad**: 2 cups romaine, chopped, ¼ cup shredded carrots, 6 grape tomatoes, ¼ cup sliced peeled cucumber, ¼ chopped Anaheim pepper, ¼ avocado, 2 kalamata olives, 2 tablespoons hummus

## Tuesday

- 8:00PM 16 ounce **Smoothie**: 1 banana, 1 cored apple, 6 strawberries, 2 tablespoons HealthForce Nutritionals VitaMineral Green (no fresh dark greens in the house. Yikes!), 1 ½ cups Mexican papaya, 2 teaspoons bee pollen, 3 cups water
- 10:30AM 16 ounce smoothie as earlier
- 11:30AM 4 cups watermelon
- 2:30PM **Salad**: 2 cups romaine chopped, ¼ cup shredded carrots, 8 grape tomatoes, 2 tablespoons chopped fresh Ancho chili, 2 kalamata olives, 2 tablespoons hummus
- 3:45PM 1 Persian cucumber not peeled, eaten like a pickle.
- 7:30PM 1 apple and about 15 raw almonds

- 9:00PM 4 unsalted tortilla chips with Henry's Market cilantro and jalapeno hummus, 2 bites of a new (to me) raw bar named "Pure".

Unusual night. Time caught up with me and I did not eat a "dinner".

## Wednesday

- 9:15AM 16 ounce **Smoothie**: 1 apple, 6 strawberries, 1 ½ cups Mexican papaya, 2 cups spinach, 1 cup red kale leaves, water; 1 bite of left over raw Pure bar
- 11:30AM 1 apple and a cashew Larabar
- 1:00PM 16 ounce smoothie as earlier
- 4:30PM **Salad**: 1 cup romaine chopped, 4 mini carrots, 2 kalamata olives, ½ avocado, ¼ cup diced red bell pepper, 1 Persian cucumber sliced not peeled, 1 tablespoon hummus
- 6:30PM An organic gala apple and a handful of green grapes fresh while walking the farmers market.
- 8:00PM 3 green lettuce leaves filled with shredded cabbage, diced pepper from the garden, tomatoes diced, diced green onion and spread with 3 tablespoons zucchini hummus (Recipe included)

## Thursday

- 7:30AM 14 ounces fresh-squeezed orange juice with 1 teaspoon bee pollen stirred in; 1 teaspoon almond butter
- 9:45AM 16 ounce **Smoothie**: 1 apple, 1 banana, 5 Strawberries, 3 Lacinato kale leaves, 4 collard leaves, 3 cups water

\*I **usually** make a large blender full. I send Bill off with one and have two for myself each day. Weekdays when I do a workout I have one before my workout and one after my workout, plus I drink a couple of 16 ounce glasses of water.

## WHAT ANGELENA ATE...

12:45PM **Salad** of 1 ½ cup shredded romaine with a mixture of diced vegetables: Anaheim pepper, cauliflower, cucumber, corn, tomato, celery and 2 large Tablespoon Trader Joes spicy hummus; 8 Trader Joe's unsalted tortilla chips

3:30PM 16 ounce Smoothie from this morning

4:30PM Two 1" slices of fresh pineapple (It is hot and I was thirsty)

8:00PM **Pineapple orange freeze**: 1 cup pineapple and 2 whole oranges peeled, blended with 2 cups water and ice; 1 raw enchilada: Walnut pate wrapped in red leaf lettuce with enchilada sauce; ¼ cup raw gazpacho and small handful of shredded white cabbage; 1 small slice of blueberry mango pie

\*Not a normal meal at all. I had a class this evening. Typically I would make one of the items only.

### Friday

5:30AM 16 ounce **Smoothie**: 1 banana, 1 small handful purslane from flower pots, 2 large leaves red kale, 1 large handful of spinach, 1 tablespoon bee pollen, water

11:15AM **Salad**: 3 cups shredded romaine, ¼ avocado, 1 Persian cucumber not peeled, ¼ cup shredded carrots, ½ garden fresh Ancho pepper, 2 tablespoons leftover gazpacho, 1 large tablespoon Trader Joe's hummus. I made one wrap with some of this mixture rolled into a zucchini pepper wrap: Red bell pepper, zucchini, psyllium and salt dehydrated in tortilla shapes

\*Afterthought...too much food. I thought I was super hungry.

1:45PM 1 cup **strawberry banana ice cream**: 1 frozen banana, 12 frozen strawberries, and one pitted medjool date (soaked) and a smidgeon of water blended in my VitaMix.

5:30PM 1 cup brown rice and 1 cup Trader Joe's Cuban beans and about 12 unsalted Trader Joe's tortilla chips

7:30PM ½ cup strawberry ice cream left over from earlier today. 4 raw walnut halves

### Saturday

8:00AM 16 ounce **Smoothie**: 1 banana, 1 cup blueberries, 4 Lacinato kale leaves, 1 ½ cups Mexican papaya, 1 tablespoon bee pollen, 3 cups water; 5 raw walnut halves

9:15AM Small handful raw walnut halves

11:30AM 2 raw blueberry scones (**recipe included**) and 1 cup decaf coffee with honey

1:00PM 2 small **wrap sandwiches**: ½ cup shredded romaine, sliced tomato, 1 slice of avocado and 1 tsp hummus per sandwich, wrapped in collard greens



3:30PM ½ cup strawberry ice cream with ½ fresh mango and 3 strawberries

6:00PM ½ cup cooked brown rice

8:00PM (Dinner out) Mixed green salad with raspberry vinaigrette walnuts and cranberries.

### Sunday

6:30AM 8 ounces fresh squeezed orange and grapefruit juice; ½ cup cooked steel cut oatmeal, sprinkled with chopped raw walnuts and raisins and 1 teaspoon almond butter

## WHAT ANGELENA ATE...

- 9:00AM 1 apple and 10 raw almonds (out hiking)
- 11:30AM 2 cups shredded lettuce, 2 tablespoons mashed avocado, ½ cup fresh made salsa: chopped tomato, onion, cilantro and salt; 10 Trader Joe's unsalted tortilla chips
- 3:00PM The last of the strawberry ice cream (1 cup)
- 5:00PM 2 stalks of celery with almond butter
- 8:30PM **Salad:** 2 cups lettuce, ¼ cup carrots shredded, ½ cup sautéed asparagus, lemon juice, black pepper, ½ teaspoon dried oregano

I eat the same things for a few days then change it up with what I find to be good at the market. My diet does change from week to week. After this week outlined here, I made some chili rellenos and macaroons. I made a lemon herb dressing that will take the place of the hummus I have been eating so much of this week. My smoothies will change up because my neighbor has sapotes that are wonderful in place of banana.

### RECIPES

**Scone Recipe** This recipe is adapted from **Raw Family Signature Dishes** by Victoria Boutenko, Cranberry Scones, page 98

Ingredients:

- 2 cups grated zucchini
- 2 cups grated apples
- 2 cups raw walnuts
- 2 cups raisins
- 1 cup fresh blueberries
- 1 cup flaxseed
- 4 tablespoons raw agave nectar
- ¼ cup lemon juice (about 1 lemon)
- 2 tablespoons olive oil
- 1 tablespoon sesame seeds: these are sprinkled on top at the end



In your food processor, first use the grating blade to grate the zucchini and apples. Next, put the S-blade in the processor and blend the zucchini until mushy. 3. Do the same with the apples and place them in a large mixing bowl. Grind the walnuts with the S-blade. Add to the mixture. Grind the flaxseeds in a coffee grinder or heavy duty blender and add to mixture.

Add the raisins and blueberries. Fold everything in. Add the remaining ingredients (except sesame seeds) and mix everything by hand or with a large spoon in the bowl. Using an ice cream scoop, take the batter and form about 25 scones, placing them on a teflex or other nonstick sheet for the dehydrator. Sprinkle sesame seeds on top. Dehydrate at 105 degrees F for about 20 hours. Then flip them over and dehydrate about 3-4 hours till the bottom is also dry.

### Zucchini Hummus

- 2 medium zucchini coarsely chopped
- 2 Tablespoons Olive oil
- 2 teaspoons tahini
- ½ teaspoon salt
- 1 or 2 cloves garlic
- 1 lemon or lime juiced
- ¼ cup parsley

Blend together in the food processor or blender until smooth

In 1990 I came to the USA from Russia with my family, including my children Sergei and Valya. Relishing the abundant food in our new American home the whole family soon became overweight and sick. We were desperately ill with serious diseases, including juvenile diabetes, heart arrhythmia, hyperthyroid, asthma, and arthritis. By radically changing our diet to 100% raw food, all four of us went from desperation and sickness to complete healing and happiness.

My first book, **Raw Family**, tells the story of the problems we faced and how I began to research alternatives when conventional medicine was not helping us. The whole family made the commitment to go raw and stay raw. That was 16 years ago, and the difference in our health, productivity, energy and looks speaks for itself. The commitment is more than physical; it's also spiritual. A clear body leads to a clear mind and a focus on what really matters in life.

In 2005, while in search of the perfect human diet, I compared the standard American diet with the diet of wild chimpanzees. Chimpanzees share an estimated 99.4% of genes with humans, but their diet is dramatically different from ours. The most glaring difference is that chimpanzees consume significantly more green leaves than humans. Based on these observations, I developed a series of green smoothie recipes that enable anyone to consume an optimal amount of greens in a palatable way by blending the greens with fruit.

The body can absorb essential nutrients very efficiently by consuming green smoothies. Green smoothies quickly became popular all over the world and are revolutionizing the way people find health; even if they are not otherwise raw. I teach that with green smoothies people are able to gain more control of their own health.



## A clear body leads to a clear mind and a focus on what really matters in life

My book, **Green For Life** has been translated into many languages.

**The Raw Family** has produced a number of books that have become raw food classics. Our family's raw food journey is shared in our first book **Raw Family**. In 2000 came **12 Steps To Raw Foods, An Insight into The Addiction Of Cooked Food and Tips for Staying Raw**. My award-winning

bestseller **Green For Life** was later followed by **Green Smoothie Revolution**, a book which answers frequently asked green smoothie questions and contains over

200 recipes. **Raw Family Signature Dishes** is my most recent recipe book, with raw food meal preparation made easy through step by step photography.

I teach classes on greens and raw food all over the world. I frequently offer national and international week-long **'Joy for Life Retreats'** where people can enjoy the full benefits of green smoothies and learn more about them directly from me.

I try to help health seekers with their questions and concerns by publishing articles in my newsletter and on my web sites. I continue to gather new material and research for future books and have recently developed a natural device called **Jawcerciser**, which whitens the teeth and improves the bone density of jaws and teeth.

If you would like to know my scheduled events please visit the Raw Family's web site  
[www.rawfamily.com](http://www.rawfamily.com)  
[www.rawfamily.com](http://www.rawfamily.com)  
[www.joyforliferetreat.com](http://www.joyforliferetreat.com)  
[www.greensmoothiesblog.com](http://www.greensmoothiesblog.com)  
[www.jawcerciser.com](http://www.jawcerciser.com)  
[www.greenforlife.com](http://www.greenforlife.com)  
[www.rawfamilysignaturedishes.com](http://www.rawfamilysignaturedishes.com)

# WHAT VICTORIA ATE...

## Monday

**7:00AM** 1½ quarts of **Green Smoothie**: 1 bunch dandelion greens, 1 bunch parsley, 2 mangoes, 2 cups water

**10:00AM** 1 cup of coconut yogurt with 1 pint of fresh raspberries: Open six young (Thai) coconuts. Scoop out the coconut meat to get approximately 6 cups. Blend the coconut meat with about 2 cups of young coconut water. Blend until the coconut meat is smooth and creamy. Pour contents of your blender into a clean glass jar and mix in two to three capsules of your favorite probiotic powder.

Place the jar with yogurt in a warm place in your kitchen and cover with a clean towel. Leave for six to ten hours. You know it's ready when it has a fluffy consistency. It will store in the refrigerator for at least a week. The color of your yogurt should be white, if it turns pink, discard it.

**12:00PM** 1 quart of **Green Smoothie Soup**: 1 cucumber, ½ bunch dill, ½ avocado, 5 leaves dinosaur kale (stems removed), 2 stalks celery, 1 lime juiced, 1 clove garlic, 2 cups water, 1 tablespoon dulse flakes

**3:00PM** I am still sipping my green smoothie soup

**6:00PM** **Salad**: A quarter head of green cabbage (I alternate with red), 1 grated carrot, 1 grated Fuji apple, 4 stalks of chopped celery, 1 pint blueberries, 1 small mashed Hass avocado, Juice of 1 lemon. I sprinkle it with dulse flakes and freshly ground flaxseed.

## Tuesday

**7:00AM** 1 quart of Green Smoothie: 1 cup organic blueberries, 2 cups fresh spinach greens, 2 cups water, ¼ inch fresh ginger, or to taste

**10:00AM** 1 Galia melon, peeled, sliced, and enjoyed

**12:00PM** 1 quart of **Green Smoothie Soup**: ½ avocado, 1 yellow bell pepper, 1 red bell pepper, 1 medium tomato, 3 cups baby greens, 1 bunch cilantro, 1 lime (juiced), 2 cups water, 1 tablespoon dulse flakes. I sip my green smoothie soup slowly until about 3:00pm.

**6:00PM** I grate the following vegetables: 1 large beet, 1 large carrot, 1 large cucumber, 1 large Fuji apple. I add the following: juice of one lemon, ½ small mashed Hass avocado, a large handful of chopped curly spinach, a sprig of chopped basil. I sprinkle it with 2-3 tablespoons soaked sunflower seeds.

## Wednesday

**7:00AM** 1 quart of **Green Smoothie**: 2 Kent mangoes, 1 bunch chard (stems removed), 2 cups water

**10:00AM** 1 cup of coconut yogurt with 1 pint of fresh raspberries

**12:00PM** 1 quart of **Green Smoothie Soup**: 1 handful of freshly cut wheatgrass (in the summer I use fresh wild greens, such as dandelions, plantain, stinging nettles, purslane, and others), 1 bunch of fresh basil, 2 large, ripe tomatoes, 1 bell pepper (with seeds, but stemmed), ½ jalapeno pepper, 1 cup water, 1 tablespoon dulse flakes

**3:00PM** I am still sipping my green smoothie soup

**6:00PM** I wash and arrange on a large platter the following vegetables: two large ripe tomatoes, a whole bunch of chives, 4 white button mushrooms, 5-6 stalks of celery, half a bunch of frisee lettuce, a handful of soaked and drained dulse leaf

## Thursday

**7:00AM** 1 quart of **Green Smoothie**, consisting of ¼ of very ripe seeded watermelon, ½ a bunch of romaine lettuce, and no water

# WHAT VICTORIA ATE...

**10:00AM** ½ pint of fresh figs, with 5 celery sticks

**12:00PM** 1 quart of **Green Smoothie Soup**:  
2 large heaps of lambsquarters from the farmer's market, 2 heirloom tomatoes, ½ small Hass avocado, ¼ jalapeno pepper, 1 cup water

**3:00PM** I am still sipping my green smoothie soup

**6:00PM** I wash and arrange on a large platter the following vegetables: Five crisp radishes, 1 bunch of cilantro, 1 bud Belgium endive, 1 small Hass avocado, 2-3 small cucumbers, 2-3 stalks of green onion, 5-6 stalks of celery, a handful of soaked and drained dulse leaf

## Friday

**7:00AM** 1 quart of **Green Smoothie**: 3 peaches, 1 head butter head lettuce, ½ pint blackberries, 2 cups water

**12:00PM** 1 quart of **Spicy Green Smoothie Soup**: 2 cups spinach, 1 cup radish tops, (or mustard greens, horseradish greens, watercress, or other spicy greens), ½ cup fresh basil, 1 red bell pepper, 2 limes (peeled), 2 medium size ripe tomatoes, ½ avocado, 2 cups water. I enjoy this soup in a bowl with dulse or any other sea weed. I usually invite somebody to share this soup with me.

**3:00PM** 1 large cup of **Coconut smoothie**: The contents of one young coconut, water and meat, blended with 1 large ripe pear from the growers' market

**6:00PM** I wash and arrange on a large platter the following vegetables: 1 head of Butter lettuce leaves, 1 small Hass avocado, 3-4 stalks of celery, ¼ cup of soaked sunflower seeds, handful of basil leaves. I roll these ingredients into Nori leaves, making usually two or three large satisfying rolls.

## Saturday

I try living on green smoothies one day a week, usually on Saturday. Here is a sample of my green smoothie day:

**8:00AM** 2 quarts of **Sweet Green Smoothie**:  
1 bunch of fresh parsley, 1 peeled cucumber, 1 Fuji apple, 1 ripe banana, 1 thumb-sized leaf aloe vera with skin from my windowsill, 2 cups of water

**12:00PM** 1 quart of **Savory Green Soup**:  
4 leaves chard (stems removed), 1 stalk celery, ½ bunch parsley, 1 lemon juiced (with seeds removed), ½ avocado, 2 cups water

**4:00PM** 1 quart of **Super Green Smoothie**:  
1 bunch chard (stems removed), 1 large red bell pepper (without stem, but with seeds), 2 cups water

**6:00PM** 1 cup **Green Pudding**: 1 cup sunflower sprouts, 1 papaya, peeled and seeded. For thicker consistency, I blend these ingredients in my Vitamix without adding water. To insure a smooth texture, I use the plastic tamper that comes with the VitaMix blender.

## Sunday

**7:00AM** 1 quart of **Sweet Green Smoothie**:  
1 pint fresh strawberries, 1 ripe banana, 8 leaves dinosaur kale (stems removed), 2 cups water

**10:00AM** 1 cup of coconut yogurt with 4 ripe golden kiwis, sliced

**12:00PM** 1 quart of **Green Smoothie Soup**:  
2 cups spinach, 1 cup watercress, 1 red bell pepper, 2 limes (peeled), 2 medium size ripe tomatoes, ½ avocado, 2 cups water, 1 tablespoon dulse flakes

**3:00PM** I am still sipping my green smoothie soup

**6:00PM** I prepare the following **salad**:  
1 bunch of arugula (I prefer baby arugula), 1 small grated beet, 1 bud Belgium endive, sliced, 1 mango, diced, juice of 1 orange, ½ bunch of parsley, chopped, 1 small Hass avocado, mashed. I sprinkle it with dulse flakes and freshly ground flax.

I have always been a fan of food! My mother had a cake decorating business and taught me a lot about how to be proficient in the kitchen from a young age. When I was seven I won my first culinary competition and I continued to compete every year, eventually earning over 70 awards in various categories.



As a teenager, my family did wildlife rehabilitation. After caretaking baby birds and squirrels and opossums for many years, one day I announced to my family that I wanted to be



vegetarian. I wasn't a healthy vegetarian though, eating mostly processed foods and not really getting the minerals and nutrition my young body needed.

It wasn't until I was in my 20's that I started to realize that what you eat actually impacts your being and consciousness and that high quality food creates a better quality of life.

After graduating from Business School at Georgetown University, I moved to England where I embraced "whole" foods and local, natural foods. Shopping almost daily at the small specialty shops and markets was fun and a highlight of the day.

Eventually I moved to Colorado where I got into organic food and experimenting with different ways of eating. One day I walked into my local health food store while a

demonstration was going on with Doug Walsh who had been a chef at Gabriel Cousens' Tree of Life Rejuvenation Center. He was showing people how to make raw pizza and talking about the benefits of a raw food diet. When they passed around samples, I was blown away with how great it tasted—and on top of the taste, it was raw and healthy!

Fifteen years ago when I was introduced to raw food, there weren't a lot of recipes around for transitional raw food. I started a binder of recipes which were like gold to me and which I still use to this day. Creating healthy food that was "gourmet" and even more delicious than their cooked food counterparts was beyond anything I had experienced. Over time I noticed I started to feel more clear mentally. I felt more connected and my intuition and energy increased. I just wanted to keep going on this path...

At one of the original raw food festivals in Oregon I had learned about the Living Light Culinary Institute. It seemed to be "THE" place to go to learn how to make gourmet



raw food. Little did I know that one day I would actually become Cherie Soria's personal assistant. In 2008 I moved to Fort Bragg and stayed at Living Light for two years, helping with marketing, classes, and events.

When I was working at Living Light I had a little cabin in the redwoods with little access to civilization: no phone, no TV, and a very dark and beautiful starry sky at night. I spent evenings sitting on the rocks looking at the ocean and time off hiking through the forest. Over time I melted into the oneness of all life and never felt lonely, even though I was not around a lot of people.



I spent a lot of time on the Internet, learning and watching videos of David Wolfe, Truth Calkins, and others. I started creating my own superfood

concoctions: smoothies and teas that were supercharged with nutrition and tonic herbs. The spacious awareness that I found in the woods and with the ocean began to translate into the food I made and people started to feel it! I entered the Best of Raw Cacao contest in Los Angeles, competing against 26 well known chefs from the raw food world so imagine my surprise when I won not only my category, but also was named Overall Show Favorite for my Superfood Pyramid Truffles!

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I heard later that it wasn't just the taste of my raw chocolates that made the grade, but also how the chocolates made the judges feel when they ate them. I was thrilled that people could actually consciously receive the energy of the intentions I had put into the food.

Subsequently I entered the Low Glycemic category in the next Best of Raw Cacao contest, held in New York City and I won in my category there too. I was happy to place third for the Best Raw Chocolatier of 2010 in the Best of Raw Awards.

In time, I felt like I wanted to be around a larger community and I decided to move south to the LA area.



Lately I've been increasingly aware of the importance of good quality living water and also interested in

cutting sugar completely out of my diet and increasing the type and amount of fermented and cultured foods I consume. Even though I moved to southern CA I still drive all the way to Mount Shasta to get my living spring water - it's the best ever!

I'm now living in Orange County, California and working as a raw food chef. I'm a featured Pastry Chef at Euphoria Loves Rawvolution in Santa Monica where I create new desserts. As a Consultant at Erewhon Natural Foods Market in Los Angeles, I develop new raw food recipes for the Erewhon brand and I work part-time at the amazing Tonic Bar. I also do energy work which supports expanding consciousness.

Wishing you many blessings on your journey!



## WEB SITES

[www.BestRawChef.com](http://www.BestRawChef.com)

[www.AccessEnergyTransformation.com](http://www.AccessEnergyTransformation.com)

[rawfood4me@att.net](mailto:rawfood4me@att.net)

# WHAT COLLEEN ATE...

## Sunday

- 7:30AM Super Shot of Adya Clarity (1 teaspoon Adya Clarity in 1 ounce of water)
- 8:30AM **Protein Drink:** Ice, Sun Warrior Chocolate Protein Powder, Surthrival Colostrum, Dragon Herbs Pearl Powder, Tocotrienols, MSM, Sweet Leaf Vanilla Stevia, coconut oil, Marine Phytoplankton, Omica Super Ionic, Medicine Flower's Coconut Extract. One ounce Orgono Living Silica.
- 10:30AM 2 small unpeeled Persian cucumbers
- 11:30AM 1 organic apple
- 1:15PM **Salad:** Organic mixed greens: ½ organic tomato, ½ avocado, ½ cup sauerkraut (recipe included), ½ carrot grated, ½ beet grated, handful of alfalfa sprouts, 1 tablespoon nutritional yeast, 1 tsp dulse. Approx 6 tablespoons lemon tahini dressing.
- 3:00PM 1 low glycemic superfood dark chocolate almond butter cup



- 5:00PM 1 bunch mixed garden greens (kale, chard, collards) steamed lightly with just a little water, 1 clove garlic minced, 1 squeeze lemon, pinch of salt. Followed by: ½ cup coconut chia pudding (blend coconut meat and water and add chia seeds, vanilla and salt)
- 7:00PM Homemade herbal tea (dried lemon balm and spearmint with a little stevia)
- 10:00PM 2 capsules HealthForce Nutritionals ZeoForce Zeolites
- 11:00PM Super Shot of Adya Clarity, 2 capsules CP-1 (Custom Probiotics)

## Monday

- 7:30AM Super Shot of Adya Clarity
- 8:00AM 1 ounce Body Balance liquid minerals, 1 ounce Orgono Living Silica
- 8:30AM ½ large papaya, cut into chunks
- 9:00AM 12 ounces watermelon juice
- 9:30AM 1 tablespoon liquid E3 Live, 1 ounce wheatgrass juice
- 10:30AM 2 stalks organic celery
- 11:00AM 16 ounces organic **green juice:** kale, cucumber, lemon, spinach, apple, parsley with 1 tablespoon HealthForce Nutritionals Vitamineral Greens
- 1:00PM **Salad:** Organic mixed greens (approx. 2 cups), handful of sunflower sprouts, 8 olives, ¾ cup sauerkraut, 2 tablespoons sprouted sunflower seeds seasoned with tamari, 1 tablespoon nutritional yeast, 1 teaspoon dulse, 6 tablespoons avocado dressing.
- 4:00PM 1 organic pear
- 6:00PM 2 cups Gazpacho soup (recipe included), with **raw crackers:** dehydrated mixture of grated carrot, grated red bell pepper, nutritional yeast, flax seed, sprouted buckwheat, scallions, olive oil, garlic, cayenne, salt. 2 chocolate covered fresh figs
- 7:45PM 1 cup plain coconut water kefir (recipe included)
- 10:00PM 2 capsules ZeoForce Zeolites
- 11:00PM Super Shot of Adya Clarity, 2 capsules CP-1 (Custom Probiotics), 4 ounces coconut kefir

## Tuesday

- 7:30AM Super Shot of Adya Clarity
- 8:00AM 1 ounce Body Balance (liquid minerals), 1 ounce Orgono Living Silica

## WHAT COLLEEN ATE...

- 8:15AM 1 grapefruit
- 9:00AM 16 ounces mango blackberry lassi (recipe included)
- 10:00AM 1 tablespoon liquid E3 Live, 2 ounces wheatgrass juice
- 11:00AM 12 ounces organic **juice**: apple, carrot, celery, cucumber, parsley with 1 tablespoon Vitamineral Greens
- 1:00PM ½ cup Mock Tuna (recipe included) wrapped in an organic collard green
- 6:00PM 1 cup sauerkraut (recipe included) mixed with ½ avocado and a pinch of bamboo salt



- 10:00PM 2 capsules ZeoForce Zeolites
- 11:00PM Super Shot of Adya Clarity, 2 capsules CP-1 (Custom Probiotics)

### Wednesday

- 7:30AM Super Shot of Adya Clarity
- 8:00AM 1 ounce Body Balance liquid minerals
- 8:30AM 16 ounces **coconut kefir margarita**
- 9:30AM ¼ cup coconut yogurt topped with ½ cup fresh organic blueberries, 1 tablespoon yacon syrup, 1 tablespoon goji berries, 1 tablespoon chlorella tabs, 1 tablespoon bee pollen, 1 teaspoon Surthrival colostrum
- 10:00AM 1 tablespoon liquid E3 Live, 1 ounce wheatgrass juice

- 11:00AM 1 organic apple
- 1:00PM **Wrap**: 2 cups organic spinach slightly steamed, handful of mixed alfalfa, radish and broccoli sprouts, ¼ cup sauerkraut, ½ avocado, ½ cup chopped tomato, wrapped in a sprouted grain tortilla with about 3 tablespoons creamy cucumber dressing.
- 5:30PM 2 teaspoons fresh rosemary (straight from the garden)
- 6:00PM 12 ounces miso soup with seaweed and ½ diced avocado added. 1 cup steamed broccoli with 1 clove garlic minced, 1 teaspoon olive oil, pinch of salt
- 8:00PM 1 cup reishi tea
- 10:00PM 2 capsules ZeoForce Zeolites
- 11:00PM Super Shot of Adya Clarity, 2 capsules CP-1 (Custom Probiotics)

### Thursday

- 7:30AM Super Shot of Adya Clarity
- 8:00AM 1 ounce Body Balance liquid minerals
- 8:30AM 1 tablespoon liquid E3 Live, 1 ounce wheatgrass juice
- 9:30AM **Smoothie**: 1 small container blackberries, 1 banana, ½ cup organic strawberries, ½ coconut yogurt, 1 tablespoon Billy's Infinity Greens with probiotic, 1 cup water.
- 10:00AM 2 stalks organic celery
- 11:00AM 1 organic apple stuffed with ¼ cup raw almond butter mixed with about 15 goji berries and 6 chopped cashews
- 1:00PM **Large salad**: Mixed greens, 1 tomato, ½ cucumber sliced, 6 black olives, ½ avocado diced, 1 handful alfalfa sprouts, 1 teaspoon Living Intentions Superfood Salad Booster, lightly dressed with Bariani olive oil, fresh lemon juice and a pinch of salt
- 3:15PM Small handful raw pistachio nuts

## WHAT COLLEEN ATE...

5:45PM 2 teaspoons fresh rosemary (straight from the garden)

6:00PM 12 ounces **spinach avocado soup** (recipe in Nomi Shannon's "The Raw Gourmet") Note: I add about 2 tablespoons diced red onion to the recipe: spinach, cucumber, avocado, tamari, lemon juice, parsley, garlic, basil and onion

8:30PM 1 cup herbal tea (Chamomile)

10:00PM 2 capsules ZeoForce Zeolites

11:00PM Super Shot of Adya Clarity, 2 capsules CP-1 (Custom Probiotics), 4 ounces coconut kefir

### Friday

7:30AM Super Shot of Adya Clarity

8:00AM 1 ounce Body Balance (liquid minerals), 2 ounces Orgono Living Silica

8:30AM 16 ounces coconut kefir margarita with raspberry

9:30AM 1 ounce wheatgrass juice

10:00AM ¼ cup coconut yogurt topped with ½ cup fresh organic raspberries, 1 tablespoon yacon syrup, 1 tablespoon goji berries, 1 tablespoon chlorella tabs, 1 tablespoon bee pollen, 1 teaspoon Surthrival colostrum

11:45AM 20 sprouted dehydrated raw almonds

1:00PM 12 ounces **Garden Blend Soup**: (recipe from Cherie Soria on [www.RawFoodChef.com](http://www.RawFoodChef.com)): kale, parsley, lemon, orange juice, cucumber, avocado, cilantro, green onion, garlic, miso, cayenne, salt and water

6:00PM Dining out Ethiopian: Misir wot: Lentil stew with onions, garlic, turmeric and herbs, Atakilt: cabbage, onions, and carrots in a tomato sauce and Gomen wot: Collard greens, onions and potatoes with garlic in a sauce with Injera (Ethiopian flat bread made from fermented Teff). 3 capsules enzymes

10:00PM 2 capsules ZeoForce Zeolites

11:00PM Super Shot of Adya Clarity, 2 capsules CP-1 (Custom Probiotics)

### Saturday

7:30AM Super Shot of Adya Clarity

8:00AM 1 ounce Body Balance (liquid minerals)

8:30AM 12 ounces **medicinal mushroom cappuccino elixir**. Recipe from Elaina Love: cacao powder, maca powder, coconut milk powder, soaked chia seeds, Reishi mushroom powder, Chaga mushroom powder, coconut oil, Xylitol, liquid stevia, high mineral salt, hot water, plus I add almond milk

10:30AM 16 ounces **green juice**: kale, apple, celery, cucumber, lemon. 1 tablespoon Vitamineral Greens

11:30AM 1 free range egg, over easy, lightly salted, with 3 Ryvita crackers

1:30PM **Sea Vegetable Salad**: Arame, wakame, carrot, daikon, avocado, ginger and sesame vinaigrette

3:00PM 16 ounces mango lassi (recipe included, minus the berries)

6:00PM Dining out: Cooked edamame seasoned with chili oil, garlic and salt, Mushroom Farinata: Chickpea rosemary crepe, caramelized onion, mushroom, cherry tomatoes, aioli served with salad



10:00PM 2 capsules ZeoForce Zeolites

11:00PM Super Shot of Adya Clarity, 4 caps CP-1

I typically eat small portions more frequently through the day. I like to focus on high water content and high mineral content food, lots of greens, low sugar and cultured foods.

## Fermented Coconut-Based RECIPES

### Start with:

- 3 young Thai coconuts
- 4 capsules good quality probiotic  
(I use CP-1 from Custom Probiotics) or  
other starter culture
- 2 quart size Mason jars or other glass container

Open up the young coconuts and separate the meat from the water. Make sure you have very clean glass containers for the fermenting. You will need one glass container for the yogurt and one for the water.

### Coconut Yogurt:

Blend the coconut meat in a VitaMix until smooth like yogurt. Add a little coconut water if needed to make a smooth consistency. Stir in 2 capsules probiotic powder to the mixture, and let ferment on the counter for 20-24 hours. The yogurt will appear slightly bubbly and taste slightly tart on its own after fermenting. Store in a refrigerator where it will continue to ferment, but at a slower pace. Use like yogurt or add to a smoothie and consume within 4 days.

### Coconut Kefir:

Mix 2 capsules of probiotic powder with 1 quart coconut water at room temperature and leave out on the counter for 24 hours to ferment. The kefir should look a little cloudy and the beneficial bacteria will have eaten the sugar in the coconut water, leaving you with a slightly tangy flavor. After 24 hours refrigerate the kefir which you can drink straight or mix to make a flavored beverage like the margarita recipe below. Consume within 4 days.

### Mango Berry Lassi

- 1 cup coconut **yogurt**
  - 1-2 mangos (Ataulfo preferred)
  - ½-1 cup fresh or frozen blackberries
  - 1 tsp vanilla extract
  - Pinch of salt
  - Sweetener of choice
- Blend 1 cup coconut yogurt with 1 mango (minus

the pit) and add 1/2-1 cup berries in a VitaMix or blender. You can use any berries you prefer. I like using blackberries. Add about 1 tsp vanilla and a pinch of salt and blend until smooth. If you like the drink sweeter, you can add some low glycemic sweetener like yacon, coconut nectar or stevia.

### Kefir Margarita

Blend 1-2 cups coconut water **kefir** (recipe above) with the following in a VitaMix:

- 1 lemon
- 1 TBS mixed tocopherols (Vitamin E)
- 1 TBS MSM powder
- 3-4 inches aloe leaf fillet
- 1-2 tsp acai (optional)
- 1 tsp vanilla extract
- 1 dropper Oceans Alive Marine Phytoplankton
- Pinch of salt
- Sweetener of choice
- Ice (optional)

This drink is incredible because it is low in sugar, rich in antioxidants, minerals, electrolytes, beneficial bacteria and is very hydrating. After a few days of regular consumption your body will ask for it!

### Sauerkraut

- 2-3 heads cabbage (hold a few whole leaves out from shredding for topping the jars)
- 1 head napa cabbage
- 1-2 cups fresh seaweed, chopped  
(I harvest my own, but you can use dried seaweed and rehydrate it)
- 5-6 kale leaves
- 2 carrots
- 1" piece of organic ginger, grated with a microplane
- 2 cloves garlic, grated with a microplane
- 3 drops Young Living Lemon Essential oil
- 2 drops Young Living Dill Essential oil
- 1 packet Body Ecology starter culture  
(Combine packet of starter with 1 TBS honey and warm water)

Shred the cabbage, carrots and kale leaves in a food processor. Add a little salt and massage the cabbage until it start to release water. It takes about 15 minutes of massaging to make the cabbage moist enough. Add chopped seaweed and seasonings to taste. Take a little of the mixture and blend in a VitaMix with a little water to create a brine. Add the brine to the cabbage to make sure there is enough liquid to cover all the solids. Add the cultured vegetable starter to give the sauerkraut an added boost of beneficial bacteria. (This step is not necessary but it makes a stronger sauerkraut.) Make sure you have very clean glass jars to store the sauerkraut in while it is culturing. Fill the glass container tightly almost to the top, making sure there is enough liquid to cover the vegetables and top with a whole cabbage leaf. Seal the container tightly. Store in a dish in a dark, temperate area for about a week. Depending on the temperature the sauerkraut will be ready in about 5-10 days, so check it somewhat regularly. When it tastes how you want it to, put the jars in the refrigerator and enjoy for up to 6 months.

### **Gazpacho**

Blend the following ingredients together in a blender just until almost smooth, leaving some texture in the liquid:

- 4-6 ripe organic tomatoes
- 1 cucumber, chopped
- 1 bunch fresh basil
- 3 stalks celery, diced
- ½ small onion or 1-2 shallots
- ½ cup cold water
- ¼ cup Bariani olive oil
- 3-4 TBS lemon juice
- 2-3 TBS apple cider vinegar
- 1 TBS raw honey or 1 medjool date
- 1 tsp mineral salt
- 2 cloves garlic
- ¼ tsp pepper

After blending add the following:

- 1 avocado, diced
- 2 stalks celery, finely minced

Serve in bowls and sprinkle with fresh chopped parsley.

### **Mock Tuna Salad**

#### **Tuna:**

- 2 cups raw organic almonds, soaked
- 3 stalks celery, diced
- 3 green onions, sliced thinly
- ¼ cup lemon juice
- 1-2 TBS parsley, minced
- 1 small clove garlic, minced
- 1 tsp Celtic sea salt
- 1 sheet nori seaweed, chopped
- 1 dash cayenne pepper

Process almonds in a food processor until finely ground. Add the other ingredients.

Set aside while you prepare the avocado mayo

#### **Avocado Mayo:**

- 1 cup pine nuts
- 1 large avocado
- 5-6 medjool dates
- 2 TBS apple cider vinegar
- 1 TBS lemon juice
- ½ clove garlic
- 1 tsp salt

Blend Mayo ingredients together in a VitaMix until creamy.

Add the mayo to the almond mixture and combine.

Serve a scoop of mock tuna wrapped in a collard green.

**G**'day my name is Grant Campbell and I am also known as 'Raw Aussie Athlete'. I'm an ultra-marathon runner from Australia thriving on the 80/10/10 10 raw vegan, healthy lifestyle retreats and I have my own healthy lifestyle business called "Modern Hygiene"

I've been mentored by Dr. Douglas Graham of [foodnsport.com](http://foodnsport.com) since 2007. I love to sing and I'm the proud father of two teenage boys. On weekends during the summer, I serve as a volunteer lifeguard on the beaches of Australia. I especially love running long distances immersed in the beauty of nature.

My health conscious journey began early in 1998, following a conversation with a friend about cancerous flesh from factory farmed animals making its way onto the supermarket shelves. The conversation was brief, yet from that moment on, a flame of ethical consciousness was ignited, motivating me to seek mastery of healthy lifestyle choices. In the pursuit of knowledge and experience, my previous passive ignorance took a back seat.

I started reading food labels and educating myself on what all those complex ingredients in modern foods actually are. Soon I no longer ate foods without knowing what each ingredient was. I gave up frozen and canned foods, along with all food additives. After removing dairy products from my diet, my long term issues with asthma and congestion simply went away.



By June 1999, I was vegan for all reasons. I found myself becoming more active, training in swimming squads for 10 to 12 hours a week, lifeguard board paddling for six hours per week and running longer distances more frequently.

In 2007, I ate a banana-only diet (mono-diet) for 10 days, consuming a total of 220 large bananas. During that time I realised the benefits of simple eating as my energy levels, digestive system and quality of sleep all soared to new levels.

In Feb/Mar 2008, I completed a 29 day water-only fast in Costa Rica supervised by Dr. Graham. From the stillness of the profound rest experienced during the fast, grew clarity of the underlying passions that drive me through life; coupled with solutions for how to make the changes necessary to align my life with those passions. This fast allowed me to process issues which were holding me back; preventing me from expressing my true self.

Within six months of breaking this fast, my health was improving and I took 2.5 hours off my 60 mile race time, in the same race, year to year, without changing my training.

Over the next two years, I cleared much incongruence from my life which I became aware of during my fast. For example, after 15 years as an IT specialist in the corporate world, I'm now making a living in the health industry, working with **FoodSport**, running retreats and through lifestyle education empowering people to gain control of their own health.

I've come to realise that the greatest rewards in life blossom from the integrity that stems from aligning our thoughts and actions with the truth we know in our heart. Whether we call it our belief system, our inner truth, or an innate wisdom, it is our faithful guide through life.

While continuing to make ongoing refinements, my life has been vastly enriched as a result of my conscious choice to align career, relationships,

**The greatest rewards in life blossom from the integrity that stems from aligning our thoughts and actions with the truth we know in our heart.**

sports and other aspects of my life with my passions. I've learned that maintaining congruency between my beliefs and my actions opens the doorway to happiness and fulfilment.



To be successful on a raw diet, I found it imperative to educate myself and surround myself with a support network and to be willing to accept that support. I also experienced an undeniable need to overcome unresolved emotions. By embracing the challenges of personal

growth and development that unfolded, and becoming aware of my self-limiting beliefs and negative self-talk, there was no longer anything keeping me from expressing my true self. With increased awareness, I found I simply couldn't go on living a ghostly life, disconnected from my inner truth and passions.

Living the 80/10/10 raw vegan (often referred to as 811rv) lifestyle resolved countless problems that had troubled me for years. The changes I experienced in eating 100% 811rv were profound. From the very first week, I felt like I was awake for the first time in my life. No other dietary change had ever given me that feeling. Before living the 100% 811rv lifestyle I:

- was allergic to mango and banana
- suffered from heat rash
- was highly allergic to most cat and dog hair
- had irritated skin when I rolled around in the grass
- was highly irritated by mosquito bites, scratching them into sores. Now mosquitoes don't irritate me much and the welts are usually gone by morning
- had dry skin and dandruff
- had regular acne
- had chronic asthma
- had chronic mucus lining my eyelids on waking every day as well as bringing up mucus up every morning
- got colds and flu every year along with lung infections and diarrhea
- snored because the back of my palate was swollen from irritating foods
- produced lots of foul smelling gas from incomplete digestion, especially on a cooked vegan diet high in grains and legumes

- had sweat which was highly concentrated with salt, leaving a salt line across my forehead after running
- was dehydrated every day
- had muscle cramps in my legs and abdomen when I ran long distances
- constantly incurred running injuries in many parts of my body, had shot nerves, and countless blisters. Now, so-called "overuse" injuries never cause me to miss training sessions.
- got a rash from the rubbing of my backpack on bare skin in long distance runs
- took weeks to recover from ultra distance races. Now I run further and recover much faster, and I'm able to run again the next morning after a 100 mile race.
- awakened feeling tired on most mornings
- was more judgemental and less compassionate
- frequently engaged in negative and self-limiting thoughts
- found it challenging to connect with people
- frequently had a clouded mind, often losing my train of thought, sometimes at very embarrassing times
- was drowsy at work after eating foods that humans aren't designed to thrive on
- lived in a cloud, unaware of many of the subtle details going on around me in each and every moment

My journey into ultra-marathon running was driven by passion. On many levels it was fuelled by an exploration of freedom. It began with a 35km bush run I completed in 2003, at age 30. While I found it extremely challenging, I loved every minute of it. Longer races followed and by 2005 I was excited to enter my first 100 mile trail run. I will typically sleep for 12 to 13 hours for several nights after such a race. Quality sleep is essential leading up to and following these endurance events to ensure that I have sufficient nerve energy to perform to my potential and rapidly recover.

**I can be reached at the following web pages:**

**FORUM:**

[rawnaturalhygiene.ning.com](http://rawnaturalhygiene.ning.com)

**RETREATS:**

[www.rawreference.com](http://www.rawreference.com):

[www.modernhygiene.org](http://www.modernhygiene.org)

[www.facebook.com/rawaussiathlete](https://www.facebook.com/rawaussiathlete)

[twitter.com/#!/rawaussiathlet](https://twitter.com/#!/rawaussiathlet)

My food diary this week is typical of the simplicity with which I eat, consuming between one and three ingredients in most meals. I

consume a 100% raw vegan diet of water rich foods, favoring whole, fresh, ripe, raw, organic plant foods. My diet aligns with the recommendations in "The 80/10/10 Diet" by Dr. Douglas Graham.

I eat in accordance with food combining guidelines. Each day, I eat all the fruit I need in order to feel calorically satiated, meeting my caloric needs. I also eat enough vegetables to be nutritionally satiated, balancing my mineral and other nutritional needs with the nutrients from fruit. Between fruit and vegetable consumption, I am also satiated by the volume of food consumed. Eating this way I don't experience food cravings because I am physiologically satiated on all levels. While emotions attached to memories of eating can also play a role in food choices, I've found that daily reinforcement of the positive habit of eating a truly satiating diet, helps development of emotional poise, breaking down the often self-destructive emotions associated with unhealthy food memories.

My dinner is typically a large serving of fruit followed by a large salad containing a range of in-season organic vegetables. Zucchini noodles with a tomato-based sauce is a regular evening favorite which didn't make an appearance this week.

With a 100-mile race through mountain trails coming up in four weeks, I've chosen this week as a rest week from running, focusing on push-ups and other bodyweight exercises. My daily caloric intake during a rest week is often less than 3000 calories. In a typical week I eat between 3000 and 3500 calories per day, maxing out at 5000-6000 calories a day during a long race.

Most days I find I stay hydrated without drinking any water because of the water content of the juicy fruits and vegetables I consume. I don't have salt (sodium chloride) or dry foods making me thirsty. I add a small amount of water when blending some foods. When I feel the need to drink, I drink as much as I need to keep my urine clear and regular. When I was recently in Arizona and Utah, I was drinking over 1-2 quarts per day. When I did a 29-day water only fast in 2008, I drank over a gallon each day! When I'm racing ultra marathons on a warm day, I estimate I drink 2-3 gallons in a 24 hour period.

## My journey was fuelled by an exploration of freedom.

My eating times are still adjusting this week after having been on tour with Dr. Douglas Graham in the US for the prior seven weeks

during which time we often didn't eat dinner until late in the evening after lectures. I flew back to Australia only two days before starting this food diary; a flight during which I gained 18 hours in time zones!

### Sunday

**9:00AM** 1 honey Murcott mandarin, 1 navel orange. My breakfast is typically juicy fruit such as melon, mango, citrus or a banana smoothie. I couldn't pass up a free citrus snack literally picked up off the road at the Sydney produce markets. With the destructive nature of cars, it was nice to pick up some life off the roadside leaving the market.

**10:15AM** 6 medium Kensington Pride mangoes. Hand peeled and eaten roadside on leaving the market.

**2:00PM** 4 medium Kensington Pride mangoes. Cut off each cheek and score into cubes, inverting to eat, before devouring the sweet flesh around each seed.

**5:30PM** **Mango salad:** 6 medium Kensington Pride mangoes, 1 finely shredded head of iceberg lettuce. Cut off each mango cheek and score into cubes, scooping the cubes over the lettuce. Dressing: Mango hand squeezed off the seeds.

### Monday

**11:00AM** **Porridge:** 21 small Cavendish bananas, finely chopped, 14 pink lady apples, peeled and finely chopped. Sauce: 8 medjool dates, pitted, 3 small Cavendish banana, 2 pink lady apples, dash of cinnamon to taste. Blend sauce to a puree. Mix banana and apple in a large bowl and stir in the sauce.

This delicious breakfast is one of few meals in which I use spices.

**7:00PM** 1 large head of iceberg lettuce, eaten 4 whole leaves at a time, tightly rolled. In a typical week, I'll eat twice a day on most days. I feel best when I fall into a pattern of eating breakfast mid-morning and dinner in the late afternoon.

# WHAT GRANT ATE...

## Tuesday

**11:00AM** Two-thirds of a 20 lb (9kg) seedless watermelon

**2:00PM** **Banana smoothie:** 16 small Cavendish banana, 1 cup distilled water. Blend and drink.

**7:00PM** 1 large head of iceberg lettuce, 4 medium Kensington Pride mangoes, served in large bowl of whole lettuce leaves and a bowl of mango cubes.

## Wednesday

**10:30AM** One-third of a 20 lb (9kg) seedless watermelon

**8:00PM** **Baby food:** 6 medium Kensington Pride mangoes, peeled and deseeded, 1 large head of iceberg lettuce, coarsely chopped, 2 pink lady apples, peeled and chopped. Blend mango first, slowly adding lettuce and apples until baby food consistency is achieved. I enjoyed playing with my food at this meal. It is baby food after all!

## Thursday

**2:00PM** Half of a 26lb (12kg) seeded torpedo watermelon. I ate the seeds without breaking them. For the curious reader, the seeds pass through the digestive tract causing no discomfort and come out whole some 12 to 18 hours later.

**4:00PM** Remaining half of the 26lb (12kg) seeded torpedo watermelon

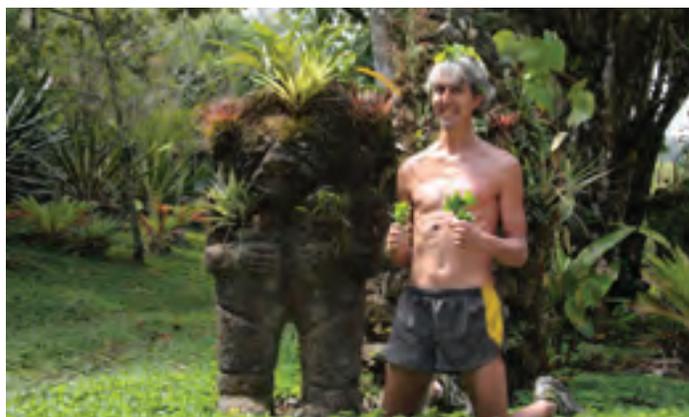
**6:00PM** 2 medium Kensington Pride mangoes (from 5 shared with my son).

I was making my son a bowl of mango cubes from 5 mangoes. He doesn't eat the flesh around the seed, so that's my job! :)

**8:30PM** 1 large head of iceberg lettuce, broken into whole leaves, 1 medium Hass avocado. Wrap several leaves around a spoonful of avocado and devour.

I obtained 16 free heads of organic iceberg lettuce from the wholesale markets due to slight breakdown. Free lettuce is good news as on a typical day, I eat a large head of leafy greens as a salad, sometimes as a smoothie.

**9:30PM** **Snack:** 20 yellow scallop summer



squash, sliced 5mm thick and dehydrated for 4 hours at 105 degrees Fahrenheit. It's amazing how dehydrating a little water out of a whole food leaves you wanting more, more, more! Luckily I have more as I scored a free 11 lb. box of scallop squash from the organic wholesalers. Who says organics is too expensive!

## Friday

**11:30AM** **Raw Bran:** 18 small Cavendish bananas, 12 pink lady apples, cored, peeled and shredded in food processor, 1 cup raisins. Sauce: 4 medjool dates, pitted, 4 small Cavendish bananas, 2 pink lady apples, dash of cinnamon to taste. Blend sauce to a puree. Hand mash the banana in a large bowl, stir through the shredded apple, sauce and raisins. The shredded apple reminds me of the breakfast cereal called All Bran.

**6:00PM** Mango salad: See Sunday

**8:30PM** Snack: 20 yellow scallop summer squash, sliced 5mm thick and dehydrated for 4 hours at 105 degrees Fahrenheit

## Saturday

**10:00AM** 6 medium Kensington Pride mangoes

**12:00PM** 14 small Cavendish bananas

**7:00PM** **Mango Mato Salad:** 2 medium heads butter lettuce, finely shredded. Dressing: 6 medium Kensington Pride mangoes, 8 roma tomatoes. Blend and pour over shredded lettuce. Tomato blended with mango in any ratio is the simplest and most delicious salad dressing, sauce, soup, or drink. So satisfying!!!

A certified Nutritional Consultant and Live Food Chef, I am a former twice a day insulin dependent diabetic who has lost over 110 pounds. I no longer take any kind of medication, plus I have been blessed with much improved eyesight and a rejuvenated circulatory system. Finding the raw food community has been a spiritual experience. It has brought new life to my body, mind, and spirit. When you are sick you pray for a miracle or just give up and die. I was not about to give up.

After being diagnosed with type 2 diabetes in 1985, I was also pregnant the same year. I decided to control my diet with lots of green salads. I had read somewhere that green salads were brain food. At the time I knew nothing about enzymes and raw food. A healthy baby was my goal.

When my son was born healthy I went right back to my fried and greasy foods (SAD-Standard American Diet). I was a good cook and I loved to display my culinary skills; I was my own best customer. After all, there is always a reason to fry chicken. Coupled with an array of starches (sweet potatoes, macaroni and cheese, peas and rice) and very few vegetables, my blood sugar levels and weight soared out of control. Poor food combinations were the problem. Proteins and starches clog your system; they do not digest well together. The digestive system has to work longer and harder to break food down and pass it through the system.



Don't ask me how, but one day I awoke unable to breathe. There I was in the intensive care unit of the hospital; asthma was the culprit. The situation was serious; the medicines did not work well together. The prednisone worked against the insulin. This went on for three weeks. I was released from the hospital with bags of medicine. My body was so depleted that I could hardly get out of bed. I knew I needed a way back.

Throughout the years I had read a lot and had taken herb classes. While buying some fried fish in a Brooklyn market I saw ginseng. After all ginseng is supposed to give energy, and can be beneficial for diabetes and asthma. It worked for me; in a few weeks I was back to work feeling stronger but not my best. However, my weight was climbing. I made the usual attempts to lose weight. I tried it all, Bahamian diet, hypnotism, you name it. Still no real nutrition.

## I decided to control my diet with lots of green salads.

My family and friends were concerned about my weight. A good friend recommended a fasting group. Dr. Valentine explained how a 30-day juice fast with fresh carrot juice and fruit juices would drastically improve my health. He was right. I lost 30 lbs. and my need for medication.



Detoxification was the process; the elimination of toxins through diet and colon cleansing. The repair of the body with live juices (freshly squeezed) and herbs was the healing remedy. Shortly after the fast I learned about food combining. I had never felt better.

One problem - I did not make this my way of life. Back to the old foods and to disease. This time I tipped the scales at 310. I needed help. I began water aerobics religiously. This was good, but I needed more. I secretly knew the hazards of diabetes; my grandmother had both of her legs amputated. Now after several years of being a diabetic my body was deteriorating, I was feeling the side effects of numbness in my fingers and toes, plus blurred vision. It was really getting scary. I knew I was in trouble.

I had heard of several naturopathic doctors in New York, but I was not sure if they could help me. So I prayed for a miracle. A few months later a friend told me about an herb doctor who was coming to Petersburg. I went to see him and started my journey back to health. The idea of eating an all raw foods diet was new to me. I made the transition, however, with the help of a lifelong friend who had studied with Viktoras Kulvinskas (the grandfather of the raw food movement). The doctor put me on raw foods for 30 days. Avocados were my passion, coconuts were my bread. I became energized and I felt 10 years younger. How could this happen? Food in its natural state; raw fruits, nuts, and vegetables have live enzymes. Enzymes replenish the cells. The live foods bring about an accelerated reaction in the digestion of foods. Since the body is no longer struggling to digest dead foods; the enzymes are able to work to regenerate the body.

As with any new program, there were ups and downs. I read more and learned more. I then became familiar with the raw food community. Todd Ewen and David Shore taught me to prepare the foods. Todd gave me my first raw food preparation class where I learned to prepare foods that are delicious and all raw. I can still taste my first raw tomato soup and raw bread. I then started on a quest for more information. I have driven and flown almost everywhere to gain more raw knowledge. I received a Raw Food Chef Certification from The Raw Family of Oregon. This family gave me so much and took me to a

whole new level. I am a state certified nurse, but I did not want to push medicine, so I took classes to become a certified Nutritional Counselor, as I wanted to spread the word about raw food and natural methods of healing. Currently I am studying to become a Naturopathic Doctor.

After taking insulin twice a day for several years, I no longer suffer from diabetes and do not take any insulin or pills. Now I'm free from medication and vibrantly alive on raw.

I am a Certified Nutritional Consultant and offer online consults and assistance via telephone. I also offer 2-day workshops and raw food preparation classes.

Alive and Raw was developed out of a need to help others that are suffering from the deceptively delicious foods that keep most diabetes, asthmatics, obese and chronically ill folks from healing. Alive and Raw focuses on providing live food preparation classes, educational seminars and catering. I am the author of a soon to be released blueprint for becoming insulin-free, through the use of recipes and coaching tips that are provided. In this book I speak freely of my trials and errors with live foods. In addition, I provide nutritional counseling in person or via telephone.

I am passionate about the raw food lifestyle. My spirit unfolds with vibrations of love through the soulfully delicious cuisine that I prepare.  
[www.aliveandraw.com](http://www.aliveandraw.com)

Create A Day Full of Blessings  
Lynda Carter

[www.aliveandraw.com](http://www.aliveandraw.com)

# WHAT LYNDA ATE...

## Sunday

- 6:50AM 8 ounces water with the juice of 1 lime
- 9:00AM 14 ounces green drink, 14 ounces grapefruit juice, 2 tablespoons chlorella
- 11:00AM ½ honeydew melon
- 12:00Pm Peach
- 2:00PM 8 ounces bowl collard greens
- 4:00PM Corn cakes
- 6:00PM Dinner: Glazed tomatoes, lemon mushrooms and corncakes
- 8:30PM 4 Brazil nuts, Ginger green tea

## Monday

- 7:00AM 8 ounces water and juice of 1 lime
- 8:00AM 8 ounces water and Graviola
- 11:00AM Ginger green tea
- 11:30AM 8 pecans, 4 almonds, ½ Alive Bar
- 2:30Pm Large Salad: Mache rosettes and diced pears with lemon pepper and extra virgin olive oil
- 3:30Pm 24 ounces green tea
- 5:00PM Green drink: chlorella and grapefruit juice
- 8:00PM Broccoli
- 9:30PM Green drink grapefruit juice and chlorella with vitamin C

## Tuesday

- 8:00AM 8 ounces water and juice of 1 lime
- 8:30AM 16 ounces green drink
- 11:00AM Large banana

- 12:30PM ¾ cup banana, berries and coconut ice cream
- 1:30PM 1 cup collard greens, ½ cup tomato soup, chilled green and ginger tea
- 2:30PM 8 ounces Peach Cobbler
- 6:30PM Portobello mushroom, glazed tomatoes, broccoli and corn salad
- 7:30PM Green ginger tea and two handfuls of macadamia nuts

## Wednesday

- 8:00AM 8 ounces water and juice of one lime
- 9:30AM Water and Graviola
- 11:00AM 1 large banana
- 12:00PM Green tea
- 2:30PM Corn soup
- 3:00PM Glazed tomatoes
- 7:00PM Kelp Noodles and tomato salsa sauce

## Thursday

- 9:00AM Water and juice of 1 lime
- 10:00AM Water and Graviola
- 11:00AM Peach and 4 Brazil nuts
- 2:00PM Large bowl of kale
- 4:00PM Large bowl of kale with a side of kim chee
- 7:00PM Handful of macadamia nuts and peach
- 8:00PM Water

## Friday

- 9:00AM Juice of 1 lime and 8 ounces water
- 9:30AM 8 ounces water and Graviola

## WHAT LYNDA ATE...

- 10:30AM Green tea and large peach
- 12:00PM Chlorella and grapefruit juice
- 1:30PM Collard greens, live tuna, corn cake
- 2:00PM Warm green tea
- 5:00PM Live corn cake and collard greens
- 7:00PM Honeydew and water

### Saturday

- 8:30AM 8 ounces water and juice of 1 lime
- 9:00AM 8 ounces water and Graviola
- 11:00AM ½ honeydew melon
- 1:30PM Kale and live tuna
- 3:00PM Grapefruit juice and chlorella
- 3:30PM 2 peaches
- 5:00PM Candied yams and marinated kale
- 7:00PM Living African Pudding

## Recipes

### **African Pudding**

- 2 cups sunflower seeds (soaked for 2 hours)
- 2 tablespoons coconut oil
- 1 ½ tablespoons cacao nibs
- 1 teaspoon vanilla
- ½ cup water
- 1 tablespoon of wild honey

Blend in VitaMix until smooth and creamy

### **Glazed Tomatoes**

Slice plum tomato in half.

Cut out the seeds.

Drizzle tomato with extra virgin olive oil, balsamic vinegar and sprinkle with salt.

Dehydrate for approximately 3 hours "WOW"



© Photo Eric Rivkin

A native of Colorado, I love travel, adventure and the outdoors! After receiving my BFA from Colorado State University in 1992 in Graphic Design, I started my own graphic design company. After over 12 successful years in the business, I decided it was time to explore and began traveling abroad doing volunteer work, which included joining the Peace Corps. I have great enthusiasm for sharing my life and learning about other cultures, along with my love of raw food!

I was first introduced to raw food while managing a bed and breakfast, and already a vegan, it was obvious that raw living was the way. I not only found I had more energy than ever before; it also fueled another one of my loves... running! I have completed three marathons, including Boston. Running is a part of my daily life and raw food gives



**I have an immense dedication to encouraging others to use their confidence to live an amazing life!**

internationally offering classes, consultations, private chef services and have an amazing retreat in the mountains of Colorado!

me the stamina and vitality to continue to reach new heights!

I decided to expand my passion by attending **Living Light Culinary Arts Institute** and becoming a certified Raw Food Chef and Instructor. My goal is to inspire others; I have an immense dedication to encouraging others to use their confidence to live an amazing life!

I believe new experiences allow us to grow and change and we should stimulate our intellect, expand our horizons, challenge ourselves physically, and be reminded just how brave we actually are! I have been blessed with success, working



Visit me at [www.beyouretreat.com](http://www.beyouretreat.com) as I encourage and inspire the ultimate in happiness...to "be you." I am also producing a raw granola that rivals anything you have ever tasted! See [www.mindfulmunch.com](http://www.mindfulmunch.com) and order today! It is my goal to share my passion and knowledge of raw foods prepared in ways that promote optimal health, increased energy, healing and amazing vitality! I am available for consultations via email or phone and will travel to you for classes! I am available at [michcerise@hotmail.com](mailto:michcerise@hotmail.com) or 970-222-5604. I would love to be a part of your raw journey!

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[www.mindfulmunch.com](http://www.mindfulmunch.com)  
[michcerise@hotmail.com](mailto:michcerise@hotmail.com)

# WHAT MICHELLE ATE...

## Monday

**8:00AM** **Green juice:** 1 cucumber, 2 stalks celery, ½ lemon, ½ green apple

**10:30AM** ½ honeydew melon

**1:00PM** **Green energy soup:** big bunch spinach, ½ cucumber, 2 stalks celery, 1 green apple, ½ avocado, large handful alfalfa sprouts, juice of ½ lemon

**4:30PM** ½ cup sprouted quinoa

**6:00PM** One bottle grape kombucha

**7:30PM** **Zucchini pasta:** 2 spiralized zucchini with marinara: tomatoes, red pepper, onion, garlic, basil. Caesar salad (recipe in RAW by Charlie Trotter and Roxanne Klein)

**8:45PM** Green juice

## Tuesday

**7:30AM** Green juice

**10:30AM** ½ honeydew melon

**1:00PM** Corn Chowder (recipe included), 2 flax crackers

**3:30PM** 1 green apple

**6:30PM** One bottle cranberry kombucha

**7:30PM** Large kale salad with ½ cup sprouted lentils: chiffonade kale with olive oil, lemon, miso, and red onion

**9:15** Green Juice

## Wednesday

**7:30AM** Green juice

**12:30PM** Collard wrap filled with 2 julienne carrots, and yellow peppers, ¼ cucumber, ¼ zucchini, ¼ avocado, clover sprouts, tomato, 1 tablespoon sweet miso

**3:30PM** 1 green apple, handful dark chocolate covered goji berries

**6:15PM** One bottle Kombucha (regular)

**7:15PM** **Large salad:** romaine and kale with olive oil, lemon, sprinkle salt, ¼ avocado, sprinkle sunflower seeds and pumpkin seeds

**9:15PM** Ginger tea with one stevia packet

## Thursday

**7:30AM** Warm water with lemon

**9:00AM** Green juice

**11:30AM** **Large green smoothie:** 1 banana, ¼ cup blueberries, ½ cup strawberries, handful dried goji berries, 2 dates, 6 romaine leaves, 2 tablespoons hemp seeds, 1 tablespoon spirulina

**3:15PM** 1 green apple, handful almonds

**5:00PM** One bottle strawberry kombucha

**7:30PM** **Large salad:** romaine and kale, ½ cup sprouted mung beans with olive oil, lemon, 1 tablespoon nutritional yeast, sprinkle of dulse, sprinkle salt. 2 pieces onion bread (recipe included)

**9:45PM** Ginger tea with one stevia packet, lemon

## Friday

**8:30AM** Wheatgrass shot (2 ounces), 1 orange

**10:15AM** ½ honeydew melon

**12:30 PM** Large Kale salad, ½ cup sprouted quinoa, ½ cup curried lentils (recipe by Nomi Shannon-The Raw Gourmet).

**4:15PM** 2 dates filled with an almond each

**6:00PM** One bottle green kombucha, 1 Fuji apple

**7:30PM** **Large salad:** mesclun greens with peas,

## WHAT MICHELLE ATE...

corn, spiralized beets, spiralized carrots, ¼ avocado, cauliflower, red pepper, yellow pepper, broccoli, olive oil, lemon, sprinkle salt

**10:15PM** Green juice

### Saturday

**7:15AM** Warm water with lemon, cayenne pepper

**9:15AM** Green juice

**10:30AM** 1 cup blueberries

**1:00PM** **Large smoothie:** 2 bananas, 6 romaine leaves, handful goji berries, 2 dates, 1 tablespoon mesquite powder, 1 tablespoon ground flaxseed

**3:15PM** Handful frozen grapes

**5:30PM** One bottle grape kombucha

**7:00PM** **Large salad:** mesclun, spinach, butter lettuce with balsamic vinegar, olive oil, mustard, salt, ¼ avocado, sundried tomatoes, a few shiitake mushrooms, hearts of palm, alfalfa sprouts, pumpkin and sunflower seeds

**9:00PM** Green juice

### Sunday

**9:00AM** Green juice

**10:30AM** ½ papaya

**12:15PM** **Pecan smoothie:** ½ cup pecans, 2 cups almond milk, 4 medjool dates, ice

**3:30PM** Handful dark chocolate covered goji berries

**5:30PM** One bottle cranberry kombucha, 1 pear

**7:00PM** Green energy soup

**8:30PM** **Banana ice cream:** 2 frozen bananas

pushed through a Champion juicer

### RECIPES

**Corn Chowder** (adapted from The Raw Gourmet-Nomi Shannon)

2 cups corn  
2 cups almond milk  
1 avocado  
1 tablespoon onion  
1 teaspoon cumin  
A pinch salt  
Blend until smooth!

**Onion Bread** (adapted from RAWvolution by Matt Amsden)

3 large onions  
¾ cup flax, ground  
¾ cup sunflower seeds, ground  
¼ cup Nama Shoyu  
1/3 cup olive oil  
Slice onions thinly in a food processor. Transfer to a mixing bowl and add the rest of the ingredients. Combine thoroughly. Spread mixture on dehydrator sheets and dehydrate 24 hours. Flip and remove Teflex. Continue drying another 12 hours.



I am grateful to have grown up in a rural Southern Indiana farming community. We had a lovely garden and my father grew food organically whenever possible. We ate wonderful real foods. When I was in 6th grade, my family moved to a farm where we had many milk goats, chickens, pigs, rabbits, cows and I even had my own horse. We had 40 acres and I ran wild. My family also traveled extensively, throughout all 50 US states, Canada and Mexico. This zest for travel set the tone for my further world travels, now having circled the planet three times!

I always had a strong interest in spirituality. I read every book I could find about mysticism, esoteric arts, meditation and the sacred texts of the world. I read the Tao te Ching at 16. This was no small feat for a girl in rural southern Indiana. I loved roaming the woods, and found nature to be so healing.

I read the Bible a lot too, as we were Southern Baptists. I did get some good values from that. I also managed to survive the challenges of the narrow mindedness of my surroundings, and that my mother found me a bother, by fantasizing about travel, about escape. Sometimes I say, I only survived to escape. I found the world a rough harsh place to be.

Then I moved to Gainesville, Florida where. I continued working as a private duty nurse and did some hospital work; while I massaged everyone I could. I had seen the behind of all my friends! I graduated from the Florida School of Massage with additional certification in Colon Hydrotherapy.

Getting into colon cleansing took my own health to a new level. For the first time in my life, my own elimination became normal, efficient, and complete. Boy! That really increased my energy levels again! My skin cleared up even more. I felt I was on to something that everyone in the world needed to experience. I was like a missionary for the Essene Lifestyle, which is respecting the natural world as our home with many gifts that support our life and health, living in harmony with nature, eating foods without firing, loving and living symbiotically with animals and nature;



## Getting into colon cleansing took my own health to a new level

cleansing the body regularly with fasting, juicing and colon cleansing, and communing with angels and deities daily.

While in Gainesville, I partnered with an amazing man named Golden Sprout who became one of the most influential teachers of my life. Golden Sprout created **The LifeMobile**, an alternative energy demonstration center and living foods kitchen. We could feed a sprout salad with seed cheese and sauerkraut to 250 people a day. The demonstration on the **LifeMobile** included pedal powered juicers, blenders, and a washing machine. We had solar powered motors, dehydrators and water distillers. Golden was the mastermind and brawn and I was public relations and educator.

The **LifeMobile** took off. We ended up at Miami Dade Community College (MDCC) with our own Department in the Environmental Demonstration Center. It was a truly marvelous experience.

In 1983 I experienced another monumental event, being Ann Wigmore's guest at the Hippocrates Health Institute in Boston. Dr Wigmore and I were both born on March 17th. Golden and I enjoyed a 3 week stay with her. We learned from Brian Clement and Anna Maria Gahns Clement back when they did virtually all of the teaching! This was a privilege that started my live food teaching career. I left the Institute and taught everything I had learned there, every chance I got.

On my first pilgrimage around the world in 1983, I visited alternative energy demonstration centers, such as the Ark at the New Achemy Institute on Cape Cod, Massachusetts,, The Centre for Alternative Energy in Wales, and a variety of off the grid villages in Nepal and Asia. I collected many devices and equipment to bring aboard the LifeMobile

In 1985, Golden decided to return to Hawaii. We dismantled the LifeMobile and closed our department at the MDCC. I went on to my second pilgrimage through India. I shaved my head for a second time, and went to Putta Parthi to study

with Sai Baba. For 2 months, I helped with his sprout garden and practiced meditation daily. This trip was gifted to me by an anonymous person who wanted me to experience Sai Baba's darshan. Once again, I traveled home through Thailand and studied meditation at a temple there. Of course I loved eating the mangosteens, durians, and other delights of South East Asia.

I started eating Super Blue Green Algae every day in 1987,. As my energy increased , my moods stabilized, and my sense of well-being dramatically increased; I began to share this most super of all foods with every one I knew. So, this became my cause and my livelihood. I've been blessed by the algae, enzymes and probiotics as well as the priceless relationships made possible through Simplicity Health. Since every one needs these essential foods and nutrients, I have shared them with over one hundred thousand people! I'd love to share them with you, so if you're interested, just contact me.

In March of 2000, my inner guidance told me to return to Hawaii. I was seeing rainbows everywhere! I resisted at first, but finally succumbed. My guides said, "You ask for guidance. You receive guidance. Then you try to talk yourself out of it." They were right! My logical mind was interfering with my inner knowing. So I closed up my house and headed to Hawaii.

While living in Hilo, I planned a tour with Viktoras through the Hawaiian islands. In the promotion of this, I met a man named Eckart Rempe. Rempe was building The Farm at San Bonito, the Hippocrates Health Resort of Asia. He invited me down to help him fulfill his dream. 2002 was spent in the Philippines, helping to build the luxury boutique resort. I helped with the feng shui, trained the nurses and doctors, hired the kitchen chef, set up the colonics, and trained the spa therapists in massage and reflexology. David Wolfe visited me there and I met Woody Harrelson. Chad Sarno and Matt Samuelson helped with the restaurant. We developed many new coconut recipes. See [www.thefarm.com.ph](http://www.thefarm.com.ph)

Returning to Hawaii, I lived a life of mostly of leisure once again. I knew my guides would put me into service but I had no idea how. I thought it would happen with ease and pleasure. Actually, it came with a crisis. My beloved best friend, Youkta, was preparing to transition out of her body. I was called to her side in Costa Rica.



© Photo Eric Rivkin

For the next 2 years after Youtka passed, Viktoras and I traveled and lectured around the country. We grieved together and took comfort in our 30 year friendship. This was an empowering time for me to reach out and share my wealth of knowledge and experience; to introduce others to raw living foods and qigong. I was teaching again and loving it.

In October 2009, while we were at HIppocrates Health Institute in West Palm Beach, Florida, I met with Director Brian Clement. Evidently Viktoras had been communicating my ideas for taking the Health Educator Course to the next level. Brian gave me the opportunity to do it! He invited me to audit the LifeChange Program and the Health Educator Program that was currently in session. I did so. I am so grateful and thrilled.

In December 2009, I joined the staff of Hippocrates and officially started the Hippocrates Health Academy as its Director! Over the next year and a half, I graduated more than 90 new Hippocrates Health Educators. That was a very rewarding job.

Today, I continue to share the raw and living foods lifestyle. I've eaten mostly raw for the past 30 years,. I'm not sure I would have survived without the living foods, qigong, Super Blue Green Algae, enzymes and probiotics. I am so grateful that our raw food community is growing into every country in the world and every social strata. Exploration on a path toward self-love and self-healing has allowed me to then pass on to others the same in their lives.

My lifelong exploration on a path toward self-love and self-healing has allowed me to then pass on to others the same in their lives.

# WHAT KATHARINE ATE...

## Sunday

**8:00AM** 8 ounce glass water followed by 6 ounces rose tea  
2 grams of Super Blue Green Algae  
Smoothie of 8 ounces frozen blackberries and 2 scoops of chocolate Sun Warrior and 16 ounces of water. Continue to drink water throughout the day.

**7:00PM** Small mixed green **salad**: lentil, clover, broccoli and fenugreek sprouts, sunflower and buckwheat greens and a little ripe bell pepper, 4 tablespoons walnut seed cheese, wrapped in Nori Sheet.

## Monday

**8:00AM** 8 ounce glass of water, followed by 16 ounces of tea. Tea: horsetail, nettle, roobios and cats claw with ½ cup fresh orange juice to make it palatable.  
2 grams of Super Blue Green Algae

**11:00AM** 8 ounces of **green juice**: cucumber, celery, sunflower greens

**1:00PM** Salad: lentil, clover, broccoli and fenugreek sprouts, sunflower and buckwheat greens with 1 avocado with olive tapenade and arugula celery root and dulse with lemon juice on it and arame



**4:00PM** 8 ounces of green juice: cucumber, celery

**7:00PM** **Small mixed green salad**: lentil, clover, broccoli and fenugreek sprouts, sunflower and buckwheat greens and a little ripe bell pepper, 4 tablespoons walnut seed cheese, wrapped in nori sheet

4 grams of Spectrabiotic, 120 mgs of CoQ10, all from Simplicity Health.

## Tuesday

**8:00AM** 8 ounces glass of water, 16 ounces of Tea: horsetail, nettle, roobios and cats claw with ½ cup fresh orange juice. I soaked some dried black cherries, about 15 of them in the tea, and then ate their flesh, 2 grams of Super Blue Green Algae

**11:00AM** 8 ounces of **green juice**: cucumber, celery, sunflower greens

**1:00PM** Large **salad**: lentil, clover, broccoli and fenugreek sprouts, sunflower and buckwheat greens with 1 avocado and dulse. It's about 6 cups worth of volume.

**4:00PM** 8 ounces of green juice: cucumber and celery

**7:00PM** Continue hydrating, using 6 Seigan Probiotic packets and 120 mg CoQ10. 1 BG bar

## Wednesday

8 ounces glass of water  
16 ounces of Tea Jasmine  
2 grams of Super Blue Green Algae

**1:00PM** Large Salad: lentil, clover, broccoli and fenugreek sprouts, sunflower and buckwheat greens with 1 avocado and dulse. It's about 6 cups worth of volume.

## WHAT KATHARINE ATE...

**7:00PM** Continue hydrating, using 6 Seigan Robotic packets and 120 mg CoQ10  
4 ounces of homemade cacao fudge with durian in it. Recipe attached.

### Thursday

8 ounces glass of water  
16 ounces of **Tea**: horsetail, nettle, roobios and cats claw with ½ cup fresh orange juice to make it palatable  
2 grams of Super Blue Green Algae

**1:00PM** Large **salad**: lentil, clover, broccoli and fenugreek sprouts, sunflower and buckwheat greens with 1 avocado and dulse. It's about 6 cups volume.

**7:00PM** Continue hydrating, using 6 Seigan Robotic packets and 120 mg CoQ10  
4 ounces of homemade cacao fudge with durian in it. Recipe attached.

### Friday

8 ounces of orange juice diluted with 8 ounces water with 1 healing tablespoon Super Blue Green Algae

**11:00AM** 8 ounces of green juice

**1:00PM** Salad: lentil, clover, broccoli and fenugreek sprouts, sunflower and buckwheat greens. About 6 cups worth of volume. Spiced nut meat, with red bell pepper salsa and cilantro and dulse on top.

**4:00PM** 8 ounces of green juice

**7:00PM** Zucchini noodle pad thai dish with almond spiced cream topping

### Saturday

4 scoops of raw nut ice cream with cacao topping  
Sea week salad with carrots and shitake mushrooms

2 big cacao hearts with dried bing cherries  
2 big cacao hearts with dried durian crisps  
Salad with lentil, clover, broccoli and fenugreek sprouts, sunflower and buckwheat greens. It's about 6 cups worth of volume.  
Hydrating with water.

#### Katharine's Super Food Fudge LF Recipe

1/3 coconut oil  
1/3 agave nectar, honey, or yacon syrup  
1/3 cocoa butter  
1 heaping tsp super food green powder – Simply SBGA powder  
1 cup cacao powder – Can be 1/3 cup carob, and 2/3 cup cacao if you want.  
dash of salt  
dash of vanilla bean powder, or scraped vanilla bean

#### Katharine's Raw Brownies

Add into food processor using "S" blade in this order  
2 cups brazil nuts — grind into a meal  
continue grinding and add  
2 1/4th cup Cacao powder  
(if you use nibs, just grind finely)  
2 tbs Maca Extreme powder  
2 tbs APA BLEND\*  
2 tbs SIMPLY SBGA\*  
continue grinding and add  
2 cup Sweetener. agave nectar, raw honey, yacon, or soaked dates and date water.  
1/4 cup coconut butter  
1/2 tsp vanilla extract, vanilla powder, or vanilla bean  
1/4 tsp salt  
Batter will become a wet ball in the food processor.  
continue grinding in  
1 cup Goji Berries or any dried berry or raisin  
The Berries will soak up the excess moisture.  
Press into a Pan 9" x 12 " pan. - Refrigerate or freeze. Will keep a very long time.  
\*Simplexity products

[www.simplexityhealth.com/katharineclark](http://www.simplexityhealth.com/katharineclark))  
[Healthworkshi@gmail.com](mailto:Healthworkshi@gmail.com)  
[www.kclark.biz](http://www.kclark.biz)

The experience of a severe illness that brought me to the brink of dying, and my love for life propelled me into writing several books: **Celebrating Our Raw Nature-A Guide for Transitioning to a Plant-Based, Living Foods Diet** and its sequel, **Celebrating our Raw Nature, Plant-Based Living Cuisine** (the all raw version with an accent on seasonal meals and recipes for children) are available on Amazon.com.



In addition to numerous guest appearances on television shows, I am the founder of the innovative Green Lifestyle TV (Internet) Channel and host of a talk show called Recipes For Life on [www.iamhealthyradio.com](http://www.iamhealthyradio.com). This comes from the title of my upcoming book **Recipes For Life**, which focuses on all the ingredients needed for a truly sustainable life. I am also featured in a new DVD entitled: **Beyond Raw: A Philosophy** which was released on Amazon.com.

Adding variety to my work as a Certified Living Foods Chef, I was a workshop leader for a medically supervised cleansing and detoxification retreat at the Fox Hollow Clinic and Spa in Kentucky.

As a Certified Movement Analyst/Therapist, I was the innovator and founder of the Movement Therapy Department at Canyon Ranch Spa in the Berkshires where I introduced Pilates and Gyrotonics and under my direction, this department became the most financially profitable department of Canyon Ranch.

I am the founder and organizer of the Green

Lifestyle Film Festival, a nonprofit organization which seeks to change the vision and use of film from violence and demeaning material, to uplifting, educational and motivational works of art.

I am a regular presenter at the annual Bioneers By The Bay Conference in New Bedford, Massachusetts. I teach workshops at Whole Foods Markets across the USA and at Erewhon Natural

Foods Market in Los Angeles where I presently reside. Through my company, Serenity Spaces, I run a catering business and am a private chef. I recently created the menu and trained the staff for a Rudolf Steiner based café called Elderberries in Hollywood, California which opened in October of 2009. It was created for those who wish to add more live, nutrient packed foods to their diet.

I am a Certified Chopra Center Educator specializing in LikeSkills Coaching which includes meditation, Hatha Yoga, teaching Non Violent Communication and I have created a workshop on healing eating disorders through emotional, mental and physical work.

In 2004, I shot a pilot for TV release called The UN-Cooking Show, and in August 2009 I was the featured chef for another TV pilot, now awaiting syndication. I am presently touring the United States and Canada to promote the message of Conscious Eating and to bring healing foods into the forefront.

[Serenity Spaces 310-854-2078](http://www.serenityspaces.org)

[www.serenityspaces.org](http://www.serenityspaces.org)

[www.greenlifestyles.org](http://www.greenlifestyles.org)

## WHAT DORIT ATE...

- 1:15PM Broccoli Slaw: shredded broccoli stalk and carrots with cherry tomatoes, parsley, mashed avocado, Celtic sea salt, lemon juice, olive oil
- 4:35PM Borscht with cherry tomatoes beets, pomegranate, celery juice, sauerkraut juice, peppermint, apple cider vinegar
- 7:00PM A bowl of grapes
- 8:45PM One glass of water with Seigen Probiotics

### Saturday

- 7:30AM Drank one glass of water with Seigen Probiotics
- 9:10AM  $\frac{3}{4}$  of a very juicy honeydew melon
- 10:40AM The rest of the juicy honeydew melon
- 1:50PM A bowl of Israeli Salad with lime juice
- 3:15PM Sprouted Nut Blends from Living Intentions.com
- 5:15PM A raspberry shake with mixed greens and cashews, water, dates, stevia with vanilla and peppermint
- 7:55PM Some grapes



### Sunday



Today is the West Hollywood Book Fair and although I no longer do food demos, for the last 2 years I have been invited as a West Hollywood author so I knew that there probably would not be anything that I would eat there as Whole Foods Market no longer does the catering for the Green Room. So I was prepared to have a fast day if necessary. However, there was a fruit plate available which I had at lunch time after making a glass of grapefruit juice for breakfast before I left home.

The temperature dropped today and since the weather is now "autumn-like" I opened a bottle of Brain On from Vision, Inc. (who makes E3Live) and started taking it before each meal when I am home. Due to the colder temperatures I am also switching over from the high fruit choices of the summer to a lot more greens, especially adding sprouts and Vitamineral Green Powder from HealthForce Nutritionals and Pure Synergy from the Synergy Company.

**RADIO SHOW: Recipes for Life on**  
[www.iamhealthyradio.com](http://www.iamhealthyradio.com)

# WHAT DORIT ATE...

## Monday

- 6:40AM Glass of water with Seigen Probiotics mixed in (see website for details on what I have found to be the best Probiotics thus far: [www.serenityspaces.org](http://www.serenityspaces.org))
- 8:10AM Pure Synergy mixed with Water
- 12:45PM A watercress sprout salad with tomato garlic cilantro lime dressing: Mung bean sprouts, pea sprouts, sunflower sprouts with watercress; 2 D-Ribose tablets
- 7:50PM A bowl of Borscht made with beets and goji berries in a base of celery juice, sauerkraut juice, apple cider vinegar and lime juice



## Tuesday

- 8:10AM Glass of water with Seigen
- 8:35AM 2 bananas
- 9:25AM Orange juice
- 10:30AM Sucked on a B12 Vitamin
- 11:40AM One glass of watermelon juice
- 1:30PM One glass of watermelon juice
- 2:15PM One creamy avocado sprinkled with Herbamare seasoning
- 3:00PM A handful of mixed marinara almonds and pistachios (seasoned and sprouted nut blend) from [www.LivingIntentions.com](http://www.LivingIntentions.com)

- 3:20PM A large glass of chilled celery/kiwi juice with lemon, dill and peppermint (my newest and favorite juice concoction this summer)
- 5:10PM One big glass of chilled celery/kiwi juice plus took 2 D-Ribose tablets
- 7:05PM Seaweed salad, 2 cherry tomatoes, and a large piece of dehydrated sweet potato dipped in ginger/wheat free tamari sauce (picture shown)
- 8:10PM Water mixed with Seigen Probiotics



## Wednesday

- 6:50AM Glass of water mixed with Seigen Probiotics
- 9:25AM One glass watermelon juice
- 9:55AM ½ glass watermelon juice
- 10:30AM 2 bananas
- 12:05PM 2 handfuls of mixed marinara almonds and pistachios from [www.LivingIntentions.com](http://www.LivingIntentions.com) and took 2 D-Ribose capsules
- 2:25PM A bowl of spicy broccoli florets with tomato chunks. The recipe will be in my new book **Recipes For Life** (It is currently available only on DVD); Broccoli florets marinated overnight in Umeboshi Vinegar, (see book **Celebrating Our Raw Nature** on [www.serenityspaces.org](http://www.serenityspaces.org) for the incredible benefits of umeboshi) apple

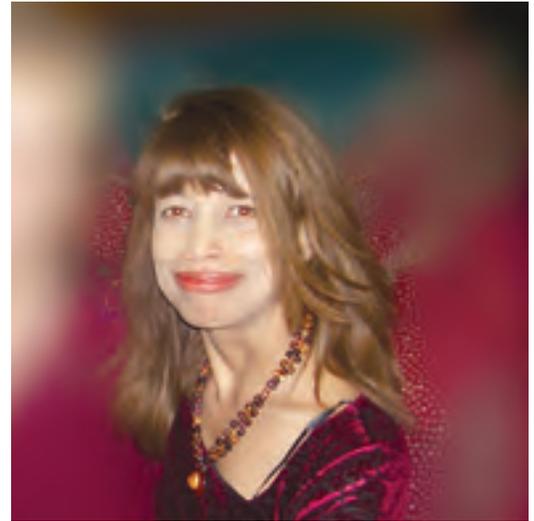
## WHAT DORIT ATE...

cider vinegar, olive oil and Spicy Parma: raw organic walnuts, Red Star vegetarian support nutritional yeast, Celtic sea salt, organic chipotle, organic onion, and organic cayenne. Added diced tomatoes directly over the broccoli so the juice of the tomato becomes part of the marinade. This is one of my favorite meals as it is extremely flavourful with the tomatoes and the marinade softening the broccoli, yet leaving enough "crunch" live factor.

- 7:00PM A large bowl of green grapes
- 8:30PM A glass of water with Seigen Probiotics

### Thursday

- 5:50AM Glass of water with Seigen Probiotics
- 10:00AM Raspberry shake (2 pints raspberries with handful of mixed greens, peppermint leaves, cashews, handful of dates, drop of liquid Stevia with vanilla in water, blended)
- 11:15AM Another glass of the raspberry shake
- 12:15PM Another glass of the raspberry shake
- 1:00PM One small container of borscht soup: beets, pomegranate, celery juice, sauerkraut juice, peppermint, apple cider vinegar. This is one of my most recent concoctions. This recipe will be in the book **Recipes For Life** and is featured at the new Rudolf Steiner-based Cafe for which I created the original living foods menu and trained the staff. The cafe is called ELDERBERRIES on Sunset Blvd (by Curson) in Hollywood, California.
- 1:40PM Bowl of spicy broccoli florets with tomato juice, olive oil, Spicy Parma (This is a raw vegan parmesan style "cheese" created by Shannon at EAT IN THE RAW! Ingredients listed above), and apple cider vinegar as marinade



- 3:15PM A very small portion of Broccoli Slaw: shredded broccoli stalk and carrots, with parsley, mashed avocado, Celtic sea salt, lemon juice, olive oil
- 3:50PM Water and flesh of one young coconut
- 7:45PM One large glass of raspberry shake

### Friday

- 7:20AM Water with Seigen Probiotics
- 9:40AM Banana Split. Due to a very rigorous schedule this morning, no time to juice anything so ate Tomberlies brand Strawberry Raw Vegan Ice Cream and cut up 2 bananas in it.
- 11:15AM A few mouthfuls of Israeli Salad: 3 tomatoes, 3 cucumbers, 1 red bell pepper, 3 scallions, 3-4 pithed olives, olive oil, dash of lemon juice, celtic sea salt (to taste), pepper. Chop the produce into really small cubed pieces. The secret to a really good Israeli salad is finely chopped vegetables. Mix together. Immediately before serving, season with olive oil, lemon juice, salt and pepper. (Israelis tend to sprinkle on quite a bit of salt.) Use fresh lemon juice to give full fresh flavor to the salad. Serve this salad fresh. In Israel, it is eaten at breakfast in the mornings and with a light supper in the evenings.

**M**y name is Esther Elfassi. I live in Israel, in the Judean Hills, between Jerusalem and Hebron. It's a very gorgeous area, rural, with springs and trees dating back into the biblical times. One can actually feel the ancient holiness of the area here. This is where our ancestors traveled and walked and slept and spent their days.

We have a huge house that my husband and sons built 13 years ago, here in a settlement called Bat Ayin, and almost an acre of land.

We have six children and two grandchildren. I have been teaching yoga for the past twenty years, a mixture of the different types. I put together my own style and have ten classes a week. Inside of our house I have a carpeted studio and a large space with lots of green plants and light in which women feel a positive energy and can relax and re-center.

We have hosted ten weddings in our home, all for free, for couples without resources to put together their own ceremony. Very powerful stuff... these weddings. The holiness resides in the home. The walls soak up the joy and we live with this every day.

Besides yoga, I am a doula as well, going with women to assist them during their births. I'm a reflexologist too. And I teach interesting workshops about raw foods and balancing one's lifestyle through positive reflections, diet, movement and spiritual inspirations.

Gardening is my passion. We have olives, pomegranates, grape vines, apples, plums, cherries, almonds, walnuts, carob, figs, passionflower fruit, lemons, peaches, and a few more trees that I don't know the name in English! Plus lots of greens, flowers and herbs...

My husband is Israeli, and teaches kabbala, which is the deep, intense hidden meanings of the written Torah. He is also a musician and scribe. He reaches out to many and helps people deal with all sorts of issues... like a therapist, but even better!

My early childhood was in Philadelphia, and I grew up in the Northeast. My father is a holocaust



survivor and my mother is American born, but her parents were from Russia and Rumania. At an early age, about 13, I discovered yoga (Lilias yoga) on T.V. and got addicted. At about the same time I started getting disgusted at how my mother and my two sisters ate.

My mother, may her soul rest in peace, was very, very overweight. She suffered from diabetes and eventually went onto dialysis, which was horrible for her. Anyway, we grew up on meat, potato chips and hot dogs... lots of junk and we were supposed to enjoy it. I couldn't stand the meat, I used to chew it and then spit it out on the side of my plate. Very gross. I couldn't swallow it. I do remember eating hot dogs and french fries and milk shakes.

At the age of 14 I discovered fasting, after reading **Back to Eden** and I fasted, secretly, for three days. I bought the juice in the store when I went out. I had my own job at a pharmacy and used to watch the people come in and buy junk candies. I was in love with eating sunflower seeds even back then. And apples. Sometimes I could find individual apples sold at stores like those.

## holiness resides in the home



I even had a job at McDonalds!! That was revolutionary for me. I learned how not to live and loved the lessons. Very powerful, actually...

I would walk two miles to high school, each way, simply to be alone and walk under the blue sky, contemplating and dreaming about my future and how I wanted to live and knowing and praying (I was not at all religious then, but knew I was a Jew and loved it. My soul was leading me.) that I would leave Philadelphia as soon as the opportunity came up.

At 17, I graduated from high school and went to college in Boston. A transforming experience. When I saw the food served in the cafeteria, I went vegetarian immediately. I had a blast in Boston. School wasn't for me at that time so I saved my money from washing dishes and bought a ticket to Israel. After one year; I fell in love and immediately knew this was my home. My true home.

During seven years of traveling I ate raw most of the time already, especially in Mexico and central America, in Europe and in the Sinai. I have been vegan about 20 years, and raw, or almost all raw for about 15 years, and vegetarian for 33 years.

After we settled in Safat, in the northern part of Israel, I used to bake whole wheat pizzas and cookies and prepare different foods for sale, and for a small dairy café. Food prep was always easy and flowed with me. I have catered many events and I love it. But I will only prepare healthy dishes...

I fast at least four times a year and at least one of the fasts, during the summer, is ten days to two weeks long. The others last from 3-7 days. Many times I will go through whole days only on green smoothies, or juices. As I mature, I am now 50 years old, I am quite in tune with my rhythms and my needs. Sometimes I crave protein, so I go for nuts. Very, very rarely I will eat a tiny piece of salmon. Never, ever do I eat dairy. Or sugar. Or flour (except my bread on Shabbat). They are the worst, in my opinion.

**Blessings for success and much health, joy and light.**

## Sunday

I wake up between 5:00 and 5:30 AM each morning. The first thing I drink is water with a pinch of sea salt dropped into the cup. Three large cups of this. I follow with a fourth cup of water and squeeze half of a lemon in it and drink it down. Some mornings, I add two tablespoons of flax seed oil, kept in the freezer for freshness. Then I drink the lemon water. After this ritual, I prepare a teapot with my herbal mixture and add in a beautiful sprig of sage and lemongrass and pour boiling water over the mixture and let it sit for five minutes, adding in a tablespoon of raw and organic honey. The **tea blend** contains the following herbs: 1 ½ tablespoons yerba mate, 1 tablespoon nettle leaves, 1 tablespoon oatstraw, 1 tablespoon licorice, 1 tablespoon marshmallow leaves, ½ tablespoon gotu kola, 1 teaspoon astragalus, 1 teaspoon passion flower, 1 teaspoon ginkgo, ½ teaspoon valerian... this is the basic blend. I do add different herbs or leaves or barks sometimes. I drink this every morning, and it soothes me as it wakes me up. A whole teapot is about four cups, but when I mix all this together, I take about 2 tablespoons of the entire mix and then use that so it's not as much as it seems. I pre-mix it in a container. I love hot tea in the morning. I will drink this blend throughout the early morning hours and afterwards.

**10:00AM** 1 ounce shot of wheatgrass juice, mixed with filtered water, a squeeze of lemon or lime and ¼ teaspoon of grated ginger

**10:15AM** 1 **green smoothie**: 2 apples, 2 bananas, 1 medium mango, 2 dates, 7 leaves of kale, 3 leaves plantain, 1 sprig lamb's quarters, ¼ organic lemon with skin, 1 ½ cups of water, 1 tablespoon chia seeds, and 1 tablespoon goji berries, blended together. I share this with my daughter, but I drink about three cups of it. 4 tablets of spirulina. tahini.\*

**3:15PM** I snacked on 5 Brazil nuts when I came home and drank two large glasses of filtered water. The salad included: 6 large chicory leaves, 4 spinach leaves, 5 Swiss chard leaves, 3 huge Russian purple kale leaves. Roll the leaves together into a log shape and slice them with a sharp knife into thin slivers. Alfalfa sprouts, 1 avocado, and a simple dressing: a splash of olive oil, 1 tablespoon lemon juice (half a lemon), and Atlantic salt. To accompany the salad, was tehina (homemade) from whole organic and raw sesame seeds. I added in water, lemon, olive oil, garlic, salt and za'atar. I ate this with my own flax crackers: tomato-onion-cilantro-garlic, golden flax, ground up and blended with veggies and then dehydrated.

## WHAT ESTHER ATE...

**5:30PM** 2 glasses of water

**6:00PM** 1 orange, 1 clementine

**6:30PM** Chamomile tea with honey

### Monday

Repeat of my morning ritual: water, lemon water, large teapot of my tea mix. Skipped the wheatgrass today.

**10:00AM Green smoothie:** 2 apples, 1 frozen banana, ¼ lemon with peel, 1 tablespoon chia seeds, 4 large ribs of celery, with leaves, 7 sprigs of parsley, and 1 cup of water blended up. I sipped this all morning until about 1PM. 4 tablets of spirulina.

**1:00PM** About 1 ½ cups green smoothie and 7 homemade dehydrated **oatmeal cookies**: 2 cups of groats soaked overnight. Soak: 5 apricots, 5 prunes, 5 dates, a handful of dark raisins, and a handful of goji berries, blended in a food processor, beginning with the oat groats. I don't even sprout them a second day, I just grind them up until really fine, then add the dried, or rehydrated, fruit. Add 2 tablespoons of honey and 2 tablespoons coconut oil. I dehydrate them for about five hours. They are so delicious, simple to prepare and so satisfying.

**4:30PM Small salad:** 3 leaves chicory, 4 leaves Swiss chard, 4 kale, 1 sprig of wild fennel, ½ avocado, 3 tablespoon soaked hiziki. The dressing was tahina, water, lemon, garlic, olive oil salt, and cumin, all blended together plus 5 flax crackers with sprouted quinoa in them, and almond butter spread on top

**5:15PM** Cup of **chai tea**: cinnamon, cloves, ginger and cardamom with touch of honey

**6:30PM** Large orange, 1 persimmon

**7:30PM** Handful of roasted sunflower seeds as a snack

### Tuesday

My morning ritual as on Sunday.

**10:30AM** 2 cups of carrot juice

**12:30PM** 6 Brazil nuts, 1 clementine

**1:30PM** 8 large flax crackers with tahina and tomato sliced on top

**2:30PM** 4 large glasses of water

**5:30PM** Glass of white wine at wedding

**8:00PM** One banana

### Wednesday

#### **Morning ritual**

**10:00AM Green smoothie:** 2 red apples, 1 orange, 1 frozen banana, 1 tablespoon chia seeds, 5 medium size wild lettuce, 4 large kale, 5 spinach leaves, small handful of parsley, ¾ cup of water

**1:00PM** 5 celery sticks with almond butter

**2:00PM** 3 large glasses of lemon water

**5:30PM** Green cabbage salad with grated carrot, grated beet, Swiss chard leaves, one sheet of nori ripped into pieces, ½ handful of sunflower seeds, unsoaked, dehydrated kasha (buckwheat) sprouts sprinkled on top. Olive oil, lemon, salt as dressing. 3 flax crackers.

**8:00PM** Cup of valerian tea

### Thursday

**5:00AM** Morning ritual

**6:00AM** Wheatgrass with lemon and ginger

**10:30AM Green smoothie:** 3 apples, 1 persimmon, 2 bananas, 1 tablespoon chia seeds, 5 plantain leaves, 5 leaves lambsquarter, 3 kale, 4 bok choy, 1 cup of water, ½ lemon with peel.

**1:30PM** 1 avocado mixed with lemon juice, salt, garlic, and tomato spread on large **veg-flax crackers**: 2 cups of organic golden flax soaked overnight, 6 tomatoes, bunch of cilantro, one small onion, one clove of garlic, and 1 cup of pumpkin seeds ground up in blender. Mix up and add more water as needed. Spread on sheets to dry for about 6-7 hours, then flip sides for another two hours. I put this little sandwich inside of huge kale leaves and ate it like that.

## WHAT ESTHER ATE...

**4:00PM** 2 cups of water

**6:30PM** 2 organic oranges

### Friday

**5:00AM** Water, wheatgrass, tea

**10:15AM** 2 cups of fresh **almond milk**: soak one cup of almonds in cold water for at least 8 hours, or overnight. Pour off water Put four cups of water into blender, one cup of almonds 2 or more coconuts, depending on your love of coconut... dried, or fresh (better!), in blender and blend at high speed for two or so minutes. Then strain through a fine mesh material into a bowl to catch the milk. Save the pulp. Squeeze out all milk. It takes a couple of minutes to totally drain, then put the milk back into the blender. Add in about 10 dates, depending on your sweet tooth, and a small piece... about ¼ inch or so of vanilla. Blend again for a minute or so. Absolutely delicious, satisfying and so wonderfully pleasant for kids, adults... everyone! I freeze it in small little containers sometimes and give it to my kids or grandkids as ice cream. Very easily digested and strengthening.

**11:00AM** 5 crackers with tahina and leaves of spinach on top.

**2:30PM** Large cup of hot chai tea. Shabbat!!! Our special day in Judaism, for those of you who don't know, is the Sabbath. It begins on Friday night and carries over into Saturday all the way until the first three stars shine their light on Saturday night. This day, we eat more than any other day, the best foods, we wear our most beautiful clothing, we clean the house and invite guests and really spend time with one another, good conversation and a nice walk in the forest, visit friends, read good books, sleep a bit more, and of course, we pray! Much more to say about this... but as far as my diet goes, on this day I eat much more and spend many hours in the kitchen preparing for the huge meal. I do prepare many, many kinds of food, including food that I never ever eat or taste in preparation. Chicken, fish, and all sorts of very healthy cooked foods. My husband and kids and guests really enjoy it so I cook and bake for them. I won't go into the whole menu that is served at the table. I will say what I myself eat...

Two small, about the size of a little cookie, **sprout rolls**, made from a combination: rye berries, wheat berries and oats. I baked them on low temperature in the oven for fifteen minutes. They are rolled in

sesame seeds and a touch of olive oil. No water or flour added. **Sunflower pate**: sunflower, walnut, celery, olive oil, lemon juice, water, zhug (spicy spread), cilantro, parsley, tomato, hot pepper, garlic, olive oil, lemon. Almond pate: almonds, brazil nuts, tehina, olive oil, lemon, water. **Salads**... my favorite. These amounts are for about 10 people on average: 1 large grated beet, 2 large grated carrots, 6 leaves chopped kale, 5 leaves chopped Swiss chard, 10 leaves chopped spinach, handful each of fenugreek sprouts, mung bean sprouts, lentil, and alfalfa, 3 tablespoons soaked hiziki.

Main salad that everyone likes: one whole lettuce, two chopped cucumbers, one large sweet red bell pepper, four green onions chopped finely, olive oil, lemon, salt on all salads. I eat a huge portion of salads and about 2 tablespoons each of the spreads. Usually I take one or two bites of the deliciously freshly baked bread that I bake on Friday. Sometimes I bake sourdough bread, but I hardly touch it, so I have not been doing it lately. When we have guests who love it, I prepare it.

### Saturday

Shabbat morning: same water, lemon water, tea. No wheatgrass on Shabbat.

**11:30AM** An early lunch. By now my system is quite used to this, as I have been living like this for 27 years. At first, I would feel terrible after such a mass of food was ingested into my system, but by now I have control and eat only the choicest of the choices so I can digest it all with ease and great enjoyment. It's a treat each week to have such a beautiful selection of food and friends and family grace our table and enjoy each other along with the meal. I prepare a cholent, (a stew with meat, vegetables and potatoes often put in the oven on very low heat the night before) which has been cooked overnight, and it is utterly delicious, but I do not eat it at all! I eat basically the same as the night before, sometimes adding in a baked sweet potato, which I love and ate this Shabbat. I ate about three cups of salad and 3 tablespoons of each pate. I snacked on about ½ cup of roasted, not raw, sunflower seeds, in their shells. We sit around talking and cracking these seeds. It's funny to watch, but a very Israeli custom. I drank a cup of organic grape juice too. For dessert: 3 cookies I made from poppy seed, coconut, sunflower seeds, and pumpkin seeds.

**4:30PM** 4 flax crackers with more pates and salad

**5:30PM** Chamomile tea

I am the author of **Alive in Five**, **Holiday Fare with Angela**, and **The Simple Gourmet**, with more books on the way! I am the inventor of "Raw Nut-Free Cuisine" and "The Celestialwich™", and the owner and operator of She-Zen Ecological Cuisine. I'm also the Executive Chef for The Raw Divas.

I am certified in many modalities including: Medical and Master Herbalist, Nutritionist, Herbal skin therapist, certified gourmet chef, Reiki master, Polarity practitioner, Holistic Health Practitioner, Holistic Animal Therapist and more...

I was raised in Arizona by a world-renowned physicist/chemist and a gourmet French chef/writer whose occupations enabled frequent travel abroad and instilled in the young Angela a life-long fascination with various cultures. I lived in many different countries, attended school in two of the them, and spoke Swedish and Dutch fluently.

When asked why I eat raw food, I can only say that, raw food makes me feel amazing. It makes me feel adventurous and totally alive. At one point, I was dying, with only 2 weeks left to live according to the doctors at the time, and raw food helped put me back on the path to life. Now that I am truly alive, I can't imagine ever going back to cooked food. Raw food is exciting, full of flavor, and lots of fun! Every day is a party for me, I am grateful to be here and to be able to share with so many wonderful people. I have been eating 100%



raw for over 11 years and I have been juicing every day since I was 15 years old.

I've contributed to various publications, including **Vegnews Magazine**, **Vegetarian Baby** and **Child Magazine**, and I've taught gourmet classes, holistic classes, lectured, and on occasion toured with Lou Corona, a nationally recognized proponent of living food.



## The Celestialwich

For many years I was making my amazing celestialwich. At every event we have attended with this divine nut-free sandwich, we have sold out in under

an hour! :-)) I created it over 10 years ago and trademarked it. It is currently not available but that could change at any time.

[info@she-zencuisine.com](mailto:info@she-zencuisine.com)

[www.she-zencuisine.com](http://www.she-zencuisine.com)

619 726-7685

## WHAT ANGELINA ATE...

I always water fast, In fact, I have done three 40 day water fasts in my life. I don't eat a lot; I am mainly a juicing kind of gal. Not all of the recipes are from my book; a couple of them are new recipes that will most likely go into another book. I create new recipes daily for my clients, books, and also the Raw Divas.

### Sunday

- AM 1 cup of hot water and lemon upon rising; 12 ounce glass of fresh hand squeezed orange juice; ½ cantaloupe
- PM 16 ounce glass of **green juice**: 1 head Swiss chard, 1 head kale, ½ bunch parsley, 1 bunch cilantro, ½ bunch dill, 15 celery stalks, 9 apples (okay, so I love a lot of apples, if you don't then add less.), ½-1 jalapeno, 6 lemons with peels removed, 2 carrots. Juice and enjoy! This recipe makes over a pitcher of juice and will keep in the fridge covered for a day or so.
- Evening 8 ounces of fresh carrot juice

### Monday

- AM 1 cup of hot water and lemon, 12 ounce glass of fresh hand squeezed orange juice, bowl of raw yogurt and berries (recipe included)
- PM 8 ounce glass carrot juice with lemon
- Evening Lemon Ginger Blast (recipe included)

### Tuesday

- AM 1 cup of hot water and lemon upon rising, 12 ounce glass of fresh hand squeezed orange juice
- Afternoon Vanilla Shake-TACULAR! (recipe included)



- Evening Lou's Lemon Ginger Blast

### Wednesday

- AM 1 cup hot water and lemon upon rising, 12 ounce glass of fresh squeezed orange juice
- 3 Hours Later 2 ounces wheatgrass juice
- Afternoon Water fast
- Evening Water fast

### Thursday

- Morning 1 cup hot water and lemon upon rising; water fast
- Afternoon Water fast
- Evening Water fast

### Friday

- Morning 1 cup hot water and lemon upon rising, 12 ounce glass of fresh hand squeezed orange juice, Banana's Gone Wild Smoothie (recipe included)
- Afternoon 2 ounces wheatgrass juice
- Evening Lou's Lemon Ginger Blast

## Saturday

- AM Same as Wednesday including wheatgrass juice later
- PM Angela's Top Secret Sushi
- Evening 12 ounces carrot juice



Angela's nut yogurt with fresh berries and a glass of dessert milk. Photo courtesy of The Book Publishing Company from the book **Alive in Five**

### Recipes

#### Yogurt (from my book **Alive in Five**)

- 2 cups filtered water
- 1 cup almond pulp, left over from making almond milk
- 1 cup soaked raw cashews
- 2 teaspoons probiotic powder
- ½ fresh vanilla bean
- 1 pint blueberries
- 1 pint strawberries

Combine the water, almond pulp, cashews, probiotic powder, and vanilla bean in a blender, and process until smooth.

Pour into a glass container, and refrigerate for at least 2 hours before serving.. Serve with fresh berries.

#### Lou's Lemon Ginger Blast

Put through a juicer:

1 peeled lemon (include the peel or part of it if organic)

2" fresh ginger, sliced (or to taste)

1 apple (Fuji or Gala are preferred, as they are sweeter)

1-2 cups water

Add 1 teaspoon of cayenne pepper (preferably 90,000 heat units, or start with less and increase the amount of cayenne pepper over time as you get used to the taste.)

#### Vanilla Shake-TACULAR

3 tablespoons vanilla powder (Sunfood Nutrition)

25 pieces of frozen banana (take fresh ripe bananas, slice them, and freeze them in a bag for at least 24 hours)

4 cups hemp milk (made by adding 3 tablespoons hemp seeds to four cups of spring water and blending until smooth)

A pinch of Himalayan salt

Dates, agave, or whatever you prefer to sweeten. I use dates.

½ cup of ice

2 tablespoons raw coconut oil

Blend everything until smooth and creamy! YUM! You can add things like Maca, Lucuma, Earth, and whatever other superfood gems you want for

## **Bananas Gone Wild!**

- 2 frozen bananas
  - 2 handfuls organic baby greens
  - 1 kiwi, peeled
  - 1 large avocado
  - ½ cup fresh strawberries
  - 15 medjool dates soaked in water for 1 or more hours; the longer you soak the better.
  - 2 tablespoons fresh lime juice
  - ½ cup ice
- Directions:  
Blend everything and drink!

## **Angela's Top Secret Sushi**

- 1 ½ c soaked sunflower seeds
- ½ c chopped fresh dill
- ½ sweet onion
- 2 celery stalks, chopped
- 1 tomato chopped coarsely
- 3-4 tablespoons fresh lemon juice
- ½ jalapeno  
(I skip the jalapeno for the kids!)
- 1 teaspoon salt
- 1 teaspoon olive oil
- Freshly ground black pepper
- ½ cup red bell peppers, chopped into matchsticks
- ½ cup peeled cucumber, chopped into matchsticks
- 6 sheets nori
- Lettuce

Combine the sunflower seeds, dill, onion, celery, tomato, lemon juice, jalapeno, salt, olive oil, and pepper to taste in a food processor, and pulse chop until evenly chopped, but still slightly chunky. Carefully spread the mixture evenly over each nori sheet, roll them up and slice into 1 ½ inch pieces. Arrange the pieces on a bed of lettuce. To make these rolls more like traditional sushi rolls, place one or two bell pepper and cucumber matchsticks on the mixture before rolling up the nori sheet.

I like BUBBIES brand dill relish and their pickles and Sauerkraut. I highly suggest you get pickles and chop them up and put in the 'tuna' that goes into the wrap!! Enjoy!



Founder of Visionary Culture, Raw Inspirations and Anchor the Dream, I am an event producer, radio host and workshop facilitator with a mission to uplift and inspire humanity especially in the profound arena of new paradigm group collaboration. My workshops on Collaborative Visioning bring together 25 years of experience as a healer, workshop facilitator, and collaborative visioning facilitator. My books "Raw Inspirations" and an e-book on my delicious raw vegan power beverages are soon to be released.



I have been a panelist, panel host, workshop facilitator and emcee at Festivals such as Harmony Festival, Water Woman Festival, The Raw Games, Raw Union, Raw Spirit Festival, Evolution Festival, 2012 Quantum Leap, and others. I designed 2009's Harmony Festival Visionary Culture Panel, with moderator George Noory and co-panelists David Wolfe, Daniel Pinchbeck, Caroline Casey, and Starhawk.

I have been involved as a leader in the raw foods movement for the last eight years. I went raw in order to get well. Overcoming hypoglycemia, poor assimilation, chronic fatigue and regular migraines, I have been sharing the raw vegan wisdom through teaching raw food prep classes, lecturing and producing events.

## I went raw in order to get well.

Host of Visionary Culture Radio, I feel as though I am a midwife to our collective SHIFT in consciousness necessary to transition into harmony and regenerative living on earth.



On my radio show and in live forums, I bring together unique and powerful individuals for collective dialogue toward global healing and solution to our challenges. As an event producer, I recently produced The Raw Union Festival in Southern Oregon; Visionary Culture's Soul Nourishment Experience Powered by the Bliss Bar for 2012 Quantum Leap; the 2008 Harmony Eco Village, and Maui Mystic Garden Party in 2008. My work as producer took The Raw Spirit Festival from the 200 to the 2000 level in 2007.

A longtime student of healing, I am certified in Traditional Thai Yoga Massage, Soul Clearing, Reiki and Theta Healing, and have developed the healing modality called Core Star Activation. The modality Manna Touch is in development. I have studied energy healing for many years and am 'on call' to assist people in shifting beyond old energetic patterns and beliefs, as well as clearing spaces, people and objects from non-productive energies and entities.

As a raw vegan educator, I have taught numerous classes on Raw Gourmet Food Preparation, and currently offer a one-day Raw Vegan Chef Certification Course which gives raw vegan enthusiasts the basics for preparing delicious, nutritious, divine raw vegan foods for their families and communities. One of the original members of the Hologram of Life Councilship, I work closely with

the Holographic Living Model to help organizations shift from hierarchy to collaboration. Ecstatic Dance is also one of my favorite activities for body, mind, heart and spirit.

I have created Visionary Culture as the overlighting body to fulfill my mission and dedication to doing her best to assist in midwifing THE SHIFT toward cultivating resonant harmony, true freedom and peace on earth.



On a personal level, having been born into a family riddled with alcoholism and over eating, I had a lot of personal challenges to overcome. I never went down the path of alcoholism, having become aware of this and cut it out of my life at age 21, however, the overeating issue did stay with me and I was truly a sugarholic.

I give thanks for my experiences and life lessons that all of this brought me. I truly know that there is no need to judge or make wrong what we came into in this life. All life choices are valid and all challenges lead to growth.

Overcoming the tendencies of this family lineage and my own personality of overindulgence and emotional eating has been a life-long journey. Deeply buried emotional energies and shame around body size, shape and weight, eating habits and using food to soothe my soul in times of trouble have come out over the years in various layers to be processed and healed.

My personal raw foods journey has morphed and changed several times over the years. It seems the

body needs certain things at certain times. For a couple years, I had been going back to eating some cooked vegan foods, at parties or during winter times. What I am continuing to discover about myself and my own body, is that I do better raw or almost 100% raw vegan. When I begin to eat the cooked foods, the old energy patterns of overeating have a tendency to slip back in more easily.

I was on the "chocolate diet" for a number of years, eating a large amount of raw cacao daily in smoothies and other recipes. I have recently left this part of life behind, now only enjoying raw cacao rarely. It seems my body 'had its fill.' I am noticing about myself that I do progress, I do continue to make improvements, I do continue to make better choices in life and find that deep and true healing really are emerging.

My Taoist teacher once said something very profound to me. This was such a simple thing to say however its impact has carried me through so many challenges over the years. He said, "Never give up on yourself." Of course I follow my Sensei's instructions! And this one has popped into my head more times than I can count, keeping me on track, keeping me growing, improving, reflecting and recalibrating.

So now it is my turn to say this to you. Never give up on yourself! No matter what your challenges, no matter how you have hurt yourself with food or other addictions, you are a beautiful light to the world with so much to give. Your efforts toward self reflection and personal growth help the whole world. Every time you make a higher choice, or forgive yourself for making a hurtful choice, everyone feels it, somewhere deep inside. So thank you. Thank you for being you. Thank you for sticking with it, no matter what. You are worth it.

Many blessings!  
Laura Fox

[www.visionaryculture.com](http://www.visionaryculture.com)  
[www.rawinspirations.com](http://www.rawinspirations.com)  
[www.bestofraw.net](http://www.bestofraw.net)  
[www.divinemeditations.net](http://www.divinemeditations.net)

# WHAT LAURA ATE...

## Monday

- AM Water early in the day
- PM Wasn't hungry until 4 pm, then had a packet of Govinda's Nori Wraps 'Japanese' flavor, and a Kevita probiotic beverage, followed by a rice cake with a little bit of avocado and sauerkraut\

## Tuesday

- AM A smoothie made with banana, orange, lemon, raw honey and ginger
- PM Raw salad of veggies and balsamic vinegar-olive oil dressing with sea salt and lemon, tempeh and steamed veggie dinner

## Wednesday

- AM/PM Fasted on milk thistle and & nettle tea with raw honey

## Thursday

- AM/PM Fasted on milk thistle & nettle tea with raw honey

## Friday

- AM/PM Fasted on milk thistle & nettle tea with raw honey

## Saturday

- AM A smoothie with local persimmons, lemon, orange, ginger, raw honey and banana with HealthForce Nutritionals Warrior Food vegan protein
- PM Some plain red potatoes with salt and olive oil

## Sunday

- AM Water
- PM Creamy Zucchini Soup around noon: zucchini, avocado, lemon, garlic, sea salt, fresh basil, water. Brown rice and black beans for dinner.

## Recipes

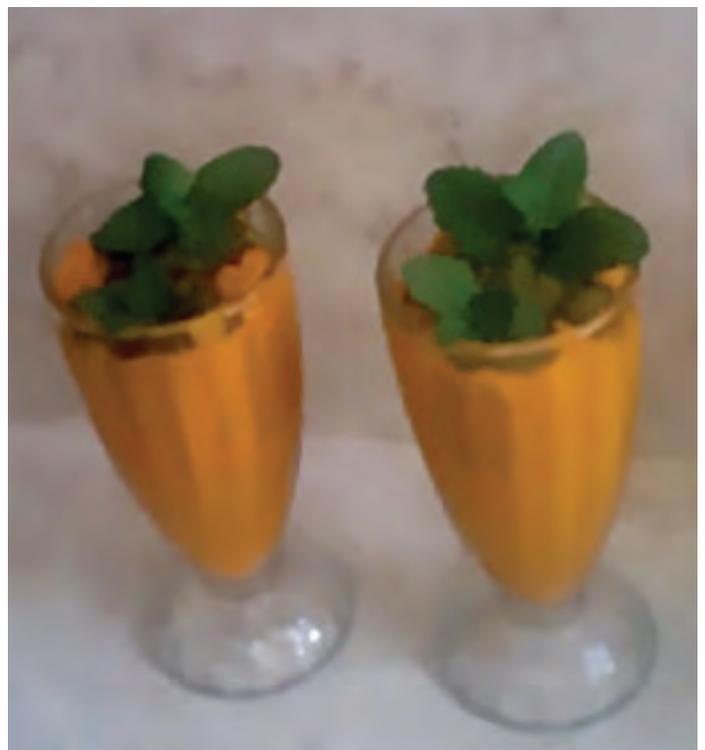
From the eBook Fox Elixirs: Raw Vegan Power Beverages by Laura Fox

### **Orange Silk Shake**

Wow this one is a real palette pleaser.

- 4 very very ripe Hachiya persimmons, peeled
- 1 orange, peeled
- 2 frozen bananas
- 1 handful fresh mint
- 1 fresh basil leaf
- 1 stalk fresh dill
- 1 teaspoon raw honey
- 1 teaspoon fresh lemon juice
- 3 slices fresh ginger
- 1 cup water (or more if you want it thinner)

Blend in your VitaMix or other blender until smooth. Serve in a beautiful glass with fresh mint sprigs and a dash of Vitamineral Green or other green powder. The herbs really make this awesome orange silk shake "pop" with flavor! The persimmons were grown in my friend Joey's back yard. Joey and I started the Sound Nourishment Experience together as a way to inspire us in new pathways for connection with our foods. [www.SoundNourishment.com](http://www.SoundNourishment.com)



### Sunflower Baby Spinach Patae Burritos

Serves 1-2, depending on how hungry you are.  
Multiply the ingredients for more servings.

#### **Pate:**

Juice of ½-1 lemon (to taste)  
1 cup sunflower seeds, soaked 2-8 hours and drained  
1 full cup baby spinach  
Sea salt to taste  
Basil (fresh is best)  
1 teaspoon cilantro  
½ teaspoon dill  
Garlic to taste (fresh or powdered)  
1 teaspoon raw honey

#### **Burritos:**

Red Cabbage, Romaine or other green leaves for burrito wraps

#### **Toppings:**

Diced Tomato  
Diced Spring Onion  
Olives  
Pine Nuts  
Sprouts

Process all ingredients except the cabbage or other large leaves with the S-blade in the food processor until it reaches your desired texture. If you want it to be more like tuna fish, process less and leave it chunkier. If you want it to be a spread, process longer, until smooth. If you don't get a chance to soak the nuts, or if you just want it to be smoother, add a bit of water.

Spread the pate onto the leaf of your choice: red cabbage, romaine, etc. Sprinkle on toppings, and a dash of lemon juice and sea salt (optional), and devour!

### Simple Raw Vegan Strawberries and Cream

I love eating a simple raw diet. This includes lots of fresh fruits and vegetables, herbs and green leafies, with minimal spices, and no seeds or nuts for this week. Here is a delicious and simple recipe that is very satisfying.

Serves 2

1 container organic strawberries, sliced  
½ teaspoon fresh ginger, grated  
Mint, maybe ten leaves

Cream: 1 young coconut, all of the meat and 1 cup of the water (1 coconut will do if the meat is plentiful. If the meat is sparse, use the meat of two coconuts and still use only 1 cup of the water.

Place the sliced strawberries in a pretty bowl. Blend the cup of coconut water together with the meat, and add ½ teaspoon of organic vanilla. Blend until very smooth and creamy. If it seems too thick, add more coconut water. If it seems too thin, add more meat. Pour cream over strawberries. Sprinkle with ginger shavings and mint leaves.

Enjoy!



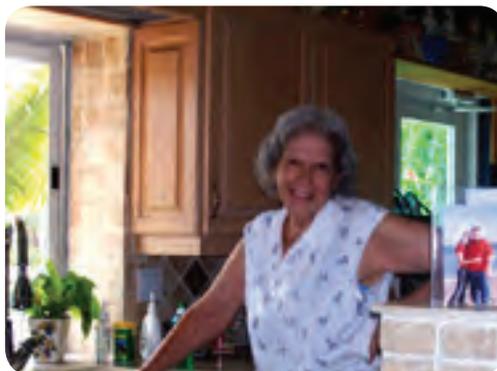
© Photo Eric Rivkin

I am a "YOUNG" 81 years old, as my grandchildren will say. Age is only two numbers side-by-side. My husband died when he was only 62 and I thought that was a young age to die so I started doing some research. I went to a Patriot meeting with one of my sons when he lived in Florida. I found some books there and bought them. These were books that you wouldn't find in a library, but you can find them in a health food store. So that is what got me started.

I immediately quit eating meat of any kind. I ate nothing that had a face on it for 17 years. It took me a year to get off of cheese as I loved cheese. But every time I opened a package it smelled awful.

And as my system got cleaner and cleaner, I started giving up the food that I was raised with: Feta cheese, Greek Rice Soup made with eggs... I can't stand to smell eggs to this day. Pasta... I even started baking bread from grain. I bought a bread kneader and a grain mill. It took an hour to bake 12 loaves of bread from the grain to the cabinet to cool. The bread was excellent but then I started reading more books and found out that it was the bread that was causing the mucous in my body.

So to everyone's dismay I packed up all my bread equipment and it is now stored in my garage. And then I started looking for organic food. I couldn't get the grocery stores around where I live to carry any organic food as they



said they would have too big of a loss. I was writing to a Mormon (Church of Latter Day Saints) girl in Utah and was telling her all about it and she sent me some material which helped me to start an organic food coop. I had a big truck pull up

here once a month from Wisconsin and unload between \$10,000-\$12,000 worth of food. The first year I was their only customer. I had to buy \$2000 worth of groceries for them to stop at my house.

The second year I ran an ad in some local newspapers of towns around me and also put out flyers. I named the co-op God's Provisions. After that I started picking up customers and other like-minded people who wanted to eat healthfully. I ran this co-op for 15 years but finally the company I was purchasing the food from went bankrupt as they couldn't buy their groceries as cheap as Wal-Mart (the biggest junk store in the country) so, now I am back to buying a lot of my items through the mail.

I did talk the Hometown food store into handling organic food. It took six months, but now I can get almost anything through them. I no longer drive; so they deliver whatever I need. It costs only \$2 to deliver; you couldn't get your car out of the garage for that amount. I also went 100% raw on January 4th of 2009. The first month I lost 35 pounds.

People question me as to what kind of a diet I am on and I tell them this is not a diet but

a way of life. I also tell them that I am eating God's food the way that he intended us to eat it. RAW! Genesis 1:29. I do not eat by the clock; only when I get hungry.

As Hippocrates, a doctor of old said, "Let Your Medicine be Your Food, and Let Your Food be Your Medicine."

I live in Pana, Illinois. I have lived there all of my life except for the first three months of my marriage when we lived in Gary, Indiana. My husband was a Rodman with a surveyor group which traveled all over the country. I traveled with him until our children started arriving and then I wanted to put down roots.

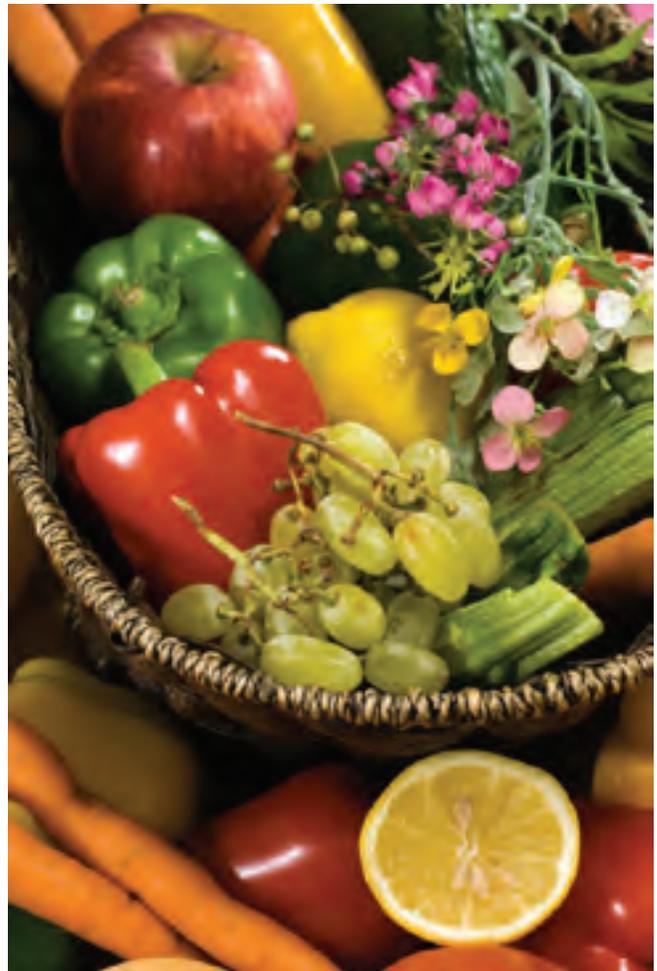
I have five children, but you might say I raised six, as my niece spent the better part of her childhood at my house, and was there for many meals, trips, shopping trips, etc. I have 14 grandchildren, one deceased, ten great grandchildren, and one great, great grandson who is three years old.

When I worked, I worked on the assembly line in several factories. I also was a machine operator. When layed off, I worked in the medical field as a nurse's aid and also took care of older people in their homes.

Before my marriage I had attended Nurse's Training for eight months but I didn't finish school. I was in love. That will stop all your plans every time. My father died when he was 59. Growing up in Greece, he had consumed a cup of olive oil every day, so when he emigrated to the United States he continued to drink the oil not knowing that our olive oil was mixed with petroleum oil. My father died of a heart attack.

My mom lived to be 95 and was in ill health since she was 80. I didn't call her way of life living as she was on a lot of medication. I had some of the knowledge that I now have, but it was hard to not give her meat and she had to have her bread and butter and toast and coffee.

She liked drinking juices but the girls who took care of her during the other shifts that I wasn't there didn't want to mess with juicing. As Hippocrates, a doctor of old said, "Let Your Medicine be Your Food, and Let Your Food be Your Medicine."



# What Dena Ate...

## Monday

- 7:00AM 2 cups water, juice of one lemon (or limes, they are cheaper this time of year)
- 9:30AM 1 cup bulgur soaked overnight. Added cinnamon, agave and orange powder. Sometimes I also add a chopped up apple or chopped dates or raisins. This dish is very filling. I just found out from Nomi that bulgur isn't raw; it's steamed but it's still very tasty. My granddaughter sure does like it. She eats it in a salad, fruit salad, with agave and cinnamon and plain with Frank's Hot Sauce dumped on it.. Orange powder is dried organic orange peels, which I have powdered. The orange powder is also good on banana ice cream or even in a green salad. Now that I know bulgur isn't raw I am going to stop eating it.
- 3:00PM **Salad:** 2 handfuls of arugula, then some: chard, spinach, romaine, cilantro, parsley, kale--anything green that will fill me up. (Many of the veggies I eat are home grown.) 2 carrots chopped, 2 sticks of celeriac (tastes like celery but it's a root), ¼ red onion chopped, 2 tomatoes, 1 yellow and 1 red, ½ avocado cut in chunks, ½ jalapeno pepper, 1 each: red, yellow, black and green pepper chopped, a handful of Nutiva organic shelled Hemp Seed, sprouted garbanzo and mung beans. **Dressing:** homemade garlic powder, ½ of lime juiced, about 2 teaspoons or maybe 3, of organic extra virgin first cold pressed olive oil.

## Tuesday

- 12:20AM Well here it is 12:20 AM on Tuesday morning. I got hungry and grabbed a handful of dehydrated tomatoes. These are the best to snack on (I think) and quite filling. Don't have to eat too many to take away the hunger pangs.
- 1:30PM Bulgur Salad 2 servings. (Recipe included)

- 4:00PM Apple blended with cinnamon and sprinkled with coconut
- 6:30PM Cacao mixed in hot water and about a teaspoon of agave

## Wednesday

- I don't usually eat breakfast as I am rarely hungry.
- 9:40AM Juice: 2 pounds carrots, ½ bunch celery, 2 apples, 2 green bell peppers, 2 cucumbers, 1 beet, plus about ¼ cup of freshly squeezed lime juice. This makes close to 2 quarts and I drink this during most of the day, whenever I get thirsty. I dry all the pulp and put it in my dehydrated crackers or bread.
- 2:30PM **Salad:** 3 carrots, grated, 2 apples, cut in chunks, 2 stalks of celery finely chopped, handful of raisins soaked until plump about 20 minutes. Mix together, add juice from ½ lime, 1 ½ teaspoon agave, pinch of sea salt. Stir and let sit in refrigerator for about ½ hour to let flavors mingle. This makes a large bowl so unless you have company you might be eating it for 2 or 3 days. But it keeps well. I always send mine home with my daughter. One cup of herbal tea.
- 7:00PM 1 bowl of banana ice cream with date sugar and coconut and finely chopped almonds.
- 10:00PM Cup of cacao made with water

## Thursday

- 5:30AM I drank a pint of the juice that I made yesterday
- 11:30AM Had a big vegetable salad. Everything was in it but the kitchen sink. Similar to the one I had Monday, but added some broccoli and also some cauliflower florets and pine nuts.
- 5:00PM **Soup:** ½ bunch celery, chopped, put in K-tec blender with 2 cups warm water, 2 tablespoons extra virgin olive oil, ½ avocado, handful of parsley,



2 tablespoons lime juice, 1 teaspoon agave (I don't use quite that much, because I like it tart.) I don't use salt as organic celery has its own salt. Blend. Top with 1/3 chopped avocado (1 slice of tomato optional). The speed of this blender makes for a hot soup. Serve with vegetable dehydrated crackers. Serves 2

10:00PM Water with lime juice, warm

## Friday

8:00AM 2 slices homemade Essene bread served with mashed banana with agave and flaked coconut stirred together. One of my own concoctions.

1:00PM **Salad:** 4 cups spinach, chopped, 1 lemon or lime juiced, with 1 1/2 teaspoons sea salt dissolved in it (totals about 1/4 cup), 1/4 cup olive oil, 2 cloves of garlic, pressed. Place spinach in a bowl. Add garlic and lemon/lime juice with salt. Pour olive oil over the spinach and flip the spinach over and over, massaging it until all the spinach is coated with olive oil. Continue flipping until the juice flows. Serves 2 generous portions Served with a glass full of homemade tomato juice.

7:30PM **Spring Green Smoothie:** 2 frozen bananas which have been cut in 1 inch slices and 2 ripe fresh bananas, 4 stalks celery, 1/2 cup water. Blend well.

11:00PM 1 cup hot water with cacao with a drop or two of agave

## Saturday

11:00AM Pureed a small pumpkin with nutmeg then added shredded coconut and orange powder and a small dab of agave. Stir together and enjoy. This also works well with organic yams. My original recipe.

2:30PM Bowl of bulgur served with greens and tomatoes, peppers, cucumbers, shredded carrots, chopped parsley, mint, lime juice, extra virgin olive oil, pinch of sea salt, orange powder.

6:00PM Several pieces of homemade banana nut brittle with herbal tea.

## Sunday

12:00PM **Large fruit salad:** pomegranates, 1 Granny Smith apple and 1 Cameo apple seeded and chopped, 1/2 grapefruit seeded and cut into pieces, 1 orange seeded and cut pieces in half, 1 banana sliced, 1 papaya and 1/2 a mango, chopped, 1/2 cup raisins, soaked, dried apricots which were cut in pieces and soaked overnight, 1 small handful of halved walnuts, 1 stalk of celery chopped, 2 kiwis peeled and chopped, 1 peach, 1 pear seeded and chopped in pieces, seeded grapes white and red, 3/4 cup of organic shredded coconut and juice of 1/2 lime. Stir altogether and serve. Quite filling.

7:30PM 2 seeded peppers cut in strips dipped in homemade hummus. Hummus recipe: I took 3/4 cup of garbanzo beans also called chickpeas and sprouted them overnight. Put in K-tec blender with ~~2 cloves of garlic~~, 2 tablespoons raw tahini, 1 tablespoon olive oil, juice of 1 lime or lemon, blend until smooth.

I also took 2 avocados mashed with 4 cloves of garlic, pressed, and about 2 tablespoons lime juice all mixed together. This is another item that you can spread on flax crackers or else dip celery, carrots, or pieces of cucumber into.

10:30PM 2 cups of herbal tea



## Recipes

### **Banana Nut Brittle** (12 Servings)

It says this recipe will store in refrigerator or a freezer for 4 months. I have been making this recipe now for 6 years and it never lasts until the next day. I mail it all over the USA. I have a lot of grandchildren and great grandchildren who love it. I buy my bananas a case at a time (40 lbs.). I prepare them in two days, then order another 40 pounds to get ahead of the rush.

2 ½ cups pitted dates

8 bananas, peeled

3 cups almonds, roughly chopped

3 cups dried meat from Thai Coconut  
(I use organic grated coconut as we don't get those kind of coconuts around here)

¼ cup flax seeds, ground

Blend bananas, dates, and flax meal until smooth in a food processor, Stir in nuts and coconut. I usually dump the banana, date and flax mixture in my biggest Tupperware container, as this is a large recipe. Then stir in the nuts and coconut. Wash your hands and get in there and mix it all up. Spread on Teflex sheets. The recipe says 4 cups per sheet, but I spread mine thinner than that. It says to dehydrate at 105 degrees F, or until crispy. The thinner you spread it, the faster it will dry. I don't have a temperature gauge on my dehydrator and I think it dries a lot faster than the ones that do.

When dry, I break it up and put it in a glass jar until I am ready to pack to mail. Both my dehydrators are drying different things from July to the middle of April the following year.

I make a lot of snacks for my grandchildren, dried and frozen.

### **Dena's Candy Treat**

I take bananas and slice them in one-inch thick slices and dip them in agave and then in raw cacao and then cover with nuts and coconut. Place on a cookie sheet in freezer until frozen, then place in sandwich bags.

I do a lot of fruit rollups also. I don't waste too much food. I grew up in different times than most of my friends. I take a lot of my dried pulp and put

it in jars and have a winter 'cup a soup'. It's good with a mixture of the dried pulp of carrots, beets, cucumbers, celery, tomatoes, onions and garlic. Take a cup of boiling water and put 3 tablespoons of pulp into water and stir around until rehydrated.

I also take this soup mixture with me when I fly. I hear people tell the stewards that they would like to have what I have. Sometimes I dry the pulp separately in case I just want two or three vegetables.

I puree pumpkin and or yams with nutmeg and other tasty spices, then dehydrate and have them for a chewy snack when I don't know what to eat.

### **Dena's Muesli**

This is a Muesli that I make. I got the recipe from the Embassy of Heaven church book by Pastor Paul Revere.

8 cups of raw rolled oats (2 quarts)

2 cups of raisins or chopped dates (I use 1 of each)

1 ½-2 cups unrefined cane sugar

½ cup flaxseeds

Optional, but I use them all:

1 ½ cups dried coconut

1 cup raw sunflower seeds or chopped nuts

½ cup carob powder.

Mix all ingredients in large bowl. I put it in one of my biggest Tupperware bowls and put the lid on tight and turn it backwards and forwards until it is thoroughly mixed. Store in a glass or Tupperware container with a tight fitting lid.

To serve, put 1 cup of dry Muesli in a bowl, add water and stir well. We add finely chopped apple or a sliced banana or other seasonal fruit. I used to mix up a batch of this and carry it to church and give it away to my friends. Well one night when the choir was practicing, one of my friend's husband came up to me and told me how good this was just eating it dry, and I said, "oh yuck." He said, "try it." Well I did, and that is the only way that I will eat it now. I just put it in a paper cup and bring it to my computer and eat it that way.

**D**r. Douglas Graham, a lifetime athlete and 32 year raw fooder, and is an advisor to world-class athletes and trainers from around the globe.

He has worked professionally with top performers from almost every sport and every field of entertainment, including such notables as tennis legend Martina Navratilova, NBA pro basketball player Ronnie Grandison, track Olympic sprinter Doug Dickinson, women's soccer pro Callie Withers, and *Chicken Soup for the Soul* coauthor Mark Victor Hansen

As owner of a fasting retreat in the Florida Keys for ten years, Dr. Graham personally supervised thousands of fasts. He was in private practice as a chiropractor for twenty years, before retiring to focus on his writing and speaking.

He is the author of many books on raw food and health including **The 80/10/10 Diet**, **The New High Energy Diet Recipe Guide**, **Nutrition and Athletic Performance**, and **Grain Damage**.



Dr. Graham has served on the board of governors of the International Association of Professional Natural Hygienists and the board of directors of the American Natural Hygiene Society. He is on the board of advisors of Voice for a Viable Future, Living Light Films, Vegetarian Union of North America, and EarthSave International and serves as

nutrition advisor for the magazine *Exercise, For Men Only*. Dr. Graham is the raw foods and fitness advisor for VegSource.com, the largest vegetarian website on the internet.

Dr. Graham is the creator of "Simply Delicious" cuisine and director of Health and Fitness Weeks, which provide Olympic-class training and nutrition for people of all fitness levels in beautiful settings around the world. He will inspire, motivate, educate, and entertain you like no one else in the health movement can.

On the personal side, Dr. Graham is happily married and living in England with his wife Dr. Rozalind Gruben-Graham and daughter Faychesca. He and Rozalind are home-schooling Faychesca, and are fully enjoying being parents. Dr. Graham maintains his fitness from tending his garden riding his bicycle, running, and just about any active endeavor. A voracious reader, his love of learning has never waned.

<http://foodnsport.com>





## Sunday

- Breakfast** Watermelon, all I cared for. I don't typically weigh or measure my food. It wasn't a prodigious quantity by any means.
- Lunch** Bananas, all I cared for. Again, I don't typically count my food, preferring to eat to satiation. But I do know from experience that I typically eat about 15-18 bananas for an average lunch, and about 3 more if I am hungry, 3 less if not very hungry at all.
- Dinner** Fresh squeezed orange juice blended with mango. I typically drink 2 quarts of this drink at the start of dinner. Usually, I use 2-4 oranges for each mango, though I haven't found a ratio of this combination that I don't enjoy eating in some fashion.

## Monday

- Breakfast** None
- Lunch** Calimyrna Figs! All I cared for. Who counts? OK, I counted. Four punnets. They were really good. (editor's note: A punnet is a term used in Britain, Australia and New Zealand for a basket used for displaying and collecting fruits. Markets sometimes sell fruits and berries in plastic punnets.)
- Dinner** Concord Grapes. Yahoo for summer. How heavy are those white bags of ConCORDS, 2 pounds each? I almost finished the third bag before I was satisfied. Amazing heirloom tomatoes.

Honestly, I don't measure my food. I just ate 'em, and ate 'em, and ate 'em, until I didn't want any more. Each one was different, each one fantastic, each one amazing; filled with juicy, delectable, mind-boggling flavors. I finished with two heads of romaine, eaten as is. Just hold tight and take a bite, as one would if eating a carrot. Good to the very last bite.

## Tuesday

- Breakfast** There are still Concord grapes left, so I am eating them. I love this fruit. Yes, I eat the seeds.
- Lunch** When you've got Adriatic figs, why eat anything else? Four punnets typically does the job. These guys are sweet.
- Dinner** I eat by what's in season. Right now, tomatoes are in, big time. But so are grapes. 4 pounds of Canadice grapes and I am in bliss. I'm happy to repeat another night of the heirloom tomatoes, followed by the tops of four heads of romaine. Some nights, I really just want the tops. Some nights, the bottoms call my name. What can I say?

## Wednesday

- Breakfast** Breakfast isn't a common meal for me. Most of the time, I don't eat any breakfast at all, preferring to simply get on with my day.
- Lunch** Don't you just love summer? My apricots have finally come ripe. Sorry, I didn't count, it was too blissful. They are small, but flavorful. If I have to pick a number, three dozen is my guess.
- Dinner** One half of one perfect pineapple, and I am perfectly happy. Then, the last of the tomatoes and the mangoes blended together into a quart of soup. The celery was so good, I saw no reason to "do" anything with it, other than eat the entire bunch, and a bit more, as is.

## Thursday

**Breakfast** Two ripe cantaloupes and I am ready to face the day.

**Lunch** Come on, it's fig season. You weren't really expecting me to eat anything but all the figs I could, were you? I did.

**Dinner** While there are still some concord grapes around, I am eating them as if they are about to go out of style, which they are. Four pounds of grapes later, I am satiated.

I do know how to make a ton of recipes, and am fairly talented in the kitchen, if I do say so myself. In fact, I will be releasing a new recipe book soon that will literally redefine raw gourmet to a higher standard. But for now, it is summer, and I am on the road. Kitchen prep isn't always available at all.

Sometimes while on tour, I eat all my meals for the day in my car. So tonight, I am simply going to pig out on heirloom tomatoes and then eat some lettuce. I count my blessings that such fare can totally satisfy me. Oh, we just drove past a stand of fresh corn. Looks like dinner will finish with a few ears of corn for dessert.



## Friday

**Breakfast** No need for breakfast. But I flew across country, so did drink some water this morning before going out into the sun for some fun.

**Lunch** Now that I am here in Southern Florida, I can get some amazing tropical fare. Lunch today is Pantene mammea. Nope, I don't desire anything else after eating that finest of fruit.

**Dinner** The east coast offers its own wonderful grapes too. Two Native American varieties are Scuppernong and Muscadine. I prefer the Muscadine, and start my dinner with 4 pounds of them. Then I sliced tomatoes and put a bit of basil leaf on each slice. I don't know how many, I lost count at seven. Awesome good stuff. I actually prefer to just eat my lettuce, and am doing so again tonight. Two heads.

## Saturday

**Breakfast** OK, time to get fancy. I blended two mint leaves into the juice of one lime. I cubed a watermelon, spread it on a tray, and put a drop of the mixture onto each cube. What a delight.

**Lunch** I grow my own bananas here in Southern Florida. They are ripe, and I am making a meal of one of my favorite varieties, the Orinoko banana. Fully ripe, it is almost as juicy as a peach, is one of the sweetest types of bananas, and has more pectin than any fruit I know of. Fully ripe, the peeled fruit goes limp. Eight of them is a complete meal for me.

**Dinner** Mango orange drink is still tough to beat in the evening. But tonight I decided to go fancy. I make a layered dish. I pull out the mandolin. Very thin layers of zucchini, tomato, eggplant, and mushroom fill the dish. 10-12 layers high, if the pan is deep enough. Then using the "S" blade in my food processor, I process some plum tomato with red bell pepper till it is small chunks, and pour the mixture on the top of the final layer of veggies. The "S" blade serves double duty, as next I put in 1/4 of a cauliflower, and process it into granules, which I put on top of the red sauce. Cut and serve, and eat with delight. See, even Dr. D can get fancy. Seven ingredients in my supper tonight.

In case you didn't notice, there were no nuts, seeds, or fatty fruits of any kind in my meals this week. I eat them now and then, but not even half the days of the year, on average.

One of my earliest childhood memories is being handed the most tender, flavorful bites of dinner from my father, who knew that developing an appreciation for good food was not limited to adults. "Open your taste buds!" he would bark. He was right; I grew to love food—and not just eating but exploring and cooking through the world of culinary arts.

As a teenager, I shifted toward vegetarianism and took up wholesome cooking in earnest. I wanted food that tasted great and that also made me feel good. I got jobs in restaurants and cooked for my family at home, experimenting with recipes, forever trying out different ingredients and seasonings. In college I worked in catering companies and lived in a co-op where I happily rustled up meals for 30 roommates and friends each week.

In my search to feel great and love life I discovered yoga, and by my mid-twenties, I had turned my own diligent practice into becoming an instructor. I thought I had achieved optimal health, but despite good eating habits and exercise, I found that my pants were uncomfortably snug. Dad—who suffers from diabetes in an advanced form—suggested we go to Weight Watchers to lose our excess weight. I stayed, he didn't. I quickly reached my goal weight, but I had a very hard time maintaining it. Even after several years my weight was bouncing around more than I wanted. Where was I going wrong? I had been eating vegetarian for years and avoided junk foods. I exercised plenty and was able to manage stress in my life. So what was the problem? And where was the solution?

I did not want to go on any diets. I wanted life habits that would nurture my spirit and support my personal goals. I continued to look to my eating habits as a source for optimal health. It was then that my sister-in-law lent me a book by Victoria Boutenko, **12 Steps to Raw Foods**. I read it in one night and the next



© Photo: Stacey Ventura

**I wanted food that tasted great and that also made me feel good**

day, I transitioned completely to raw. Raw food just made so much sense: raw fruits, vegetables and healthful fats with no preservatives, additives or colorants. Sounds perfect!

My life was changed forever. Encouraged by my husband to follow my passion, I attended the prestigious Living Light Culinary Arts Institute in California. After graduating, I opened **Raw Bay Area** and began offering raw food cooking classes, coaching events and education throughout the San Francisco Bay Area and across the nation. Our programs offer a holistic approach to food and well-being, with tools and inspiration to infuse more health and fulfillment into people's lives.

Over the last four years I shifted away from a strict 100% raw diet. It just wasn't practical for my lifestyle. My husband enjoys cooked foods, and I wanted to eat the delicious foods he made for us. I enjoy many cooked desserts, and wasn't eager to say goodbye to them. Life is too short to be strict, so I have eased into a high raw diet without attachment to percentages.

I am vigilant about eating as much green food as I can, both from the land and the sea. Bashir and I have a large garden. We grow and make much of the food we eat. I especially enjoy traditions like fermenting and sprouting. All the sauerkraut, kim chee, kefir, wheatgrass and sprouts help me to feel young! Over the years, we have created a huge expansion in the raw community around me. Our website, **www.rawbayarea.com**, has also gained a ton of popularity and is a wonderful resource for free recipes and links. Please check it out.

When I am not teaching cooking I am also a certified Iyengar yoga teacher and help my husband, Bashir, run his fair trade Palestinian olive oil company **Holy Land Olive Oil**.

# WHAT HEATHER ATE...

## Monday

**8:00AM** 1 quart water

**10:00AM** 1 ¾ cup chai tea: homemade spice mix with Strauss Family Milk. One of the things my husband, Bashir, and I enjoy together is his home made Indian-style Chai. I have experimented with every raw milk and thickener imaginable but so far, I have not been able to recreate an authentic rendition that meets my standards. For now, we use the highest quality milk we can find in the Bay Area. This tea is on the only cooked animal product I regularly I put in my body. I try to limit how often I drink it, though it is made with so much love and it is a morning routine that I truly enjoy with my husband.

**12:30PM** **Asian Noodle Bowl** with ½ bag of raw kelp noodles in a homemade Asian sauce: raw almond butter, finely cut Asian-style veggies (I use bok choy, mustard greens, Chinese broccoli leaves or kale) marinated in ½ teaspoon of salt, and one tablespoon each of lemon juice and sesame oil.

**3:00PM** Ginger Cozy Tea with home dried ginger and orange slices steeped in hot water. With 1 tablespoon raw honey, 1 tablespoon of lemon juice and a dash of cayenne. 4 leftover holiday tea cookies.

**6:30PM** **Raw Enchiladas:** a Holiday Dinner party for my family! A bell pepper and zucchini shell, "meat" made from spices and home grown walnuts, guacamole and a tomato-corn salsa from the last garden tomatoes (see picture). Topped with a raw avocado crème-freche. ½ cup homemade sprouted cooked refried pinto beans, 1 glass wine, ½ cup raw kale/cabbage salad, 2 scoops almond sorbet, Ginger Cozy Tea

## Tuesday

**8:00AM** 1 quart water

**11:00AM** 1 ¾ cup chai tea

**1:00PM** **Surf and Turf Salad Bowl** consisting of spinach, sprouts and kale, marinated in a dressing of

1 tablespoon each of lemon juice and olive oil and a dash of salt. With ½ cup cooked quinoa, ½ cup soaked sea palm seaweed, ½ cup homemade kim chee and a raw tahini-pesto-Irish moss dressing (picture included). Topped with pea sprouts.

**3:00PM** **Raw halva** made by the amazing Chef Chaya at [www.thelivingvision.com](http://www.thelivingvision.com). Black tea sweetened with Lacanto (a low glycemic sweetener). Escaped the temptation of my husband, Bashir's chai for another day!

**8:00PM** A small green salad from the cafeteria at my Grandmother's Living Facility. Included spinach, sprouts, cucumber, celery, carrot with balsamic vinegar dressing. Skipped the scoop of chicken salad that my grandma put on the side. Ha ha, that made me chuckle. Thanks though!

## Wednesday

**9:00AM** 2 cups fresh green juice: lemon, cucumber, kale, wheatgrass, celery, with 1 teaspoon maca

**11:00AM** 1 handful soaked and dehydrated raw almonds, 1 cup green salad of lettuce, sprouts and homemade raw seasoned seeds. Dressing of salt, lemon juice and our Holy Land Olive Oil.

**3:30PM** 5 raw crackers (Lydia's brand), 1 cup homemade sauerkraut, 1 avocado, 1 cup room temperature Ginger Cozy Tea, ¼ bar of Vosges dark chocolate



## WHAT HEATHER ATE...

**8:30PM** 1 raw taco with 1 tablespoon of raw veggie meat made from pumpkin seeds and walnuts, and 3 tablespoons of tomato/avocado salsa, ¼ bar of Vosges dark chocolate

### Thursday

On the road and traveling all day

**9:00AM** 2 cups fresh raw beet and apple juice with a scoop of Mila and a scoop of E3 Live brand green powder. Mila is a brand name blend of chia.

**11:00AM** 2 small homemade energy bars. Made from almonds, walnuts, Mila, cinnamon, raisins, cacao nibs and salt

**1:00PM** Handful of teriyaki almonds (recipe in the Café Gratitude Cook book)

5:00PM Small green salad with salsa and guacamole and homemade flax crackers

**7:00PM** 4 leftover holiday tea cookies and Herbal Tea

### Friday

Having spent the night in a hotel and traveling all day

**8:00AM** 1 quart juice made from 1 part fresh grapefruit juice, 1 part fresh orange juice, 1 part rejuvelac, 1 scoop Mila and 1 scoop green powder

**1:00PM** 1 avocado, 1½ cup homemade raw sauerkraut and 2 tablespoons of **Spirulina Crunchies**



**3:00PM** 1/3 bar Vosges dark chocolate, 1 cup homemade coconut-water kefir

**6:00PM** 8 kiwis

### Saturday

**8:00AM** 2 cups chai tea

**11:00AM** 2 cups green smoothie with fresh pineapple, orange and spinach

**2:00PM** Large green salad with greens, sprouts, spinach, shredded fennel, carrots. Topped with teriyaki almonds and 2 tablespoons homemade kim chee. 2 large flax crackers, 1 raw date and almond ball

**5:00PM** 2 cups green juice cocktail with wheat-grass, apple, lemon, ginger with some fizzy water

**7:00PM** Homemade **lentil soup**, green salad with sprouts and 3 homemade raw buckwheat crackers

### Sunday

**8:00AM** 2 cups chai tea

**11:00AM** 1 quart green juice with cucumber, celery, kale, lemon, ginger and 1 scoop of Mila

**3:00PM** Large bowl of Bashir's homemade lentil soup with 4 raw green crackers

**4:00PM** 1 large slice of Panaforte, an Italian dessert, served mostly at the holiday time. It's a close cousin to the fruitcake with dates and lots of nuts.

**8:30PM** Small green salad with sprouts and veggies, topped with a fig-vinegar dressing. The recipe is from the Café Gratitude cookbook. The vinegar is from Coconut Secret. A few raw green crackers.

I became a vegetarian at 15 after seeing the movie "Blade Runner". In the movie, if Harrison Ford hadn't killed the aliens, humans would've been at the mercy of a superior species.

I thought to myself, "What if there was a species superior to humans?" I wouldn't want to be eaten, caged, or experimented on. So I gave thanks for being at the top of the food chain, and stopped eating animals.

In college I learned about factory farms and became vegan. In 1999 I got heavily into raw foods, but relied too much on fatty foods to feel full. (What raw fooder doesn't?)

Ironically, it was a Doug Graham lecture that convinced me to eat more cooked food. During one of his lectures, he explained that when vegans go "raw", they typically replace complex carbs (like bread, grains, and root veggies) with fats like nuts seeds, avocados, coconut, and lots of oil.

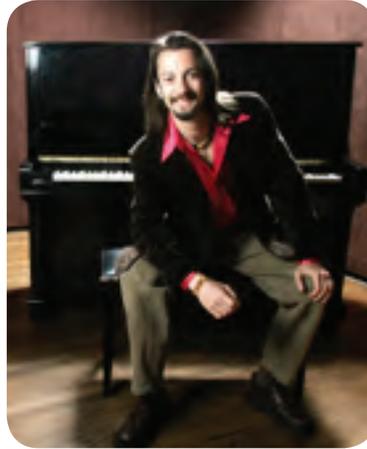
He described the detriments of this "high raw fat" diet. He explained that while he was opposed to cooked food, eating cooked lentils and brown rice would still be healthier than eating 60% of one's calories from raw fat.

In 2003 I moved from Brooklyn NY to Oakland CA. My cat "Friendly" didn't like the airplane trip, but now that he has a backyard to sunbathe in, he's forgiven me.

Since relocating, I've been writing positive message songs with titles like "Give Thanks", "Love Yourself" and "Soar Like An Eagle". I've also been doing music ministry at New Thought spiritual centers. My song "Gypsy" was nominated for a 2009 Positive Music Award.

My song "Whole Food Vegan" hasn't been nominated for anything yet. But vegans and meat eaters alike have a riot singing along with the chorus. Here's one verse, followed by the chorus:

***Now if we're meant to drink the milk of other creatures' mothers,  
I'd like to see you wrap your lips around a cow's big udder.  
Who else consumes the mucus and the pus of other mammals?  
Besides us humans, no one does... not even thirsty camels!  
Nature made it simple, so let's stop freakin' You wanna keep your health?  
Then be a whole food vegan!***



**In 2011, I created "Raw Food Riches".**

Over the years, I learned that vegans and raw fooders alike are at risk for deficiencies. That's because nutrients like Vitamin B12 and D are harder to find in plant foods. And nutrients like iron and Vitamin A are harder to absorb from plant foods.

But I found that in the vegan world, health information was sometimes colored by moral principles. Facts were sometimes withheld, distorted, or misrepresented because of the messenger's ethics.

I want to live cruelty-free. But I still want to know the facts affecting my health, so I can make my own informed choices.

I believe other vegans and vegetarians deserve the same objectivity.

For these reasons, I teamed up with Dr. Michael Klaper in 2009 and founded The Vegetarian Health Institute. Dr. Klaper is a vegan M.D.

The Institute offers an online course called The Vegan Mastery Program. It's a series of 50 lessons that teach people to thrive on a vegan diet and not be vulnerable to deficiencies.

In 2011, I created "Raw Food Riches". In this program, top raw chefs reveal how they make big money teaching raw food classes, coaching, and selling books and videos.

**To get a free vegan nutrition guide listing the top plant sources of calcium, iron, protein, and Vitamins A, B12, and D, visit:**  
> <http://www.thrivingvegans.com>

**To make big money teaching raw food classes and coaching, visit:**  
[www.tinyurl.com/rawfoodriches](http://www.tinyurl.com/rawfoodriches)

**To vote for your favorite veg people, products, and merchants in this year's Veghealth Awards (including Nomi's book), visit:**  
[www.veghealth.com/awards](http://www.veghealth.com/awards)

**Finally, to get your healthy eating score, visit:**  
<http://www.veghealth.com/healthyeatingquiz.php>  
You'll get to take a healthy eating quiz and receive a free copy of our book, "14 Ways To Supercharge Your Health With Whole Foods".  
[www.veghealth.com](http://www.veghealth.com)  
[www.trevorjustice.com](http://www.trevorjustice.com)

# WHAT TREVOR ATE...

## Thursday

**10:00AM Green smoothie:** 1 banana, 2 rehydrated apricots, 3 fresh figs, 2 cups of raw spinach, 1 cup of water

**11:15AM** 1 pint of chopped strawberries topped with brown rice syrup

**12:00PM** Peppermint/poppy seed whole wheat muffin with a dab of raw butter

**3:00PM** Brown rice topped with **Thai veggie curry:** organic butternut squash, carrots, cauliflower, potatoes, tofu, and celery. (From a farmer's market vendor). The coconut sauce and brown rice might not be organic.

**7:00PM** 2-3 cups of steamed broccoli with hummus (as a dipping sauce), 2 ears of corn, steamed, with raw butter and sea salt

## Friday

**10:30AM** 2 oranges, sliced, covered with tahini and brown rice syrup

**11:30AM** 8 ounces of Throat Comfort tea

**1:00PM** Brown rice topped with Thai curry (same as Thursday)

**2:20PM** 12 ounces of Throat comfort tea

**7:15PM** Large salad with pesto sauce used as a dressing. **Salad:** 3 cups of red leaf lettuce, ¾ cup of broccoli sprouts, 2 hard boiled eggs, grated radishes, carrots, beets, scallions, red cabbage, dulse flakes.

**Pesto sauce:** basil, olive oil, walnuts, garlic, apple cider vinegar, sea salt

## Saturday

**9:30AM Green smoothie:** 1 banana, 2 rehydrated apricots, 3 fresh figs, 2 cups of raw spinach, 1 cup of water

**11:00AM** 12 ounces of aloe vera juice

**11:30AM** ½ cantaloupe, 12 ounces of green tea

**1:30PM** 1 cup Ezekiel flax and sprouted grain cereal with 1 cup Organic Valley soy milk, topped with brown rice syrup

**2:30PM** 12 ounces of aloe vera juice

**4:45PM** 1 English cucumber, sliced, with pesto as a dipping sauce

**7:10PM** 3 slices manna Organics multi-grain bread with Wildwood roasted red pepper hummus and broccoli sprouts. 2 ears of corn, steamed, with raw butter and sea salt.

**8:15PM** 8 ounces of Throat Comfort tea

## Sunday

**9:15AM** ½ cantaloupe

**10:30AM Green smoothie:** 1 banana, 2 rehydrated apricots, 3 fresh figs, 1 cups of raw spinach, 1 cup of purple kale, 1 cup of water



## WHAT TREVOR ATE...

**1:10PM** Raw food plate from Divine Raw Foods  
**www.divinerawfoods.com: UnFried "Rice":**  
2 ½ cups bulgur wheat, ¼ lb carrots, grated,  
½ head cauliflower, finely chopped, 1 small red  
onion, diced, 1 red pepper, diced, 1 tablespoon  
curry powder, 2 teaspoons garlic powder, 1 3/8 cups  
spring water, ½ cup extra virgin cold-pressed olive  
oil, ¼ cup tamari.

**Soft Taco** (filling inside a red cabbage leaf):  
1 ½ cups raw walnuts, 1 ½ teaspoons ground  
cumin, ¾ teaspoon ground coriander, 2 tablespoons  
Nama Shoyu, 1 cup shredded romaine lettuce, 3 to  
4 small or medium purple cabbage leaves, 1 recipe

**Fresh Tomato Salsa:** 2 cups chopped tomatoes,  
¾ cup chopped fresh cilantro, ½ cup chopped yellow  
onion, 1 jalapeno pepper, 2 tablespoons lime juice, 1  
tablespoon olive oil, ¾ teaspoon sea salt, 1½ teaspoon  
ground cumin, ¾ teaspoon ground coriander.

**Pineapple-Apple Coleslaw:** 1 head of cabbage,  
½ fresh pineapple, 1 cup chopped apple,  
½ cup chopped celery, 3 tablespoon

**Fresh Vegan Mayonnaise:** 1 cup soaked almonds  
(3/8 cup before soaked), ½ cup water, ½ teaspoon  
Dijon mustard, ½ teaspoon sea salt,  
1 ½ tablespoon apple cider vinegar, 3 tablespoon  
agave, 1 ½ cups olive oil, 1 clove garlic

**1:40PM** Salad with pesto sauce used as a  
dressing. **Salad:** 1.5 cups of red leaf lettuce,  
½ cup of broccoli sprouts, 2 hard boiled eggs,  
grated radishes, carrots, beets, scallions, red  
cabbage, dulse flakes.

**Pesto sauce:** basil, olive oil, walnuts, garlic, apple  
cider vinegar, sea salt

**2:55PM** 12 ounces aloe vera juice

**7:15PM** Wildwood roasted red pepper hummus  
spread on top of 3 slices of Manna Organics multi-  
grain bread. Medium salad with hummus used as  
dipping sauce.

**Salad:** 2 cups red leaf lettuce, raw corn kernels  
from one cob, raw sauerkraut, grated radishes,  
carrots, beets, scallions, red cabbage.

### Monday

**10:15AM** ½ honeydew, sliced, and a 6 ounces  
container of raspberries

**11:30AM** 12 ounces of aloe vera juice

**12:50PM Green smoothie:** 1 banana, 3  
rehydrated apricots, 2 fresh figs, 1 ½ cups of purple  
kale, 1 cup of water

**1:40PM** Throat comfort tea

**2:35PM** Raw food plate from Divine Raw Foods  
(same as previous day)

**7:40PM** 1 pint of **Curry Lentil Soup** (premade at  
local grocery store—not organic): vegetable stock,  
lentils, potatoes, onions, tomatoes, cilantro, cumin,  
coriander, dry mustard, curry powder, coconut milk,  
tomato sauce, hot garlic sauce, garlic, sea salt. Also:  
Medium **salad:** 1 cup romaine lettuce, grated  
radishes, carrots, beets, scallions, red cabbage,  
cooked broccoli and cauliflower. Dressed with Annie's  
Goddess dressing.

### Tuesday

**9:40AM** ½ honeydew melon

**10:45AM Green smoothie:** 1 banana,  
3 rehydrated apricots, 2 rehydrated figs, 1.5 cups  
purple kale, 1 stalk of celery, 1 cup of water

**11:50AM** Throat comfort tea

**12:05PM** 12 ounces aloe vera juice

**12:20PM** 2 cups of strawberries topped with tahini  
and brown rice syrup

**2:30PM** 1 cucumber, sliced, with Wildwood roasted  
red pepper hummus as a dipping sauce.

## WHAT TREVOR ATE...

### **5:15PM Large middle eastern salad**

(at restaurant; not organic except for the lettuce):  
3 cups romaine lettuce, lacto fermented vegetables (cauliflower, carrots, and string beans), red cabbage sauerkraut, three bean salad (cannellini beans, kidney beans, garbanzo beans), 2 falafel balls, drizzled with hummus and vinaigrette.

**8:20PM** 1 cup Ezekiel flax and sprouted grain cereal with Organic Valley soy milk and brown rice syrup

### Wednesday

**10:00AM Green smoothie:** 1 banana, 4 rehydrated figs, 2 cups of raw spinach, 1 cup of water

**11:05AM** 1 Asian pear, chopped,  $\frac{3}{4}$  cup of strawberries

**2:00PM Small salad:** 1 cup mixed greens, jicama, carrots, broccoli sprouts, sesame dressing (from the Farmer's Market... May have some non-organic ingredients)

**2:45PM** Brown rice topped with Thai veggie curry: organic butternut squash, carrots, cauliflower, potatoes, tofu, and celery. (from a farmer's market vendor) The coconut sauce and brown rice might not be organic.

### Thursday

**10:45AM**  $\frac{1}{2}$  honeydew melon

**1:00PM** Green smoothie: 1 banana, 4 rehydrated figs, 2.5 cups of raw spinach, 1 cup of water

**2:50PM** Salad from Whole Foods salad bar: romaine lettuce, sesame tempeh, stir friend string beans and snap peas, cabbage salad, guacamole, home grown broccoli sprouts. Only some ingredients are organic

**6:15PM** Thai veggie curry and brown rice (same as above)

### Friday

**10:30AM**  $\frac{1}{2}$  honeydew melon

**12:05PM Green smoothie:** 1 banana, 4 rehydrated figs, 2 cups of raw spinach, 1 cup of water

**3:40PM Large salad** with red leaf lettuce,  $\frac{1}{2}$  cucumber (sliced), raw sauerkraut, broccoli sprouts, dulse powder. Served with Wildwood hummus as a dipping sauce.

**7:10PM** 1 pint of curry lentil soup (see above)



© Photo Eric Rivkin

I, David Kaplan (a.k.a. Ron Green, Peter Graff, Gerold Angelson, David Katz, Phillip Matarese, Herb Stone), was aptly dubbed by the United States Federal Government, "The Legend," for my nefarious and daring escapades in the drug trade. From the streets of Queens, New York City to a 7 million dollar mansion on the exclusive shores of Lloyds Neck, Long Island, and from the dirtiest prisons of Mexico to the most exotic and breathtaking beaches of Maui, I was one of the largest distributors of marijuana and hashish in the United States for over 20 years.



"American Hash Gang Caught After James Bond Style Aerial Chase." The \$50 million in assets seized from my partner and I by the government was one of the largest takes by the Feds in U.S. history.

On the run from the United States Government for 12 years,

I was the focus of one of the longest running international manhunts in American history. I served time in 10 prisons including a 33-month sentence, and that's just the tip of the iceberg.

At the tender age of 21, a near death and out of body experience at death's door changed my life. After being shot at close range, an insidious infection developed in my chest. It began to spread and could not be stemmed despite two major operations and many, many antibiotics. Luckily, I was led to a "live food" diet, which healed me and ultimately saved my life.

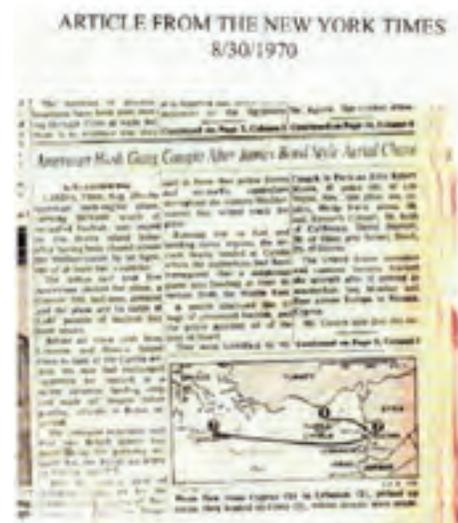
My life is a story of redemption—from drug dealer to rawfood meditation missionary.



DK's Brother & side kicks- just pressed Marijuana bricks drying out on roof in Mexico.

I was infamous for making multiple \$50 million drug deals, with the merchandise being smuggled into the country by air and sea. I made my first million dollars by the time I was 24; and

over \$30 million by the time I was 35. At the height of our 'career', my partner and I smuggled in 25 tons of hashish with a street value of over \$250 million. I sold to legendary bands like The Grateful Dead, Tower of Power and It's A Beautiful Day. I was considered "the JP Morgan of marijuana," "the Howard Hughes of hash." My escapades landed on the front covers of top newspapers across America, like The New York Times, including The New York Times headline:



DK was supposed to sell this load, though it only made it into the front page of The New York Times Sunday Edition.

Inspired by the Yoga instructor who taught at the prison, I became the vegetarian kosher chef there, and taught daily Yoga classes to inmates. Many of the prisoners' physical ailments and stresses were alleviated through this work.



David practicing his scorpion pose at the Sivananda Yoga Retreat on Paradise Island, Bahamas.

Working on these events both while out on bail and while in prison, I produced two of the first consumer health shows in the world. I also wrote health articles for the prison

newspaper and did a mini-health fair at Federal Correctional Institution (FCI) Lexington Kentucky. This was done in order to raise health awareness and to do an inmate survey, which led to getting health foods into the prison commissary.

I've turned countless people onto vegetarian and living foods, Yoga, meditation, and

sustainable organic agriculture. I am dedicated to benefiting mankind materially and spiritually, whether I come into contact with them in prison or in Maui or Manhattan.

After 10 years of studying and teaching Yoga, I had the good fortune to meet a true Saint of the highest order and was initiated onto the Holy Path. After spending some time living and touring in India with my Holy Teacher Maharaj Sant Thakar Singh, I became a target of U.S. federal

authorities. Prior to this, I had been authorized by Sant Thakar to be his representative for New York. Soon after, while on the run, I was acting as a Missionary sharing the meditation with others far and wide. I served underground, teaching vegetarianism and the raw food diet while sharing the Holy Initiation with those who yearned for an authentic spiritual practice.

I then moved to Hawaii where I bought two pieces of property and developed two organic sustainable farms. One farm was called Cosmic Acres (eventually purchased from me by my neighbor, actor Woody Harrelson), and the other was called Shangri La. I took in and hired an array of people who came to the Maui farms in search of some healing and to learn sustainable agriculture and meditation.

I was determined to use the money I made from my drug sales to help set up spiritually secure, sustainable and self-sufficient farms that would weather the societal storms to come.

After being on the run for over 12 years, I was eventually apprehended by authorities in

the East Village in downtown New York.

All of my assets were handed over to the government for

credit to my sentencing. I spent much of the next 33 months behind bars, meditating and doing yoga while under very hostile and stifling circumstances.

Since my release from prison, I have developed an award-winning line of raw vegan superfoods. The products are carried in Whole Foods Market and many other conscious stores, spas and restaurants under the brands ROYAL HIMALAYAN, TRANSITION NUTRITION, and DIVINE ORGANICS.

**I am dedicated to benefiting mankind materially and spiritually, whether they are found in prison or in Maui or Manhattan**

From the hippie sixties to the notorious nineties and up to 2003, I served approximately 60 months in different prisons and 90 months of special probation (and the story just begins to heat up when the cell doors slam shut). I have had the opportunity to study and learn spiritual discipline while cleansing my own soul. I found luck and good fortune in all the mayhem, I searched out the silver lining in every dark cloud. There's been divine help and grace in every experience; and I will never look back. Thankfully, I have never lost heart to help humanity or my sense of humor. I am a rebel to some, a loner to many (but how would they know?), a legend to others, and a servant to Great God.

After years of meditation and being somewhat on sabbatical, I realized the raw diet that saved my life is the best preparation for purifying and tuning up the human vessel so it may become ready for the higher food which feeds the soul.

Thereafter I realized that the minerals in Himalayan salt could be very beneficial for humans due to the low mineral content of today's foods grown in depleted soils. From the Himalayan salts I went into purchasing goji berries, cacao, other nuts, berries, vanilla,



David with rawfood chef Diana Stobo & Micheal Bedar at The Rawfood Health Expo Sonoma CA.

coconuts, and Peruvian traditional foods, like maca, lucuma, yacon, and mesquite.

While I used to travel around the world to find the finest pot and hash, I am now sourcing the finest raw ingredients and



Feeding participants at The Leader's Causing Leader's Conference in LA.

superfoods from around the world, and having an amazing time. I still have a very adventurous, one-of-a-kind life. There is never a dull moment, even though I'm in a very legal and healthy business!

### ***Life from Life, Energy from Energy!***

Sant Thakar Singh

I founded TRANSITION NUTRITION with a vision and passion to bring super premium, unique, and organic raw food to the market. The company was started on the advice of Sant Thakar, who told me many years ago that humankind would need living food to reach a new level of health and consciousness for creating a bright and happy future on this planet.

The Great Saint recommended organic raw foods, sustainable agriculture and the practice of meditation to feed the soul—the same lessons that I had learned the hard way.

It became obvious to me that chemicals and dead foods were not the answer to healing. By God's grace and a little help from my friends, a raw food diet was recommended to me when my life depended on it most. Likewise, the philosophy at TRANSITION NUTRITION is the belief in the

possibility of a paradigm shift away from eating dead foods and the self-perpetuating death system of drugs and disease, and moving onto the path of life that raises one's health, energy, and awareness and creates peace and harmony on Earth. This is the reason why Transition Nutrition offers raw, organic, innovative, and eco-friendly products: ***If we eat living food, we add to our living energy.***

Sant Thakar Singh

As a raw food practitioner and consultant for over thirty years, I have built a company that now imports and distributes the finest gourmet line of superfoods and raw ingredients. Most of the ingredients are sourced from small sustainable family farms in South America, Turkey, Thailand, Indonesia and the Philippines. The farmers are paid higher than usual wages, and are happy about how their life purpose and standard of living has improved. Products ranging from salt to nuts are being imported and distributed to chefs, restaurants, stores, spas, doctors and manufacturers throughout the country and abroad.

TRANSITION NUTRITION is the only organic food company to have received five excellence awards from NaturalNews.com, one of the largest and most trusted health news reporting sites on the Internet, founded by Mike Adams, the Health Ranger.

The Royal Himalayan brand of Pink Crystal Salt won "Best of Show" in 2005 and is regarded as one of the finest salts on the market. This high

vibrant mineral salt is used in some of the top raw restaurants from Pure Food and Wine in New York to Café Gratitude, Au Lac, the Tree of Life Rejuvenation Center in Patagonia, AZ, and Living Light Culinary Institute in Northern California.

TRANSITION NUTRITION's berries, nuts, and dried fruits have a sterling reputation. Bliss Mix, a combination of three varieties of nuts, three varieties of dried fruits, and raw cacao nibs has won two awards including BEST NEW SUPERFOOD and BEST OF SHOW from Natural News at the Raw Spirit Festival. I am traveling around the world to source the finest hazelnuts, macadamia nuts, cashews, walnuts, pine nuts, Brazil nuts, and Pilli nuts (which taste similar to a combination of pecan, pine nut and Brazil nut).

When it comes to Raw Vegan Chocolate and Cacao, the Divine Organics brand takes the cake hands down. At the NY Best of Raw contest, the company's chocolate dessert entry— a Mulberry Mousse with White Mulberry Chocolate Crumble and Chocolate

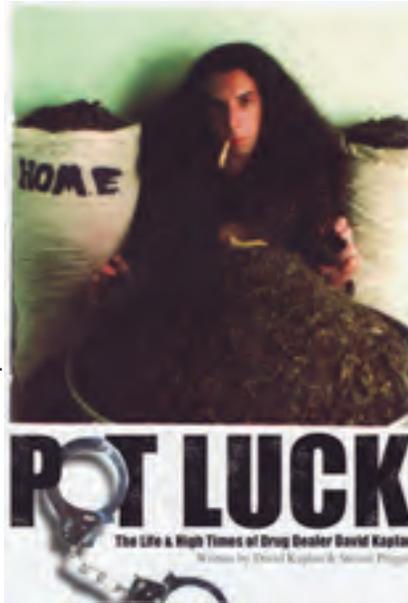
Ganache (you can find the recipe on our blog at [www.transitionnutrition.info](http://www.transitionnutrition.info)) placed overall "Best of Show" and "Best Chocolate Dessert". Divine Organics uses the highest quality and most sought-after Ecuadorian and Venezuelan cacao to craft its chocolates. The Divinely Decadent Chocolate Brittles won the NaturalNews.com award for "Best Tasting Chocolate" and the Raw Spirit Festival award for "Most Delectable Chocolate". TRANSITION NUTRITION also provides premium raw cacao to manufacturers and culinary artists around the world.



David with friend Chris promoting at the Natural Foods East Expo in Boston.

Coconuts are becoming popular health drinks and tonics in the category of sports nutrition. These tropical delights are even used at bars to help sober up alcohol drinkers, since its minerals and electrolytes speed up the detoxification and re-hydrating process! Recently, I've been traveling in search of the ultimate coconuts, and found the best *drinking* coconuts in Thailand called the Nam Hom coconut which means "Fragrant Coconut". I also found the best *eating* coconuts in Thailand, which we will call Butter Coconut because it is a mature coconut with a thick ring of soft coconut meat surrounding a thick, gelatinous coconut jelly, or at times a heavy coconut syrup (rather than hard coconut meat and coconut water). It is such a rare coconut that even the rare kind of tree that produces it, produces it in only one out of about 50 of its coconuts! We will be selling and distributing both the delicious water of the Nam Hom and the dried meat of the butter coconut shortly.

Right now we are making available a very creamy and delicious coconut blossom sugar with the consistency of caramel or thick honey. We are also importing delicious, organic certified, frozen Nam Hom coconut water and meat. Plus, our 'A Taste of Paradise' virgin cold-pressed coconut Oil which was selected by author and holistic physician, Gabriel Cousens, MD, as the "*highest testing*" on the market. In the future we will hopefully be offering the finest Nam Hom coconut milk, and possibly raw organic coconut ice cream.



Other projects we have embarked on are a joint venture in central Asia growing organic mulberries and goji berries, setting up projects in Ecuador for sourcing and producing dried mango and pineapple and the highest quality Ecuadorian cacao, and cacao derivatives including nibs, powder, paste, butter, and beans dried with the fruit, or pulp, of the cacao pod, still on the bean.

The objective of TRANSITION NUTRITION is really to help people get purified through a healthy diet and tuned up by feeding the soul with the true Bread and Water of Life. This true path is the practice of meditation focused on the Inner Light and Sound with the guidance of a competent living Master of this science. Since I started enjoying this food for the soul, I haven't had the desire for a puff or even a glass of wine in over 24 years.

I am at long last writing a book about my life called Potluck, which will transport the reader on a journey that will astound and amaze; a roller coaster ride through the life and times of a death-defying drug dealer who was able to rise above the odds of four life-threatening events and a near-death experience to become a raw superfoods company founder, spiritual sojourner and health activist.

**TRANSITION NUTRITION will be offering a 25% discount for all the readers until the end of the year.  
1.800.788.4818 • Code: Nomi777**

<http://divineorganics.com>  
<http://transitionnutrition.com>

# WHAT DAVID ATE...

## Key:

DO = Divine Organics Brand  
RH = Royal Himalayan Brand  
TN = Transition Nutrition Brand

## Sunday

- 6:00AM **Food for the Soul: Meditation on the Inner Light**
- 7:00AM **Food for the Soul: Meditation on the Inner Sound**
- 8:00AM Water, Glass of Divine Organics (DO) Coconut Water with 1 teaspoon Royal Himalayan (RH) Pink Crystal Salt Sole
- 11:00AM Cantaloupe Soup with spirulina and TN Tocos Plus, Probiotics, and Enzymes. banana added to thicken, blended all together. Strawberries, raspberries, and blueberries added on top with cinnamon to taste.
- 2:00PM **Raw Green Coconut Seaweed Soup:** blended mixed greens with DO coconut water and meat, red pepper, Irish moss gel, red peppers, dulse, nori, and arame
- Mid-Afternoon Snack Organic purple pears with sun-dried DO Purple Mulberries.
- 7:00PM Red Cabbage Salad/cashew cream sauce. Salad with avocado. All kinds of greens and veggies: cucumbers, red peppers, and sprouts
- 11:30PM **Midnight Food for the Soul: Meditation on the Inner Sound**

## Monday

- 6:00AM **Food for the Soul: Meditation on the Inner Light**
- 7:00AM **Food for the Soul: Meditation on the Inner Sound.**
- 8:00AM **Thai Coconut Water Aloe-Lime-RH-Salt-Pomegranate Elixir (recipe included)**
- 11:00AM Watermelon juice with spirulina, TN Tocos Plus, probiotics, enzymes, and a pinch of RH Pink Crystal Salt

- 2:00PM **Fruit Salad with creamy coconut macadamia nut sauce** made from DO Thai Coconut Meat and DO Hawaiian Macadamia Nuts, and a pinch of cardamom and DO vanilla

- Mid-Afternoon Snack **Green Juice:** celery, cucumber, dinosaur kale, green apple
- 7:00PM Romaine veg avocado boats with sprouts and dulse with nori-DO Pili Nut dressing

**DO Polynesian Pili Nut Coconut Shake** with some DO Raw Chocolate Mac Mulberry Brittle **(recipe included)**

- 11:30PM **Food for the Soul: Meditation on the Inner Sound**

## Tuesday

- 6:00AM **Food for the Soul: Meditation on the Inner Light**
- 7:00AM **Food for the Soul: Meditation on the Inner Sound**
- 8:00AM Morning Glass of DO Coconut Water with 1 teaspoon RH Pink Crystal Salt Sole
- 11:00AM ½ papaya filled with sesame butter and dried DO Purple Mulberries
- Mid-Afternoon Snack 2 large handfuls of **RH Bliss Mix**
- 7:00PM Large Sprout Salad with sauerkraut and tahini dressing; DO Hawaiian Macadamia Butter with celery and red peppers

- 11:30PM **Midnight Food for the Soul: Meditation on the Inner Sound**

## Wednesday

- 6:00AM **Food for the Soul: Meditation on the Inner Light**
- 7:00AM **Food for the Soul: Meditation on the Inner Sound**

## WHAT DAVID ATE...

- 8:00AM Morning Glass of DO Coconut Water with 1 teaspoon RH Pink Crystal Salt Sole
- 11:00AM 2 Grapefruits and 1 pint blueberries. **Coconut Shake:** DO Coconut Water and Meat with DO Maca, DO Vanilla, DO Dried Durian, DO Coconut Blossom Sugar, and TN Tocos Plus, pinch of RH Crystal Salt
- 7:00PM Raw Zucchini Pasta with sundried tomato sauce with capers, lightly steamed quartered brussel sprouts, and olives. Raw crackers. Green Salad with olive oil and lemon dressing.
- Late Evening 2 Honeybell oranges
- 11:30PM **Midnight Food for the Soul: Meditation on the Inner Sound**

### Thursday

- 6:00AM **Food for the Soul: Meditation on the Inner Light**
- 7:00AM **Food for the Soul: Meditation on the Inner Sound**
- 8:00AM Morning Glass of DO Coconut Water with 1 teaspoon RH Pink Crystal Salt Sole
- 10:00AM **Melon soup:** Blended gala melon, banana. Berries added on top with a sprinkle of cinnamon.
- 11:00AM Coconut persimmon parfait with Irish Moss
- 7:00PM **Partially Raw Veggie Pizza with Sauteed Mixed Mushrooms.** Mixed salad and sauteed asparagus. Veggie Juice. Pilli Nut Pudding with Blueberries. **(recipe included)**
- 11:30PM **Midnight Food for the Soul: Meditation on the Inner Sound**

### Friday

- 6:00AM **Food for the Soul: Meditation on the Inner Light**
- 7:00AM **Food for the Soul: Meditation on the Inner Sound**

- 8:00AM Morning Glass of DO Coconut Water with 1 teaspoon RH Pink Crystal Salt Sole
- 11:00AM DO Vanilla Coconut Water and Blueberry Shake with RH Goji Berries, DO Acai, RH Mesquite Powder, RH Maca Powder and TN Tocos Plus. pinch of RH Crystal Salt
- Afternoon snack Two large handfuls **RH Golden Princess Mix**
- 7:00PM Avocado hand rolls with red pepper curry soup
- Dessert **Strawberry Banana Cocconut Cream Pie (see recipe)**
- 11:30PM **Midnight Food for the Soul: Meditation on the Inner Sound**

### Saturday

- 6:00AM **Food for the Soul: Meditation on the Inner Light**
- 7:00AM **Food for the Soul: Meditation on the Inner Sound**
- 8:00AM Glass of DO Coconut Water with 1 teaspoon RH Pink Crystal Salt Sole
- 11:00AM **Chocolate Mouse Parfait (recipe included)**
- 2:00PM DO Macadamia Butter on rice cakes with BO Coconut Blossom Sugar
- 7:00PM **Veggie-Nut pate** on dehydrated buckwheat crackers with leftover red pepper curry sauce. Mixed Green Salad DO Coconut Vanilla Shake with Mullberry Misu
- 11:30PM **Midnight Food for the Soul: Meditation on the Inner Sound**

I personally recommend spiritual meditation on the inner light and sounds as much or more than other food. (As my Holy Teacher has said it may be the best and only medicine for what may be ahead).

Try it, you may like it & may find it pleasantly addicting!

## Recipes

### Chocolate Mousse Parfait

Note: Pili Nut tastes like a cross between pecan, brazil nut, and pine nut

#### Layer One:

Coconut cashew or Pili Nut Cream Sauce  
Soaked Transition Nutrition DO Pili Nuts or cashews  
Transition Nutrition Irish Moss  
DO Coconut Sap Sugar  
DO whole vanilla bean, to taste

Blend, starting on low setting, until silky smooth with a sheen on the cream's surface

#### Layer Two: Chocolate Mousse:

1 cup Living Purified Water  
3 avocados  
DO Coconut Sugar  
Transition Nutrition Peruvian Cacao Powder  
Blend until thick with the help of spatula. Place Coconut Cashew Cream in a glass. Place layer Chocolate Mousse on as second layer.

#### Layer Three:

Top with organic strawberries, kiwis and blueberries.

### Young Thai Coconut Water

#### Aloe-Lime-Pomegranate Elixir

4 ounces living water  
4 ounces DO Coconut Water by TN  
4 ounces Aloe vera juice  
1 ounce Pure Organic pomegranate juice  
3 squeezes organic lime or lemon juice  
Smidgeon Royal Himalayan Pink Crystal salt

### Strawberry Banana Coconut Pie

Ground almond and date crust  
Layer of blended banana  
Layer of strawberries cut in quarters

Filled with thick coconut cream (young coconut water and meat and DO Coconut Oil, and DO coconut sugar, blended)

Put in refrigerator. Decorate with strawberries, blueberries, raspberries and chocolate nibs.

Serve cold.

### RH Sole Recipe:

Royal Himalayan Pink Crystal Salt Stones  
High quality water  
Small Jar RH Pink Crystal Salt Stones-1 inch high at the bottom of a small jar

Fill jar with quality water 2 inches above the RH Salt Stones.

Let sit overnight so that most of the RH Salt will dissolve by the next day. It is good to have a couple of small RH Salt Stones still sitting at the bottom of the jar to evidence full saturation.

When spooning RH Sole from the jar, it is best not to have metal come in contact with the Sole. Use only wooden, glass, ceramic, or plastic spoon.

### Polynesian Pili Nut Coco Shake

Water of 2 young coconuts (20 - 26 oz. & meat (not too young)  
1 cup DO Polynesian Pili nuts  
1/2 Tbs. spoon DO Maca  
1/2 Tbs. DO Mesquite powder  
1/2 Tsp. DO Vanilla powder  
3 Tbs. Carob Powder or Chocolate Powder  
1 large Banana.

Put all ingredients in a super blender & blend for 3 or 4 minutes until creamy.  
Makes enough for 3.

### Polynesian Pili Nut Chia Pudding

Soak chia seeds 1/4 cup for a few hours & mix with Polynesian Pili Nut Coco Shake **(see above)**  
Add some DO Coconut Blossom Sugar to make sweeter & or some fresh berries.

I'm a very happy, fulfilled, joyful, enthusiastic, energetic, experimental and adventurous person who's passionate about living and teaching the fundamentals of raw and living food lifestyle and helping people achieve freedom through movement and exercises that are fun, invigorating and motivating. Above all, I love guiding people in finding and discovering their unique talents, lost or forgotten dreams and self-defined bliss.



came to pass that it's time to put away the trunks and have a closet. At the moment, my amazing husband (I swear I married McGyver-he can fix anything or make something better in a nanosecond) with our beloved Max (our cuddly canine companion) divide our time between our cozy, comfy flat in Paris and our bucolic home in Provence which is our heavenly hideaway.

## If we don't change anything nothing will EVER change

Fitness and wellness has always been a big part of my life. Yup, growing up, I watched Jack Lalane and Jane Fonda instead of Sesame Street. I felt the burn in my leg warmers and did lots of jumping jacks during those freezing summers growing up in the San Francisco Bay Area.

Once upon a time, I was gypsy Joyce living all around the world, towing two trunks, working for health clubs, hotels and resorts in the United States, Latin America, Europe, Asia and the Caribbean consulting, managing and developing various health and wellness programs. One day, it

I love concocting my *delice du jour* in my culinary lab mixing exotic spices and aromatic plants with local produce and of course

sprinkles of super foods here and there. In between soaking, sprouting and dehydrating I find time inventing all kinds of invigorating moves, mixing all kinds of disciplines such as yoga, pilates, resistance training or simply shaking and getting groovy. Fitness is fun, feeling good and having a sense of accomplishment from each play session.

Perfect health is a process not a static state. Raw food is my angel that gives me wings when I need to fly. Up, up and away I go SWOOOSH!



© Photo Eric Rivkin

# WHAT JOYCE ATE...

## Monday

**8:00AM** ½ liter of lemon water made with 1 whole lemon

**9:00AM** ½ liter of mint green tea

**12:00PM** Big bowl of mixed fruits: 1 medium gala apple, kiwi, a cup of strawberries and 1 cup of raspberries and a handful of rawnola mix (soaked and dehydrated assorted nuts (walnuts, almonds and hazelnuts with dried coconut, goji berries and mulberries)

**2:00PM** 1 liter of green juice: ½ cucumber, handful of parsley, handful of dandelion leaves, handful of spinach, 1 inch ginger, handful of mint leaves, 1 orange, 1 green apple, ½ of fennel bulb.

**6:00PM** **Large salad:** ½ small beetroot grated, 1 medium carrot grated, ½ white onion, ½ noa cucumber, 1 heart of beef tomato, 1 small red bell pepper, 1 tablespoon olive oil, 1 teaspoon of chat masala (Indian spice that has a bit of these ingredients: cumin, asafetida (like garlic), coriander, chili)

**9:30PM** 250ml verveine tea

## Tuesday

**7:30AM** Lemon water: same as 8AM Monday

**8:00AM** ½ liter of mint green tea

**9:00AM** 1 liter of **green juice:** handful of parsley, handful of coriander, handful of purslane, ½ cucumber, 1 green apple, 2 tablespoons of HealthForce Nutritionals Vitamineral Green and 1 tablespoon of E-3 Live Brain-On

**12:00PM** 1 liter of **green juice:** ½ cucumber, handful of spinach, 1 inch ginger, handful of mint leaves, 1 orange, ½ of fennel bulb

**3:00PM** 1 liter of **green juice:** 150 grams of mache, 50 grams of pineapple, 1 green apple, 1, orange, 2 stalks of celery with leaves

**9:00PM** 250ml chamomile tea

## Wednesday

**8:00AM** Lemon water: same as 8AM Monday

**9:00AM** ½ liter of mint bergamot green tea

**12:00PM** 1.5 liters of **green smoothie:** 150 grams of mesclun, 1 large banana, 1 small papaya, 1 mango, 2 cups mix of strawberries and raspberries frozen, 2 tablespoons of Vitamineral Green

**2:00PM** 1 liter of **green juice:** ½ cucumber, handful of parsley, handful of dandelion leaves, handful of spinach, 1 inch ginger, handful of mint leaves, 1 orange, 1 green apple, ½ of fennel bulb

**6:00PM** Large **cauliflower tabouleh salad:** 2 handful of flat parsley, handful of coriander, 1 large tomato, ½ yellow onion, 2 cups crumbled cauliflower (rice-like consistency with s-blade on food processor), handful of chopped black olives, juice of 1 medium lemon and some zest, 1 tablespoon walnut oil, salt, pepper and sprinkled with sumac (a plant used as a spice in Middle Eastern cuisine. It adds a lemony tarty taste and lifts flavors). Topped with slices of 1 medium avocado and sprinkled with a handful of soaked, sprouted and dehydrated walnuts, and a handful of mixed sprouts (radish, lentils and alfalfa)

**9:00PM** 250ml verveine tea

## Thursday

**8:30AM** Lemon water: same as 8AM Monday

**9:00AM** ½ liter of jasmin green tea

**10:00AM** 1 liter **green smoothie:** handful of spinach, handful of mache, ½ cucumber, 2 stalks of cucumber, 6 large figs, 2 frozen banana

**2:00PM** 1 liter green juice: ½ cucumber, handful of parsley, handful of dandelion leaves, handful of spinach, 1 inch ginger, handful of mint leaves, 1 orange, 1 green apple, ½ of fennel bulb

## WHAT JOYCE ATE...

**6:00PM** 1 liter green smoothie: 200 grams of mesclun, 2 cups of frozen strawberries and raspberries, 2 bananas, 1 apple, 2 tablespoons of Vitamineral Green

**8:00PM** 1 cup **Avo Mousse au Chocolat**: 1 large avocado, 3 heaping tablespoons of almond nut butter, ½ cup of soaked dates, ½ cup of almond milk, 2 heaping tablespoons of raw cacao powder. Blend until creamy. Topped with a pinch of cacao nibs. This yields about 2 ½ cups.

**9:30PM** 250ml verveine tea

### Friday

**8:00AM** Lemon water: same as 8AM Monday

**9:00AM** ½ liter of mint bergamot green tea

**12:00PM** Big bowl of mixed fruits: 1 large banana, 2 large figs, 1 kiwi, 1 large pear

**2:00PM** **Green juice**: ½ cucumber, handful of parsley, handful of dandelion leaves, handful of spinach, 1 inch ginger, handful of mint leaves, 1 orange, 1 green apple, ½ of fennel bulb, 2 tablespoons of Vitamineral Green

**6:00PM** **Large salad**: ½ of small pineapple sliced and diced, 2 tablespoons of slivered almonds (soaked, sprouted and dehydrated), juice of ½ of lemon, pinch of chili, pinch of chat masala, pinch of cumin, salt and pepper

**9:30PM** 250ml verveine tea

### Saturday

**8:00AM** Lemon water: same as 8AM Monday

**9:00AM** ½ liter of mint green tea

**10:00AM** 1 liter of **green smoothie**: handful of spinach, handful of mache, 3 large leaves of romaine, 2 frozen bananas, 1 cup of frozen raspberries, 1 small papaya, 1 cup of blueberries

**12:00PM** **Green juice**: ½ cucumber, handful of parsley, handful of dandelion leaves, handful of spinach, 1 inch ginger, handful of mint leaves, 1 orange, 1 green apple, ½ of fennel bulb.

**2:00PM** **Large salad**: 150 grams of baby spinach, 1 large tomato, 1 ½ cup of grated beets, turnips, parsnips and carrot mix, ½ of small white onion, pinch of cumin, 1 tablespoon of olive oil, salt and pepper

**5:30PM** 2 **sushi rolls**: Stuffed two sheets of nori with: 2 cups of sauerkraut mixed with 2 teaspoons of white miso, juice of ½ lemon, ½ of medium avocado sliced, handful of mixed sprouts (lentils, sunflower, alfalfa)

**7:00PM** Had the rest of the avocado mousse au chocolat (over a cup)

**9:30PM** 250ml mint chamomile tea

### Sunday

**8:00AM** Lemon water: same as 8AM Monday

**9:00AM** ½ liter of warm water

**10:00AM** 2 cups of **Avo-Banana Mash**: 1 medium avocado, 2 large bananas, 1 teaspoon vanilla powder, and a pinch of cinnamon, blended

**2:00PM** 1 liter of **green juice**: 2 handfuls of parsley, 1 handful of coriander, 1 handful of mint leaves, 1 lemon, 1 green apple, 2 inch ginger, ½ fennel bulb

**6:00PM** Large **salad**: 1 small celeriac grated, 2 small carrots grated, 1 green apple, ½ white onion, juice of 1 medium lemon

**9:30PM** 250ml verveine tea

**M**y name is Cecilia Kinzie and I've been high raw for almost nine years. I discovered raw foods as I was searching for a way to heal myself from Chronic Fatigue Syndrome and Asthma.

What I found is that raw foods enlivened, energized, and awakened my being. Life went from black and white to color!

I lost weight, my skin cleared up, I gained energy, my intuition awakened, and I felt like a mask that I had been wearing for years lifted so that I could truly know and be myself.

Once a sick, depressed, and overweight young adult, through raw food my passion and zest for life returned. It has been a beautiful journey and I love all the healing and nourishing foods that I get to eat.

My favorite thing is to go the farmer's market or my local farm and pick out all the ripe seasonal produce available to me in Sonoma County, California.

The quality of produce is so delicious in my area that my food preparation is kept really simple. I don't spend more than 15 minutes to a half an hour preparing anything! This frees up my time to spread the word about the amazing [www.rawglow.com](http://www.rawglow.com).

**Rawglow.com** is a labor of love where I share recipes, videos, articles, tips, tricks, inspiration, and motivation to eat high raw so that you may live your best life. I am also available for raw food



**What I found is that raw foods enlivened, energized, and awakened my being. Life went from black and white to color!**

phone consultations and speaking engagements.

My blog [www.rawglow.com /blog](http://www.rawglow.com/blog), is updated weekly and it's a place where you can learn things like: how to choose a ripe watermelon, how to make your own coconut kefir, or how to spend a raw weekend in San Francisco.

When I'm not working I enjoy spending time with my adorable white rescue Chihuahua, Dancer, whom I love to pieces, or traveling and discovering new raw and vegan restaurants with my sweet husband.

**Let your inner glow shine!**



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# WHAT CECILIA ATE...

## Monday

9:00AM 1 cup herbal tea with a drop of Sweetleaf Stevia Liquid, Carlson Vitamin D Supplement, and Jarrow B-12 Supplement.

I usually drink one of the following herbal teas: nettle, horsetail, Pau d' Arco, licorice, red clover, ginger, or lemon verbena.

10:00AM **Cantaloupe Cactus Cooler** (recipe included) I had this for breakfast the other day, mmmmmm! The melon seemed to digest well with the cactus for me.

1:00PM **Strawberry Spinach Green Smoothie:** 2 bananas, 1 small apple, 1 small bunch spinach, 1 cup strawberries, 2 cups water, 5 drops Vanilla Stevia Liquid.



3:00PM **Coconut Kefir with Strawberries:** 1 cup sliced strawberries, ¼ cup coconut kefir with 3 drops NuNaturals Vanilla Stevia Liquid, topped with 1 teaspoon each bee pollen, wheat germ, and molasses.



5:00PM **Simple Cucumber Salad:** 2 chopped lemon cucumbers, 1 chopped medium yellow heirloom tomato, ½ chopped red bell pepper, 2 small chopped handfuls of cilantro, 2 small handfuls crumbled bull whip kelp from Ocean Harvest Sea Vegetables.

7:00PM

## Collard Greens Salad with Omega Dressing:



5 collards leaves thinly sliced, 1 small cucumber thinly sliced, 3 small tomatoes or 2 medium sized tomatoes diced, 1/8 avocado chopped, a handful of your favorite seaweed (I love silky sea palm), 1 tablespoon hemp seeds. I rolled the collards and then sliced them really thinly. Omega Dressing: 4 tablespoons lemon or lime juice (about 2 lemons), 1 teaspoon Udo's Choice 3-6-9 Blend Vegan DHA Oil, 1 teaspoon olive oil, 1 teaspoon raw honey, 1/8 of an avocado mashed, 1 teaspoon flaked seaweed, dulse flakes, or kelp granules, 2 tablespoon of a combination of chopped fresh herbs such as chives, basil, dill or 1 teaspoon of dried herbs. Mix all ingredients together in a small bowl with a fork and pour over the salad.

## Tuesday

9:00AM Same as Monday

10:00AM **Papaya\_Cilantro Green Smoothie:** 1 cup chopped papaya, 1 cup strawberries, 2 bananas, 1 bunch cilantro, 1 apple, 1 tablespoon Greener Grasses from HealthForce Nutritionals, 1 teaspoon each chlorella, spirulina, and E-3Live blue-green algae. I drank half at 10AM and the other half at 1PM.

3:00PM 1 sliced Fuji apple with a sprinkle of cinnamon

# WHAT CECILIA ATE...

4:00PM **Coconut Kefir with Banana:** 1 sliced banana, ¼ cup coconut kefir with 3 drops Vanilla Stevia Liquid, topped with 1 teaspoon each bee pollen, wheat germ, and molasses.

7:00PM **Steamed Vegetables with Raw Bell Pepper Marinara:** 1 head chopped broccoli, 10 chopped dinosaur kale leaves, 2 sliced heirloom carrots, 1 sliced zucchini, 1 sliced red bell pepper, 1 large handful silky sea palm.



**Dressing:** Blend 1 large chopped tomato, 1 chopped fresh red bell pepper, 1 dried red bell pepper, 2 pitted dates, 2 tablespoons chopped basil. Topped with 1 tablespoon each ground chia seeds and hemp seeds, chopped basil, flaked seaweed and Nutritional Yeast.

## Wednesday

9:00AM Same as Monday

11:00AM Apple Lemon Green Juice:

1:30PM Another Apple  
Lemon Green Juice

3:30PM **Strawberry Kefir Shake:** 2 cups strawberries, 2 cups coconut water kefir, 10 drops Vanilla Stevia, 1 heaping teaspoon Hemp Seeds, 1 heaping teaspoon chia seeds



6:30PM **Red Leaf Lettuce Salad with Honey Mustard Dressing:** 1 chopped head of red leaf lettuce, 2 chopped medium heirloom tomatoes, ½ chopped red

bell pepper, 1 peeled and diced lemon cucumber, 1 grated heirloom carrot, 5 organic sun dried black olives.

**Dressing:** (all ingredients whisked in a bowl with a fork): 1 tablespoon Udo's Choice DHA 3•6•9 Oil Blend, 2 tablespoons Organic Yellow Mustard, 1 tablespoon raw honey, 1 tablespoon water. Salad topped with sprinkle of hemp seeds, flaked seaweed, and Nutritional Yeast. 2 boiled Japanese sweet potatoes, cooled and then mashed in with the salad.

## Thursday

9:00AM Same as Monday

10:00AM Vegetable juice: 1 unpeeled medium cucumber, 5 chard leaves, 1 golden beet, 4 heirloom carrots, 6 ribs celery, 1 golden delicious apple, 2 cups water. All ingredients blended in the blender and then squeezed through a nut milk/sprout bag.

1:00AM **Blueberry Kale Green Smoothie:** 2 bananas, 1 small apple, 1 cup blueberries, 7 small dinosaur kale leaves with stems removed, 1 cup coconut kefir, ½ cup water, 5 drops Vanilla Stevia Liquid, 1 tablespoon Greener Grasses, 1 teaspoon each bee pollen, chlorella, spirulina, and E-3 Live Blue Green Algae.

3:00PM 2 ounces dried organic pears. I don't eat dried fruit often.

4:00PM **Green juice:** 3 ribs celery, 1 medium unpeeled cucumber, 1 apple, 2 chard leaves, 1 zucchini, ½ unpeeled lemon, 1 cup water.)

7:00PM **Sea Noodle Salad with Ginger Sesame Flax Dressing:** 4 sliced baby bok choy, ½ sliced red pepper, 12 ounce package Sea Tangle Kelp Noodles, ½ heirloom carrot shredded, 1 ounce laver seaweed (processed in the food processor with the S-blade and one tablespoon of water), sprinkle of black sesame seeds. **Dressing:** ½ cup water, 2 tablespoons sesame seeds,

## WHAT CECILIA ATE...

2 tablespoons flax seeds, 3 teaspoons Organic Chickpea Miso, 2 tablespoons lemon juice, small knob ginger. All blended



### Friday

- 9:00AM Same as Monday
- 10:00AM **Carrot Juice:** 1 pound carrots, 3 cups water.
- 12:00PM **Carob Superfood Green Smoothie:** 2 bananas, 1 small apple, 1 cup blueberries, 4 small chard leaves stems removed, 1 cup coconut kefir, 1 cup water, 5 drops Vanilla Stevia Liquid, 2 tablespoons raw carob powder, 1 tablespoon Maca Vanilla Spice, 1 tablespoon Greener Grasses, 1 teaspoon each bee pollen, chlorella, spirulina, and E-3Live blue-green algae.
- 2:00PM 2 sliced large golden delicious apples sprinkled with cinnamon
- 6:00PM **Steamed Vegetables with Ginger Honey Dressing:** 1 chopped broccoli crown, 3 sliced heirloom carrots, ½ pound green beans, 1 small head shredded Napa cabbage, 1 sliced red bell pepper, 1 handful Silky Sea Palm. Dressing (all\_ingredients whisked in a bowl with a fork): ¼ cup lemon juice, 2 teaspoons Organic Chickpea Miso, 2 teaspoons honey, 1 tablespoon Udo's Choice Oil, 1 teaspoon finely shredded ginger. Topped with flaked seaweed

### Saturday

- 9:00AM At least one day per week I only eat vegetable juice, fruit, and smoothies to give my digestive system a rest.
- 10:00AM Same as Monday
- 1:00PM **Vegetable juice:** 6 ribs celery, 10 carrots, 2 cups water.
- 5:00PM **Vegetable juice:** 1 lemon cucumber, 1 unpeeled zucchini, 1 red beet, 2 carrots, 3 ribs celery, 1 golden delicious apple, 2 cups water
- 7:00PM 1 cantaloupe melon  
2 ripe plums, 1 pound purple figs

### Sunday

- 9:00AM Same as Monday
- 10:00AM ¼ of a cantaloupe
- 12:00PM 5 ripe purple figs
- 12:30PM **Grape Romaine Green Smoothie:** 2 bananas, 1 small apple, 1 cup merlot grapes with seeds, 5 romaine lettuce leaves, 1 cup young coconut water.



## WHAT CECILIA ATE...

3:00PM **Coconut Kefir with Cantaloupe:** ¼ of a cantaloupe chopped, ½ cup coconut kefir with 3 drops Vanilla Stevia Liquid, topped with 1 teaspoon bee pollen

5:00PM **Green juice:** 3 large unpeeled lemon cucumbers, 5 ribs celery, 1 small head spinach, ½ cup water

6:00PM **Fig Salad:** 1 head chopped romaine, 10 sliced figs, ½ cup sliced merlot grapes. Dressing: 2 tablespoons coconut kefir with 1 drop Vanilla Stevia Liquid.

### Recipes

#### **Cantaloupe Cactus Cooler**

1 Nopal Cactus Leaf (spines removed)  
2 cups coconut water  
2 cups chopped Cantaloupe  
2-4 drops liquid Stevia  
Squeeze lime

Carefully remove spines from the nopal cactus and chop into pieces.

Add all ingredients into the blender except for the lime.

Taste for desired sweetness and top off with a squeeze of lime. Makes about 32 ounces.



#### **Apple Lemon Green Juice**

5 ribs celery  
1 large English cucumber  
1/2 lemon  
5 Swiss Chard Leaves (wash thoroughly)  
2 apples (optional)

Put all the ingredients through a juicer. If you don't have a juicer an alternative would be to chop the cucumber, apple, and celery and place it in a blender (cucumber first) with the Swiss Chard, peeled lemon, and a little water.

Blend on high for about thirty seconds and then pour and squeeze the mixture through a sprout bag over a big bowl.

Today, my life is pretty spectacular. I have lots of energy to pretty much do whatever I want to do whenever I want to do it. You'll never hear me turn down an invitation because I'm "too tired". I have two beautiful teenage boys, Kevin who's 13 and Eric who's 17, and a husband who I've been with for almost 30 years. I live in Austin, Texas, a town I love in a beautiful house on an acre of land, and my work allows me to connect with amazing people and really make a difference in their lives. What more could I want (other than a house on the beach in Hawaii)?

I was born in Astoria NY, ½ block away from the Triboro Bridge, which connects Queens, Manhattan and the Bronx. In fact, for most of my childhood, my playground was under the bridge!

I'm the oldest of nine children, born to a quiet Italian man named Rocco and a fiery Irish girl named Mary. I say girl because my Mom was only 20 years old when I was born.

We didn't have much money growing up. I wore hand-me-down clothes from cousins and friends, and my sisters got them after I outgrew them.

For most of my childhood we lived upstairs from my mom's parents, "Nana" and Grandpa. Nana worked for a man whose company made sewing kits and change purses personalized to corporate clients who gave them as marketing "gifts". To earn money, my sisters and I would spend evenings watching TV with Nana while we made the "kits".

As a result I had a very special bond with Nana which continued until she died in the early 1980's.

Every Sunday, my cousins came to dinner at Nana and Grandpa's house and we all got to hang out. There were a LOT of us... and everyone smoked! I was exposed to second hand cigarette smoke daily!

As was the fashion of the time, as an infant I was fed formula, jars of baby food and fortified refined baby cereal. My sweet tooth was indulged by chocolate cake and ice cream for my first birthday. Growing up, my most common mealtime foods were meat, milk, potatoes, pasta and bread.



## Along the way; I've rewritten my own future.

By the time I was 5 years old, I had my tonsils removed.

By the time I was 9, I had developed a bone tumor on my back, and had surgery.

Of course no one made the connection between my diet and cigarette smoke exposure and my frequent illnesses, digestive complaints and tumor growth.

By the time I was graduating from elementary school, I realized that the way I was eating was starting to make me fat, and I got very self conscious about this. I

wanted to be slim and pretty and I wanted the boys to like me, so I started to take it in my own hands and I developed an eating disorder.

It wasn't your typical run-of-the-mill eating disorder, like anorexia or bulimia. I never forced myself to vomit and I certainly wasn't about to give up eating almost entirely. Instead I would binge on all my favorite treats, gain 5-7 pounds then put myself on a starvation regimen, like limiting myself to a half a bagel or a container of yogurt a day for several days to a week, lose the extra weight then start all over.

This went on for many, many, many years. NO ONE knew about it because I didn't get skinny or develop serious problems like anorexics and bulimics do. When I got into college, I started to have symptoms that were related to how I was taking care of myself, but I still didn't make the connection. I had really bad headaches so the doctors put me on Valium.

I couldn't get through the day unless I caffeinated myself. Even though I never perceived myself as having an energy problem, looking back I realize that it was due to all the caffeine I started drinking at age 9. My family had a tea drinking ritual. We'd start the day with a cup of tea and 2 teaspoons of sugar; have a cup of tea with cookies after school then have yet another cup or two with cookies after dinner. At dinner I'd get my sugar fix by drinking a couple of glasses of Kool-Aid. I was fueling myself on caffeine and sugar and it never occurred to me that I had a problem.

## DR. RITAMARIE LOSCALZO

I didn't realize there was anything wrong until I reached my 20s, when I developed headaches and sinus congestion, and then as a result of all the aspirin I was taking, I developed what was first suspected to be an ulcer.

After several sinus surgeries, shots of steroids into my nose, rounds of ulcer medications, valium and antibiotics, I was finally pronounced ulcer-free, and told to stay on the ulcer medication just for good measure.

At that point, I'd had it!

I was only 24 years old! That's when I started to wonder what my life would be like in my 50s if I continued on this path, and I asked the pivotal question that changed my life: "Does this have anything to do with what I eat, because I know I have a really bad diet?"

At that time, my typical diet was Pringles and ice cream. That was mostly what I ate as I was heading to and from classes and working two jobs to pay my way through NYU where I got my undergraduate degree in Math and computer Science. "Of course not" was the answer. Of course not!!! But, something inside me kept me driving for more. I was really not going to be put off at this point, so that began my era of exploration.



I'd always loved to do research, so I started to go to the library to check out books about nutrition and health. It was before the internet, so I spent a lot of time at the library and at bookstores, and I read, and I read some more; and I finally realized that there was a connection between what I was eating and the state of my health.

I read. I experimented. I sought mentors. I looked for somebody who knew more about nutrition than I did, but quite frankly, that wasn't very common back in the late 70s and early 80s when I was looking for the answers. I did find a Russian M.D. in New Jersey who talked to me about Candida and food allergies and got me going down that path. Long story short, I explored and I experimented, improved then got worse again, and found myself very confused and disillusioned. I was determined to find out what it was it going to take to get me healthy again.

Then, serendipity. I met a man at a gas station while I was waiting to get my oil changed. He saw that I was reading a health book, and we struck up a conversation. He recommended a book and a retreat center. He spoke to me about fasting, and raw foods. I was intrigued. The name of the book was: 'Fasting can Save Your Life', by Herbert Shelton and the retreat was: The Religious School of Natural Hygiene in Watsonville California.

I got the book he recommended, and there was no turning back. I started learning that what I eat, what I drink, how I think, the air I breathe, my environment and exposures, my attitude, and my relationships all shaped my state of health. As I read, I realized that what I had been doing my entire life was making me toxic.

I did a 28-day water fast then started to eat raw foods. I got rid of the junk foods that I had been addicted to my whole life. I was finally feeling better, thinking more clearly, and ready to share this with the world. It was right in the middle of a fast that I decided that I would dedicate my life to helping others feel this way, to save them from the hard work, frustrations and dead ends I had run across to get answers; not to mention the tens of thousands of dollars I had spent. So I quit my successful career in computers and went back to school.

Over the years, I've accumulated many thousands of hours studying for degrees, earned several post-graduate degrees and certifications and I'm doing what I set out to do over 25 years ago.

## WHAT DR. RITAMARIE ATE...



I was so dedicated to finding out everything there was to know about nutrition and health that I was enrolled in two degree programs at the same time: a four year Doctor of Chiropractic Program at Palmer West in Sunnyvale California and a weekend Masters in Nutrition Program at the University of Bridgeport's satellite campus in San Francisco.

After completing my Master's and Doctorate degrees within months of each other, I went on to become certified in Acupuncture at the Texas Chiropractic school in Pasadena and studied Herbal Medicine at the Acupuncture and Academy of Oriental Medicine in Austin, and I also studied herbal medicine through the David Winston's Center for Herbal Studies.

Along the way; I've rewritten my own future. The question I asked myself when I was in my twenties: What will I be like in my fifties? has been answered, and it's not what I was headed for and feared it would be.

Instead of being overweight, tired and on blood pressure medication, like my siblings, I'm lean, strong and filled with energy. I run marathons, participate in triathlons, write, teach and help others to rewrite their own history... one bite at a time!

Today I teach online courses, write books, and coach others back to health in small groups as well as one on one. I combine the ancient healing wisdom of pure food, fresh air, movement and rest with modern scientific research in the area of biochemical testing and whole food and herbal supplementation.

It's a ride that keeps me high and happy!

### Monday

**6:00AM** 12 ounces water

**6:30AM Green Smoothie:** 1 bunch kale, ½ pound red grapes, 1 small mango, 2 handfuls spinach, 1 inch slice piece of ginger, juice of 1 lemon, 1 teaspoon kelp powder, 1 tablespoon chia seed

**11:00AM** 1 bag Alive and Radiant Foods Cheesy Kale Chips: kale, cashews, nutritional yeast

**12:00PM** 1 Go Raw Spirulina Energy Bar: sprouted organic sesame seeds, banana, coconut, dates, spirulina

**3:00PM** 1 cup homemade spicy raw sauerkraut, sesame, ginger, kelp noodles made with 16 oz. of kelp noodles (<http://bit.ly/sesamenoodles>)

**6:00PM Salad:** 4 cups spring mix, 1 chopped heirloom tomato, 1 avocado, diced, 1 cup sunflower sprouts, handful of broccoli sprouts, fresh basil leaves, 1 cup micro-greens, juice of ½ lemon, splash of olive oil, sprinkle of kelp powder

**8:30PM Green Smoothie:** 4 cups spinach, 1 cup frozen peaches, 1 cup frozen cherries, 1 teaspoon vanilla powder, ½ cup water

Unusual day: traveling until 3:00PM

### Tuesday

**8:00AM** 16 oz. water

**8:30AM Green Smoothie:** 1 bunch kale, handful dandelion leaves, 2 handfuls collard greens, ½ pineapple, 1 small mango, 1 handful sunflower sprouts, 1 inch slice piece of ginger, juice of 1 lemon, 1 teaspoon kelp powder

**1:00PM** 2 large heirloom tomatoes, sliced and topped with fresh chopped basil, ½ teaspoon olive oil, ¼ teaspoonful kelp powder and a pinch of pink salt

**2:00PM** 2 large collard green leaves stuffed with guacamole, sprouts, spring mix, and sauerkraut. 1 nori sheet rolled with the same filling. Chia crackers: chia, water, salt, garlic, Italian seasoning

## WHAT DR. RITAMARIE ATE...



**6:00PM Salad:** 4 cups spring mix, 1 cup spinach 1 chopped heirloom tomato, 1 avocado, diced, 1 cup sunflower sprouts, handful of broccoli sprouts, 1 cup micro-greens, shredded carrots, juice of ½ lemon, splash of olive oil, sprinkle of kelp powder

**8:00PM** 2 peaches

### Wednesday

**8:00AM** 16 ounces water with juice of 1 lemon and a pinch of cayenne

**8:30AM Green Smoothie** (approx. 32 oz.): my husband made this so I can only guess at ingredients: kale, spinach, sprouts, pineapple, banana, mango, ginger, mint

**1:00PM Kale Salad:** 1 bunch kale, massaged with ½ teaspoon sea salt, 2 tablespoons lemon juice, 1 teaspoon olive oil, pinch of kelp powder, 1/8 cup sesame seeds, a pinch of sesame oil and 1 whole red bell pepper, chopped

**4:00PM: Green Smoothie:** 4 handfuls spinach, 1 frozen banana, 1 scoop Sun Warrior Protein Powder, herb powder mixture: licorice root, ashwaganda, maca. Handful of chia crackers: chia, water, salt, garlic, Italian seasoning

**7:00PM Salad:** 4 cups spring mix, 1 cup romaine hearts, cherry tomato, 1 avocado, diced, 1 cup sunflower sprouts, handful of broccoli sprouts, 1 cup micro-greens, ½ cup sauerkraut, shredded carrots, juice of ½ lemon, splash of olive oil, sprinkle of kelp powder

**9:00P** 1 cup pineapple slices

### Thursday

**8:00AM** 16 ounces water with juice of 1 lemon and a pinch of cayenne

**8:30AM Green Smoothie:** 2 cups grapes, 1 pear, 1 apple, 4 cups spinach, 4 cups kale, 1 cup dandelion, 1 lemon, 1 inch ginger, 1 inch turmeric, fresh, 2 teaspoons cinnamon, 1 bunch mint

**11:00AM Apple Ginger Breakfast Medley** (recipe from my book, Power Breakfast Ideas and

demonstrated on my blog <http://tinyurl.com/PowerBreakfastIdeas>

**2:00PM** 2 sheets nori stuffed with Very Very Green Pesto: kale, spinach, kelp, basil, pine nuts, sale (recipe in a free green recipe guide available at

[www.drritamarie.com/green](http://www.drritamarie.com/green) )

**7:00PM Green Soup:** 4 cups spinach, 1 tablespoon coconut butter, handful cilantro, juice of 1 lime, 1 inch slice of ginger, ½ avocado, a sliver of hot pepper). Salad: 4 cups spring mix, 1 cup cherry tomatoes, 1 cup sunflower sprouts, handful of broccoli sprouts, 1 cup micro-greens, shredded carrots, juice of ½ lemon, splash of olive oil, sprinkle of kelp powder

### Friday (traveling)

**7:30AM Green Smoothie:** My husband made it for me... guessing: 1 cup grapes, 1 pear, 1 apple, 4 cups spinach, 4 cups kale, frozen tropical fruit, 1 inch ginger, 1 bunch mint

**10:00AM** 2 apples at the airport

**12:00PM** 1 package of Alive and Radiant Foods Cheesy Kale Chips

**4:00PM** Lunch at Whole Foods Market in New Jersey: field greens, tomatoes, shredded carrots, cucumber, celery, cauliflower with guacamole and salsa as a dressing.

Beverage: **Ginger Kombucha**

## WHAT DR. RITAMARIE ATE...

**5:00PM** Snacked on grapes as I drove to my friend's house

**8:00PM** Dinner at a Japanese restaurant with friends: green salad with oil and vinegar, seaweed salad

**10:00PM** 1 red bell pepper with the rest of the guacamole from lunch

### Saturday

The rest of this diary is recorded while traveling...a different house each night! Everyone I stayed with during this time eats the standard American diet, so I brought food in and ate a little differently than usual. The biggest difference was very few green smoothies.

**10:30AM** 1 cup grapes, 1 cup pineapple, a few raspberries

**12:00PM** Powdered green concoction: HealthForce Nutritionals Vitamineral Green, spirulina, amla, kelp, chia seeds, licorice, Sun Warrior Protein Powder, ashwaganda, camu camu, pomegranate powder, lucuma powder, and a few others...I made the mix at home and forget exactly what I put in it.

**6:00PM** Mixed greens, avocado, tomato, olive oil and lemon juice

**8:00PM:** Munched on some fruit as I drove

Sunday at my sister's home. They had French toast and bacon (yuck) I drank my powdered green mix and ate a few grapes.

**10:30AM** Powdered green concoction

**6:00PM** Stopped at the store and bought some cut up pineapple and grapes. Ate it on the road.

**7:00PM** **Wilted spinach salad:** ½ pound of spinach massage with pink salt, lemon juice,

olive oil with a tiny portion of salad (my sister made a salad close to the size I normally eat and 6 of us split it!) romaine lettuce, spring mix, shredded carrots, cucumber, tomato. I topped it with the spinach.

**9:00PM** A few grapes and pieces of pineapple

### RECIPES

#### Apple Ginger Breakfast Medley

This recipe is very satiating. I feel full for many hours after eating it.

1 – 2 apples, finely diced  
¼ cup almonds, soaked and chopped  
¼ inch piece of ginger, minced  
¼ cup lemon juice  
¼ teaspoon cinnamon

**Toppings:** (Your choice) cacao nibs, goji berries, coconut flakes, raisins, hemp seeds, etc.

#### Optional Sauce:

1 tablespoon coconut cream  
½ tablespoon flax oil  
1-2 pitted medjool dates, soaked for a few minutes in ¼ cup water to soften  
1 teaspoon raw cacao powder (optional – for chocolate sauce)

#### Directions:

Make the topping by blending coconut cream concentrate, flax oil, dates and chocolate (if desired) until smooth and creamy. Add a small amount of date soaking water if needed to make it pourable.

Place all ingredients in a bowl and stir to combine.

#### Preparation tips

Apples, ginger and almonds can be chopped in a food processor or using a food chopper tool. I use one from Pampered Chef.

[www.DrRitamarie.com](http://www.DrRitamarie.com)  
[www.RawFoodUniversity.com](http://www.RawFoodUniversity.com)  
[www.JumpstartYourEnergy.com](http://www.JumpstartYourEnergy.com)

**Contact:**  
**(877) 727-5992**  
[DrRitamarie@DrRitamarie.com](mailto:DrRitamarie@DrRitamarie.com)

A.k.a. Brian James Lucas

I was executive chef and co-owner of Organica: the Living Cuisine, which was located in San Francisco in 1998-99. Organica was unique in that it was one of the first gourmet raw living restaurants in the world and was all Raw, Vegan and Organic-Wild or Biodynamic. The restaurant was definitely ahead of its time.

I am considered to be one of the pioneers of the 90's gourmet raw living cuisine movement. I've made food for many celebrities, politicians and athletes.

I ranked high as one of the top chefs in the world for the Best of Raw contest in 2008 and 2009 and I received #1 Best Gourmet Raw Chef award of 2010.

I specialize in making raw living cuisine taste superb and consider myself to be a "transitional" gourmet raw living chef, helping make people's first experience equal to many of their favorite cooked meals. I've encouraged people to discover a healthier diet through flavorful raw living plant based cuisine.

I believe many individuals need good tasting food to transition to the raw



lifestyle more easily. People say that I have a unique style that is definitely my own and that everyone should have the pleasure of experiencing it.

You can currently find my Mom's Stuffed Bells recipe featured in Carol Alt's new raw food book 'The Raw 50'. I am an innovative and

inspirationally intuitive person. I am guided by my feelings of love and compassion for all, and I genuinely enjoy connecting with people of many walks of life.

My eBook titled 'Orgasm of the Taste Buds' has 30 delicious and simple recipes. You can find it and discover more about my exciting events and projects at [www.ChefBeLive.com](http://www.ChefBeLive.com).

Based in Los Angeles, California, USA, Chef BeLive, as a world-renowned leader in

organic gourmet raw living foods, offers a wide variety of professional chef, consulting and hosting/media services such as: Personal chef, raw food prep classes, home instructions, raw food nutritional counseling, restaurant consulting, menu planning and development, live speaker, TV and event appearances.



[www.chefbelive.com](http://www.chefbelive.com)



## Monday

I take 5-10 Medical grade full spectrum multiple digestive enzymes from Natural Choice Products (<http://tinyurl.com/5vw848w>) every time I eat a meal, even blended. This is because in the US organic produce coming from farmers markets and health food stores are 30-70% enzyme deficient.

- 7:00AM Made **Coconut Almond Yogurt** from previously soaked almonds. 1 cup almonds, 1 cup young coconut meat, 1 ½ cup young coconut water, 1 teaspoon Natural Choice Product Probiotic Blend (Unique proteolytic probiotic at <http://tinyurl.com/45kob31>). Let sit at room temperature for 3 hours then cover and refrigerate. You can use this as a starter and take 1 teaspoon to create another batch and repeat for up to 2 weeks.
- 8:00AM 30 ounces **Green Juice**: lemon, green apple, ginger, habanero pepper, dandelion greens, kale, cucumber, celery, parsley, cilantro, mint
- 10:00AM **Superfood soup** in blender: structured Kangen Water, 2 avocados, dulce, nori, kale, cucumber, Sun Warrior ORMUS Greens Powder, Natural Choice Products SuperFood Supplement (<http://tinyurl.com/4ea2vo3>) and Natural Choice Product Nutrition Essential (<http://tinyurl.com/4caclo5>), 1 cup of coconut almond yogurt made earlier in morning
- 1:00PM **Salad**: ½ lb. Mesclun greens, 1 ½ cups soaked sunflower seeds, 1 chopped orange bell pepper with cheesy dressing made from soaked macadamia nuts, soaked sunflower seeds, red bell pepper, nutritional yeast, Himalayan salt, black pepper, cayenne, apple cider vinegar, and structured Kangen water
- 5:30PM 1 cup dried mulberries
- 6:00PM 1 Kevita coconut kefir

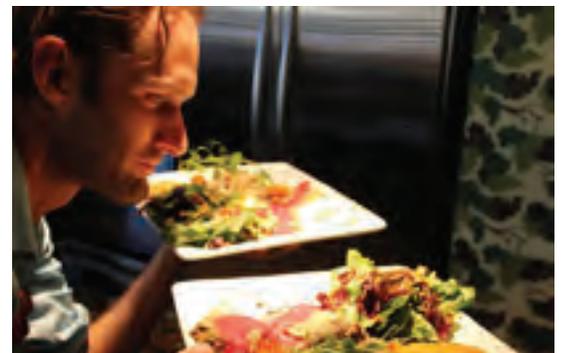
- 7:00PM Went to Au Lac. Ate one small Curry Rice, ½ order of fried chicken (mock/raw of course)
- 8:00PM 4 **Cake Balls**: cacao, macadamia, coconut oil and Coconut Secret's Coconut Nectar
- 8:30PM 4 guavas and 2 tangerines
- 11:00PM 1 coconut water
- 11:30PM 8 ounces **durian smoothie**: vanilla, coconut meat, coconut water, vanilla

## Tuesday

- 8:00AM Same juice as Monday
- 10:00AM 5 oranges
- 12:00PM **Superfood soup** in a blender: 2 avocados, lime, Himalayan salt, chipotle pepper, cilantro, 1 cup of coconut almond yogurt, Natural Choice Product Superfood Supplement, Natural Choice Products Plain Nutritional Essentials, Sun Warrior ORMUS Greens, structured Kangen water
- 6:00PM BeLive Wrap (award winning entrée at Better Life Cuisine restaurant in Santa Monica, CA.)
- 9:00PM Durian Cheesecake (Better Life Cuisine)
- 10:00PM 2 avocados, Himalayan salt, cayenne

## Wednesday

- 9:00AM Same juice as Monday



# WHAT BELIVE ATE...

10:00AM Made **Cheesy Kale Chips** with purple kale. Sauce was soaked macadamia nuts, soaked sunflower seeds, red bell pepper, cayenne, Himalayan salt, Kangen water, black pepper, nutritional yeast



1:00PM **SuperFood Soup**: 1 avocado, soaked sunflower seeds, habanero pepper, Himalayan salt, black pepper, Natural Choice Products Plain Nutritional Essentials, Natural Choice Products SuperFoods Supplement, Sun Warrior ORMUS Greens, 1 cup coconut almond yogurt, chives, structured Kangen water, dill, and celery

2:30PM 3 oranges

3:00PM **Mesclun salad** with 1 avocado and ranch dressing made from Kangen water, soaked sunflower seeds, apple cider vinegar, Himalayan salt, black pepper, fresh garlic, red onions, dill and parsley

9:00PM **Soup**: basil, Kangen water, cucumber, dandelion greens, Himalayan salt, apple cider vinegar, onion flakes, ¼ cup coconut almond yogurt, fresh garlic

10:00PM Ate Cheesy Kale Chips from earlier

## Thursday

9:00AM Same juice EVERYDAY

10:00AM 5 oranges

12:00PM **Thai Soup**: 1 cup coconut almond yogurt, coconut water, Natural Choice

Products plain Nutritional Essential, galanga, lemongrass, cilantro, basil. Himalayan salt, Thai peppers, Coconut Secret Coconut Nectar

2:00PM Pesto Pasta on Kelp Noodles (recipe from Orgasm of the Taste Buds included)

4:00PM Big Matt Sandwich (from Rawvolution restaurant in Santa Monica, CA.)

7:00PM BeLive Wrap (from Better Life Cuisine in Santa Monica, CA.)

9:00PM **Mesclun Salad**: butterleaf lettuce, Rejuvenated Foods Spicy Kimchi, apple cider vinegar, fresh garlic, lemon juice, Bariani olive oil, avocado, black pepper

## Friday

9:00AM Same daily juice

12:00PM **Superfood soup** in a blender: 2 avocados, lemon, nori, Himalayan salt, chipotle pepper, cilantro, 1 cup of coconut almond yogurt, Natural Choice Product Superfood Supplement, Natural Choice Products Plain Nutritional Essentials, Sun Warrior ORMUS Greens, structured Kangen water

2:00PM 2 papayas

7:00PM Rawtatie (Recipe from Orgasm of the Taste Buds included)

10:00PM 2 avocados, Himalayan salt, garlic

## Saturday

9:00AM Same daily juice

Made 1 gallon of Light Cleanse with Kangen water (free recipe found at [www.ChefBeLive.com](http://www.ChefBeLive.com))

1 coconut water with shot of wheatgrass

## Sunday

Same as Saturday

### **RECIPES**

#### **Pesto**

(2 servings) Process in a food processor or blender:

- 1 ¼ cup fresh basil
- ½ cup soaked walnuts
- 2 tablespoons water
- 3 tablespoons cold pressed olive oil
- 1 clove garlic
- ½ teaspoon garlic granules
- ¼ teaspoon minced onion
- ½ tablespoon Himalayan salt
- ¼ cup water
- ¼ teaspoon garlic granules
- ¼ teaspoon Himalayan salt

Add on top of kelp or zucchini noodles

#### **Rawtatouille**

##### **BASE**

Medium zucchini, Not peeled - thinly sliced

- 1 colored bell pepper, chopped
- 1 ear of corn
- 14 ounces sugarplum or cherry tomatoes, Leave whole
- 8 ounces button mushrooms, Leave no stalks
- ½ cup fresh basil, chopped
- 1/3 cup fresh oregano, chopped

#### **MARINADE**

- 1 cup cold-pressed olive oil
  - 3 tablespoons lemon juice
  - 2 cloves garlic, finely chopped or pressed
  - 2 ¼ teaspoons salt (Himalayan, Celtic and sea)
  - ¼ cup fresh basil
  - 2 tablespoons Coconut Nectar (coconutsecret.com) and agave
1. Blend marinade ingredients at slow speed.
  2. After blended pour into bowl and add other ingredients mixing well.
  3. Place in refrigerator and let marinade for at least 12 hours but up to 24 hrs mixing every 6 hours.
  4. This is an unbelievable tasty and scrumptious raw version of Ratatouille.





**I**n life, I have been truly blessed to have so many opportunities. I went to a great school, Boston College, where, fascinated with the world of Asian culture, I majored in Chinese Studies. Within months of graduating, this Massachusetts kid was living in Asia where I'd remain for

15 years as a Chinese interpreter while traveling, studying, working with computers and teaching.

My immersion in Asian culture triggered a radical change in my perspective on the world. The seeds of vegetarianism and compassion began to sprout, inviting me to see the world differently for all humans across wildly diverse cultures, and gain a greater appreciation—and respect—for all living creatures.

By the time I returned to the US, I was on a new career path: the field of computer science, then in its infancy in Asia as well as the US. I joined the ranks of corporate America as an engineer for several years. At that time, my practical mind was hard at work every day but my heart was more and more focused on a different lifestyle, signified by raw foods and healing. I rode the computer technology dot com boom all the way to the top and skidded with it all the way to the bottom, the dot com bust. I was one of the legions who were laid off. I was ecstatic, knowing the time had finally arrived to move on—and move up to what I knew was a higher calling. I had already made up my mind before being laid off to make the shift from corporate America and follow my passions for healing and the living foods lifestyle.

Was it a coincidence that my job loss coincided perfectly with the beginning of training at the Tree of Life Rejuvenation Center in Pategonia AZ, a wonderful place to learn and reflect and above all, experience a great community? Truth is, I had signed up for the Tree of Life Apprenticeship program before I got the pink slip, certain I was going to find a way to transition to a new life, but not knowing how or when. Putting corporate America behind me that day in 2004, I never looked back.

By the year 2000, I had been a vegetarian for 15 years and then I learned about vegan-ism and raw foods and I immersed myself into it fully. I also began my interest and training in healing, herbalism and Asian Bodywork.



*Tree of Life Rejuvenation Center*

**Raw and Living Foods Lifestyle**—Since 2000, I have taken a wide range of Raw and Living Food Chef and Nutrition training, including:

- Alissa Cohen Chef Programs in Massachusetts and California
- Brenda Cobb Living Foods at the Living Foods Institute, Atlanta, Georgia
- Living Light Culinary Arts Institute Chef training in Fort Bragg, California
- Raw Doctors (Drs. Rick and KarenDina) Vegan Nutrition Program in Fort Bragg, California
- Tree of Life Rejuvenation Center Nutrition and Chef Apprenticeship Program, Arizona
- Boston School of Herbal Studies Massachusetts
- Member—NANP – National Association of Nutrition Professionals
- Founder—RNEC - Raw New England Community

**Tong Ren, Tuina and Asian Bodywork** –

Since 2001, I have been been training and received massage therapy licensing for bodywork and related training, including:

- Charles River School of Shiatsu Massachusetts
- Boston School of Bodyworks Massachusetts
- Acupressure Therapy Institute Massachusetts
- Oriental Culture Institute - Tam Healing System Massachusetts
- Member – AOBTA – National Association of Body Therapies of Asia
- Founder – I-TAP – International Tongren Association of Practitioners

As a raw food vegan for more than a decade, I also learn so much from every patient that I'm able to help in my Tuina healing practice in Quincy, MA, as well as my teaching work: Tuina training, raw food demonstrations, multi-day cleansing retreats for raw foods as well as vegan nutrition seminars.

It's been an incredible journey, and I look forward to the new adventures to come, new discoveries, new knowledge to learn and share. It is now all coming together in order to help people as much as I can. My focus is to integrate healing, raw foods, a healthy lifestyle, as well as to maintain a spiritual focus with Dao Cultivation and Buddhist ethics and philosophy. Adding to my ever-expanding list of interests, I now also greatly enjoy sharing by way of writing.

I completed my healing book, **The Tam Healing System – Illustrated Anatomy - Healing Philosophy**, to help people take charge of their lives and become empowered with the astounding power of nature using complimentary medicine with hands on treatments as well as distance healing. And, along

## WHAT JOE ATE...

with the great healing qualities of raw foods, I also want to keep it fun and creative. The first of my series of cookbooks **Avocado Joy**, is due out this fall, along with a book on vegan nutrition, **The Science of Common Sense Nutrition, the Plant Strong Initiative**.

I give gratitude to **Alissa Cohen** my friend and first Raw Foods Instructor, to **Brenda Cobb** for teaching me about **Ann Wigmore** and healing, to **Gabriel Cousens** for also teaching me about the amazing power of live foods as healing foods as well as the vital importance and power of community, to **Cheri Soria** and the **Raw Doctors** for teaching the art and science of raw foods, and to **Nomi Shannon** for her great continued generosity and support as well as others I have met on this path of transformation and awakening. I thank you all.

[www.RawNewEnglandCommunity.com](http://www.RawNewEnglandCommunity.com)

[www.LiveFoodCuisine.com](http://www.LiveFoodCuisine.com)

[www.TongRenHealer.com](http://www.TongRenHealer.com)

[www.I-TAP.org](http://www.I-TAP.org)

### Sunday

**Pre-breakfast: Rejuvelac**

**Breakfast:** 1 large orange, 1 apple, 1 avocado

**Lunch: Salad:** alfalfa sprouts, cucumbers, avocados, romaine lettuce, mixed greens and herbs, spinach with tahini dressing and homemade sauerkraut

**Dinner: Salad:** alfalfa sprouts, romaine lettuce, mixed greens, spinach, cucumbers, avocados with tahini dressing and homemade sauerkraut

**Evening: Rejuvelac**

### Monday

**Pre-breakfast:** Wheatgrass

**Breakfast:** 3 large oranges

**Lunch: Salad:** alfalfa sprouts, snow pea sprouts, romaine lettuce, mixed greens, spinach, cucumbers, avocados with tahini dressing and homemade sauerkraut

**Dinner: Sunflower pate sandwiches** on romaine and cabbage with dulse flakes, red pepper, sprouts and avocado

**Evening: Rejuvelac**

### Tuesday

**Pre-breakfast: Rejuvelac**

**Breakfast: Plain energy soup:** spinach, cucumber, avocado with sprouted, dehydrated buckwheat sprout croutons

**Lunch: Sunflower pate sandwiches** on romaine and cabbage with dulse flakes, red pepper, sprouts and avocado

**Dinner: Green drink:** kale, collards, sunflower sprouts, dandelion greens

**Evening: Rejuvelac**

### Wednesday

**Breakfast:** 1 large orange, 1 apple, 1 avocado

**Lunch: Salad:** cabbage, sunflower sprouts, broccoli, romaine, spinach with pumpkin oil, lemon, salt and herb dressing

**Dinner:** 2 bananas, 2 large oranges

**Evening: Rejuvelac**

### Thursday

**Pre-breakfast:** Wheatgrass

**Breakfast:** 1 avocado with salt and tumeric on top

**Lunch: Salad:** alfalfa sprouts, romaine lettuce, baby spinach, cucumbers, avocados with tahini dressing

**Dinner:** 3 large oranges

**Evening: Rejuvelac**

### Friday

**Pre-breakfast: Rejuvelac**

**Breakfast: Green smoothie:** star anise, figs, sesame Tahini, romaine lettuce, touch of cinnamon and salt

**Lunch Salad:** kale avocado salad with creamed avocados, sun dried tomatoes, shaved carrots, lemon and salt

**Dinner: Green smoothie:** star anise, figs, sesame tahini, and romaine lettuce

**Evening: Rejuvelac**

### Saturday

**Pre-breakfast Rejuvelac**

**Breakfast Chia porridge** with strawberries, coconut flakes, cardamom powder

**Lunch** Sandwiches with guacamole on romaine, cabbage topped with dulse powder, carrots, red pepper, and avocados

**Dinner Green smoothie:** star anise, figs, sesame tahini, and romaine lettuce

**Evening Rejuvelac**



Hello everyone! I'm a 46 year young woman who started playing with food when I was in my mid-twenties. I love making food and playing with flavors is my favorite thing. I have been a vegetarian for the last 15 years, and was a vegetarian cook for about 4 years. About 7 years ago, one of my friends gave me my first raw food book as a birthday present. I don't need to tell you that I tried the recipes the very next day, as I was enjoying this new way and healthy way of preparing food.

I started to understand more about flavors, especially when no cooking methods are used. Eventually, after mastering a couple of recipes, I started creating my own and sharing recipes and dishes with some friends at raw food potlucks. What a wonderful way to learn! Anyway, I'm now making raw food everyday for myself and my friends, and teaching students at Living Light Culinary Arts Institute in Fort Bragg, CA.



## I love making and creating recipes, especially converting cooked recipes to uncooked!

converting cooked recipes to uncooked! I'm always looking and searching for new recipes, which to me is really fascinating! Besides making food, I used to be physically active and I was training as an outrigger canoe paddler. I've traveled and

I'm originally from Montreal and I came to the US as a student at **Living Light Culinary Arts Institute** in 2006.

I'm now a regular full-time employee and Culinary Programs Manager at Living Light. I've been always attracted to health in different ways.

I was involved in a lot of sports and wanted to be a sports educator and teacher when I was in my early twenties. But, as life goes on, I graduated as a nurse and worked first in an orthopedic department, then ER and ICU.

I love making and creating recipes, especially

converting cooked recipes to uncooked! I'm always looking and searching for new recipes, which to me is really fascinating! Besides making food, I used to be physically active and I was training as an outrigger canoe paddler. I've traveled and competed in very challenging water, so I understand about training, eating healthy and respecting nature. Being active requires discipline, training and knowing when to rest. Respect to all of you athletes!!!

I do my best to keep my diet well balanced and enjoy life the best that I can! Here's some pictures of me, and hope I will meet you someday, sometime!!!

Enjoy the path of health, love, happiness and peace.



# WHAT MARTINE ATE...

## Monday

**8:00AM** Chia pudding and fruits (recipe included)  
With chia, be creative and enjoy this wonderful power food. A good source of Omega 3!!!!

**9:00AM** Green tea

**11:00AM** 16 ounces hot water with 4 drops Thieves essential oil (from Young Living--good when you feel congested or right at the first symptoms of a cold)

**1:00PM** BBQ tofu with brown rice (on the road, store bought)

**3:00PM** Green tea

**5:30PM** 1 glass white wine

**6:00PM** **Collard Green Wrap:** ¼ cup cashew and sunflower curry pate (recipe included), 2 tomato slices, 4 cucumber sticks, ¼ cup shredded carrots, 3 slices of red onions, ¼ avocado, ¼ cup shredded cabbage, sprouts

**7:30PM** Chamomile and lemon herbal tea. A day off for me, I had to run some errands and play in my garden.

## Tuesday

**7:00AM** Hot water with lemon

**7:30AM** Half a grapefruit and 4 fresh figs

**8:15AM** Green tea

**10:00AM** **Green juice**, about 32 ounces:  
2 cucumbers, 2 celery stalks, 6 curly kale leaves, 1 apple, 1 tablespoon lemon juice, 1 tablespoon ginger juice. I love green juice, and will juice any greens that I have available, then adjust the flavor with a sweetener like apple or pear, always with the zing flavor!

**11:30AM** Green tea

**1:30PM** 6 ounces cooked corn and sweet potato soup (store bought). 1 cup shredded kale salad (store bought).

**3:00PM** 16 ounces hot water with 4 drops Thieves essential oil

**6:15PM** 1 cup cooked quinoa, 1 cup spinach, 4 cherry tomatoes, 2 tablespoons nutritional yeast, 1 tablespoon olive oil, ½ teaspoon kelp powder, 1/8 teaspoon cayenne pepper. I just love quinoa!!! It is easy to make, handy and I usually mix it with whatever veggies I have available.

Day at work, I'm not physically active on that particular day, mostly of my time is spent in front of my computer.

## Wednesday

**7:00AM** 24 ounces hot water with 6 drops Thieves essential oil

**9:00AM** Green tea

**11:00AM** Green juice, 32 ounces

**1:00PM** **Large green salad:** 2 cups spring mix, 4 roma tomatoes, 2 tablespoons shredded carrots, 2 tablespoons red shredded cabbage, ¼ avocado, 2 tablespoons nutritional yeast, 2 tablespoons olive oil, sprinkled with dulse flakes and cayenne pepper

**3:00PM** Green tea

**6:00PM** ¼ cup cubed tofu, 1 cup spinach, ½ cup kelp noodles (rinsed), ½ cup zucchini noodles from spirooli, 1 tablespoon unrefined sesame oil, ¼ teaspoon toasted sesame oil, 1 teaspoon lemon juice, 1 teaspoon tamari, ¼ teaspoon red curry paste

**8:00PM** Herbal tea (Sleepytime by Celestial Seasonings)

## Thursday

**7:00AM** 32 oz. good morning juice (recipe included)

## WHAT MARTINE ATE...

**9:00AM** Green tea

**9:30AM** **Green smoothie:** 1 peeled orange, 1 banana, 4 romaine leaves, 1 cup frozen blueberries, 1 cup frozen mangoes, 2 tablespoons Vitamineral Green from HealthForce Nutritionals) My smoothies vary everyday. I alternate the color of fruits, but always make sure to have some greens in. I like to put about 2 cups water or coconut water, almond milk or rice milk as a liquid base. Yield about 4 cups.

**1:30PM** Large green salad (same as Wednesday)

**3:00PM** Green tea

**6:00PM** Synergy kombucha (I love combining grape, trilogy and superfruit flavors)

**8:30PM** Chamomile and lemon herbal tea

Day that I work out, so I usually don't eat dinner.

### Friday

**7:00AM** 24 ounces hot water with 6 drop of Thieves essential oil

**8:00AM** Green smoothie (4 cups)

**10:00AM** Green tea

**12:00PM** Green juice, 32 ounces

**1:00PM** Large green salad

**4:00PM** About 20 seasoned pistachios. (Gone Nuts by Living Intentions, Rosemary and Garlic flavors. I have a hard time to stop myself eating those!!!)

**8:00PM** 6 ounces Thai soup and 2 fresh spring rolls (restaurant, going out in San Francisco, for World Vegetarian Day)

**9:30PM** Chamomile tea

Day that I was traveling by car to San Francisco for the World Vegetarian Day. We had our cooler with

lots of fresh food to cover some of our snacks and some other foods for the whole weekend.

### Saturday

**8:00AM** ½ cup chia pudding with raisins

**10:30AM** Synergy Kombucha

**1:00PM** Large green salad with some crackers that vendors were offering as samples

**3:00PM** Samples of coconut ice cream by Bliss (Cherry Amaretto and Chocolate), wow!!!!!!

**4:00PM** Green tea

**7:45PM** Salsa, guacamole, enchilada, Mexican cabbage salad, corn chips and chocolate and orange mousse, 2 glasses of red wine

That day was a long one, we catered about 80 meals for World Vegetarian Day. Thanks to all the volunteers that helped us for this event.

### Sunday

**9:00AM** Chia pudding with raisins

**1:30PM** 2 cups kale salad (bought at the event)

**3:30PM** Taste of a sweet and sour dish, seasoned cooked green beans (about ¼ cup of each), from the World Vegetarian Day

**7:30PM** ¼ cup sweet and sour dish and ½ cup cooked green beans, served over cooked brown rice (bought at the World Vegetarian Day)

**10:00PM** Chamomile tea

Came back home after the World Vegetarian Day... I had lots of fun, good memories, good cause, and good food!!! It is nice to be able to pack some food with you and be able to eat healthy!

# WHAT MARTINE ATE...



## Recipes

### Chia Pudding with Fruit

(Yield: 1 ½ cups)

2 tablespoons chia seeds, soaked in ½ cup water for 30 minutes

½ banana, sliced

½ cup berries (raspberries and blackberries)

2 tablespoons Manuka honey

Soak the chia seeds in the water. Make sure as your chia seeds are soaking, that you give them a stir once in a while, especially in the first 5 minutes so they don't get clumpy. Then, add other ingredients. Simple, delicious and nutritious. You can use fresh or dry fruits... just do it the way you enjoy it!



### Green Smoothie

(4 cups)

1 orange, peeled

1 banana

1 cup frozen blueberries

1 cup frozen mangoes

4 romaine leaves or any leafy greens

2 tablespoons Vitamineral Greens powder by HealthForce Nutritionals

2 cups liquid (water, coconut water, almond milk, rice milk)

Blend all ingredients and enjoy those wonderful flavorful fruits!!!

### Good Morning Juice

(2 cups)

1 cup chopped pineapple

1 grapefruit, peeled

1 orange, peeled

5 strawberries

Blend or juice all ingredients. That's it! What a great way to start a day!!

### Cashew and Sunflower Curry Pate

1 cup cashews, soaked in water for 4 hours

1 cup sunflower seeds, soaked in water for 4 hours

3 cloves garlic

2 tablespoons olive oil

2 tablespoons lemon juice

1 teaspoon salt

1 teaspoon curry powder

½ teaspoon cayenne powder

Put all ingredients in a food processor and process until smooth. Adjust flavors as needed.



I am 100% raw vegan; my diet consists of only raw vegetables, fruits, nuts, seeds and seaweeds. I have been eating this way for fourteen years and I enjoy extraordinary good health, bountiful energy, clarity of mind and a deepened connection to nature.



Prior to going raw, I worked in a demanding corporate environment and ate a standard American bachelor's diet, including cooked meats, dairy, bread, greasy foods and candy. Despite this, when I went raw, my overall health was good. I did not go raw to relieve any major health issues; I simply received and whole-heartedly embraced the raw lifestyle as something that made complete sense to me. I was particularly attracted to the fact that this lifestyle offered increased longevity and freedom from degenerative disease.

I dove head-first into a 100% raw vegan lifestyle after reading Dr. Norman Walker's classic raw food book **Become Younger**. My initial detox and weight loss concerned family and friends, but I was fascinated with this new way of living and persisted. My interest led me to thoroughly research the many different ideologies in the raw movement and delve into my own experiments. I was most impressed by the work of raw food pioneer and then 50 year nutritionist Dr. Fred Bisci, PhD. After meeting at a raw food festival in Oregon, Fred and I went on to forge a strong friendship. We then co-created [www.TheRawFoodWorld.com](http://www.TheRawFoodWorld.com) as a resource center of tools to help people live free from degenerative disease. We are dedicated

to sourcing and providing the best products available.

After five years of eating a 100% raw food diet, I was inspired to write a book called **Raw Spirit**. I wanted to share particular information that I thought needed to be more

available, reflecting in particular on some of the physical challenges of going raw, along with the amazing shifts I experienced on the spiritual level with this lifestyle. **Raw Spirit** has become one of the best-selling raw books available. People appreciate my straightforward approach and willingness to discuss aspects of being raw that often go unmentioned. Two years later, I wrote my second book, **Raw Success**. I consider **Raw Success** my "Bible" for the Raw Lifestyle. I believe that the groundbreaking concepts shared in this book have the potential to shift how modern medicine is practiced today.

I am committed to the raw lifestyle and passionate about spreading this message of health to others. Born and raised in California, I now travel all over the world, lecturing on raw foods and exploring the delights of fresh raw produce in different locations. I inspire audiences with a simple, accessible approach to go raw in a healthy and sustainable way and am sought after as a speaker at raw gatherings. I am the owner of [www.therawfoodworld.com](http://www.therawfoodworld.com). I enjoy yoga, being in the sun, spontaneous travel, challenges, open communication and DURIAN.

I hope not to bore you all with my daily routine, because I eat about the same exact thing every single day. I feel that one of the keys to longevity is to eat the same amounts of food consistently eat day. This doesn't prevent us from getting a variety of different foods, because we can simply alter the different vegetables, fats and proteins we eat while eating the same quantities. For example, you will notice that I would switch up the nut butter in these same exact meals I eat every single day in order to get different nutrients. I also switch up the greens in my green juice and supplements which I take every day.

## Saturday

- 7:30AM 24 ounces of water
- 8:30AM 32 ounces watermelon and orange juice (Only on days I run)
- 10:00AM 6 ounces of wild green juice from garden
- 11:30AM ½ teaspoon Royal Jelly with coconut water
- 1:00PM Big cucumber salad with four large cucumbers grated down, one avocado, dulse all mashed together. Then apply salad to nori wraps with almond butter
- 7:00PM Water from two fresh green coconuts

## Sunday

- 7:30AM 24 ounces of water
- 8:30AM Water from two fresh green coconuts
- 10:00AM 1 tablespoon Pine Pollen
- 11:30AM ½ teaspoon Royal Jelly with coconut water
- 1:00PM Big cucumber salad with four large cucumbers grated down, one avocado, dulse all mashed together. Then apply salad to nori wraps with Brazil Nut butter

- 7:00PM Water from two fresh green coconuts

## Monday

- 7:30AM 24 ounces of water
- 8:30AM Watermelon and orange juice (Only on days I run)
- 10:00AM 6 ounces of wild green juice from garden
- 11:30AM 1 tablespoon Pine Pollen with coconut water
- 1:00PM Big cucumber salad with four large cucumbers grated down, one avocado, dulse all mashed together. Then apply salad to nori wraps with almond butter
- 7:00PM Water from two fresh green coconuts

## Tuesday

- 7:30AM 24 ounces of water
- 8:30AM Coconut water with Truly Natural Vitamin C mixed in
- 10:00AM 6 ounces of wild green juice from garden
- 11:30AM Royal jelly with coconut water
- 1:00PM Big cucumber salad with four large cucumbers grated down, one avocado, dulse all mashed together. Then apply salad to nori wraps with almond butter
- 7:00PM Water from two fresh green coconuts

## Wednesday

- 7:30AM 24 ounces of water
- 8:30AM Carrot juice with wild green juice
- 10:00AM Water from two fresh green coconuts
- 11:30AM Royal Jelly with coconut water
- 1:00PM Big cucumber salad with four large cucumbers grated down, one avocado, dulse all mashed together. Then apply



salad to nori wraps with almond butter

7:00PM Water from two fresh green coconuts



## Thursday

7:30AM 24 ounces of water

8:30AM Watermelon and orange juice  
(Only on days I run)

10:00AM 6 ounces of wild green juice from garden

11:30AM 1 tablespoon Pine Pollen Powder

1:00PM Big cucumber salad with four large cucumbers grated down, one avocado, dulse all mashed together. Then apply salad to nori wraps with almond butter

7:00PM Water from two fresh green coconuts

## Friday

7:30AM 24 ounces of water

8:30AM Water from two fresh green coconuts with truly Natural Vitamin C

10:00AM 6 ounces of wild green juice from garden

11:30AM Royal Jelly Powder

1:00PM Big cucumber salad with four large cucumbers grated down, one avocado, dulse all mashed together. Then apply salad to nori wraps with almond butter

7:00PM Water from two fresh green coconuts

### Web Sites:

**TV Show**  
[www.TheRawFoodWorld.tv](http://www.TheRawFoodWorld.tv)

**Store**  
[www.TheRawFoodWorld.com](http://www.TheRawFoodWorld.com)

I was born into a regular family, in a regular suburb, with regular parents back in the 1970s. I was the eldest of 4 children. My mother was a hard working nurse and my dad often worked seven days a week as a painter and decorator.

Mum did her best to feed us as healthily as she could. A regular week's food might be:

Spaghetti Bolognese or macaroni with a similar sauce but loads of bacon added

Chops, sausages, or chicken and veggies or salad

Chicken and rice (she had several versions of this)

Fried rice

Lasagne and salad

Sausages and veggies or salad

Fish and chips on Friday night

Every morning we had either Weetabix or toast for breakfast and lunch was always sandwiches with peanut butter or Vegemite. Sometimes we would have ham or sausage on our sandwiches and about twice a year mum would buy jam and then the four of us would fight over who got that!

At the age of nine I decided I wanted to be vegetarian. So I told mum, "I'm not eating meat anymore mum" and so she cooked me my favourite meaty meals every night until I forgot all about it. The whole 'just one more time' was well ingrained by then.

I didn't really think of it again until I was in my mid-teens; but I was told to eat or starve and so I ate. I was already smoking a pack a day by then and drinking whatever I could as well. I was a 'troubled teen' with no real reason to be except that I had a bad attitude.

At some point in my childhood my father bet me that I would be 'fat like your mother and her mother



**Balance is everything.  
That's what I am  
learning now.**

before her' and said he'd give me \$10 if I stayed thin. That was a lot of money to me then and so the 'be thin' mentality set in.

Dad was scared mum would get sick from being overweight or that we'd see her example and follow suit. I don't remember a single meal in that house that there wasn't some remark made about Mum's cooking or her size.

So I learned, 'don't be fat because you will be a target and no one will love you'. I learned to stay thin at all costs. That's why I started smoking at the tender age of 11. Someone mentioned that they smoked to keep thin

and I thought "Bingo!" and made an effort to smoke as much as I could to ensure that I stayed as thin as possible and could eat whatever I liked.

I was drinking all of the time and 'wagging' school all the time until I left. When I got a full-time job that's when the real junk food started and when I got my license it was even worse! I was at McDonalds at least three times per week eating large meals whenever I could. I was partying every weekend and I would have a hotdog loaded with cheese and bacon at the end of a hard night at the clubs. I rarely ate fruit or veggies at all. I smoked more and more to 'stay thin', never exercised and unless I was drunk I rarely smiled.

Depression had set in. Depression has visited my life on and off since I was a child. As the hormones kicked in the depression got worse. I knew that smoking killed, so did junk food, so could alcohol and I imbibed in all three as much as I could. I used to joke that I was 'suiciding in the slowest possible way'.

As I entered my late teens and 20's I realized that smoking sucks! It's so expensive and took too much out of my pay. So I'd give up, gain weight, start again, and this happened for about eight years until at the age of 26 I decided enough was enough and gave

up smoking overnight. I was awful to be around for about three weeks but never smoked another ciggie.

This smoky rollercoaster had opened the door to health. I can't remember when now but during one of my weight gain/no ciggies periods I started looking into my health. I picked up three books at the store. **"Fit For Life", "The Toxicless Diet"** and **"Feel The Fear And Do It Anyway."**

"Fit For Life" was awesome! I read the whole book and started to put things into practice. Naturally I got 'sick'. So I thought, "it's all of this health food I'm eating". This was supported by my trainer at the gym (I went religiously for six weeks before deciding gyms were not for me) who said that of course it didn't work, that everyone failed on that diet. He said that fruit was not good for breakfast and I needed 'real carbs' such as rice crackers or toast. So I stopped Fit For Life. Perhaps if I had known about detox back then I would have powered through....

"The Toxicless Diet" was by Paul Bragg. I read it but thought he was nuts!!! Who would want to live on all raw foods? Crazy man...

"Feel The Fear" By Susan Jeffers was life-changing for me and is a book I make a point of reading once per year. I'll get my daughter to read it soon.

After giving birth to two children I was amazed to find myself fat. People said I 'carried it well' which I didn't like hearing at all. That's just a way of denying it! I only have one photo of myself from this time because I refused to have my photo taken after that.

So I went vegetarian! I read John Robbins book **Diet For A New America** and went veg overnight. I intended to be vegan but that 'just one more' thing came through and I never gave up cheese. I always intended to. But I didn't. 'This is the last block of cheese I'll ever buy' I'd think and then I'd eat the whole block in 2 days just to get rid of it quickly. I ate close to 2kg of different cheeses weekly.

I started to look for vegetarian meals online. I printed out loads. I even printed some from the pesky raw

food sites that would pop up when I searched for 'vegan recipes' or 'vegetarian recipes' just so I could laugh at them with my friends later.

It's not surprising that after 18 months I could barely function. I was so sick that after every meal I would lie on the couch with major stomach-aches.

So I went back to eating meat. From a whole foods perspective I was probably eating a more healthy diet as things were less processed. Meat and salad, meat and veggies, etc. The pasta, rice and bread were mostly gone. I did get healthier but the whole raw food thing kept bouncing around in my mind.

Back in 2006 I went to a seminar. The speaker was an amazing looking fellow. So fit and healthy and he mentioned that he ate a diet that was very high raw, dairy-free and white meat only. I was disappointed that he wasn't vegetarian but I spoke to a lot of the volunteers. It turned out that many of them were raw foodists! I asked them loads of intelligent questions such as:

"You never even have a rice cracker?" or "Where do you get your B12, calcium, and protein?" Tee hee. Yes, I was one of the annoying ones.

I didn't think much more of it until friends went to a different seminar and said they were going to be raw. I had to prove them wrong, that this was a terrible thing, so I read Dr. Robert Young's book "The pH Miracle". I was both disappointed and excited by it. The health he'd achieved for himself, his family and his clients was amazing. But the prospect of no fruit was depressing. Even bell pepper was deemed 'too sweet'. So I did it for a few days and then went to Google.

On Google I found **www.Raw-Pleasure.com.au**. **Woo hoo**. As soon as I discovered the forum I made the decision to go high raw. There was no way I was going to give up meat at that time because I had the belief that 'I get sick when I'm vegetarian'. So I was very high raw. Everything was raw until dinner when I would have a super large salad with a very small portion of pasta, meat, pie or other unmentionables. I

would even have fish and chips occasionally. In a few short months I lost 22kg/48.5 pounds. It fell off incredibly quickly which delighted me to no end!

In May 2007 I met a few raw foodies who looked absolutely amazing! They glowed in every possible way. I wanted to be just like them. They told me to stop eating meat and explained that I was probably sick on a vegetarian diet because of what I replaced the meat with. They encouraged me to eat fruit and greens. I read "**Green For Life**" by **Victoria Boutenko** and my raw life changed again. I have green smoothies at least once a day now (unless I have a rare naughty day) and feel amazing!

I stayed at my lovely new, skinny, svelte weight for about a year when some of the weight slowly came back. I'd been dreading this as I loved being whippet thin. LOVED it. I regained 6kg/13 pounds and didn't realise I was still slim until I started doing the YouTube videos. I got a shock when I saw these slim legs and arms on the screen in front of me and thought, 'Wow, how skinny must I have been before?'

I went back over all of my raw books and found that this weight loss, plateau and then regain was normal. Apparently our bodies dump all of the rubbish that's in them, has a rest, and then rebuilds. This is important for people to know who fear being too thin. If you are, it will only be for awhile. Then you will rebuild better than before. Our cells are all made out of what we eat and drink. So the body cleanses itself. Dumps all of the old stuff. My 'healing crises' was magnificent! I literally was in bed for 10 days shivering with my 'bad flu'. Bill walked in eventually and asked, "If you die, what do you want done with your body?"

I was in so much pain that I could hardly move and had shunned all drugs which wasn't my usual way of doing things at the time. But on day ten I realised that I couldn't sleep for the pain, and my body couldn't heal without energy. So I took a paracetamol (aspirin), slept and felt a gazillion times better after that.

I've been either high raw or fully raw since then. I did a seven month stint of 100% raw and

surprisingly didn't find that I felt any better than I did at high raw. In fact, for me high raw was better in many ways so I stick with that now.

Where am I at today? Well, I'm looking further into depression. Last year was extremely tough when depression came back to my life as an uninvited guest affecting me just as badly as it had in my teens. I came across someone who told me I wasn't digesting my foods that I needed to start looking into probiotics or fermenting. Bingo! We had the book, "Wild Fermentation" by Sandor Ellix Katz in stock here (I now run [www.Raw-Pleasure.com.au](http://www.Raw-Pleasure.com.au)) and so I read it and started making sauerkraut, kimchi, water kefir, and kombucha. I tried the dairy kefir but my skin broke out every time I did so I abandoned that with gratitude! Since adding these elements to my diet my moods have started to turn around again and I'm feeling more peaceful. This is an area I'm continuing to explore. I'm also realising the value of exercise and that food is but one part of the equation and so I ensure that I:

drink enough water

get enough sleep

take time out to be nice to myself, my family and my friends

It's all a juggling act. **Balance is everything. That's what I am learning now.** I hope my story helps you in some small way.

Love Jennie

PS. In 2007 the owners of my favourite raw website: **[www.Raw-Pleasure.com.au](http://www.Raw-Pleasure.com.au)** relocated to Canada. I took over the website which provides raw food information, books, products and food to the the Australian Raw Food Population. Never have I felt so in my place and so lucky!

[www.Raw-Pleasure.com.au](http://www.Raw-Pleasure.com.au)

# WHAT JENNIE ATE...

## Sunday

### On rising 1 litre of water with Adya Clarity

**Breakfast** Unfortunately breakfast was only an intention today! I just never got around to it... oops.

**10:00AM** 300ml of kombucha, infused with raspberries

**11.55AM Green smoothie:** 2 mangoes, 3 small bananas, 2 cups of greens

**2:00PM** 300ml of kombucha brewed with white tea, secondary fermentation has been done with dried mango

**2.30PM Smoothie with almond milk:** almonds and water; 1 scoop of Sun Warrior Vanilla Protein Powder, and  $\frac{3}{4}$  cup of alfalfa sprouts

**5.30PM** 2 cubes of CaramElle slice (recipe included)

**6.30PM Salad:** 2 handfuls each of silverbeet (in the US this is silverbeet is called Swiss chard) and kale,  $\frac{1}{2}$  cup of alfalfa sprouts, about 20 cherry tomatoes (10 made it to the salad, the rest I ate as I went along), 2 large Portobello mushrooms marinated in lime juice while I chopped the rest of the salad, 1 cup of Kim chi, 5 red botilla olives (organic, Peruvian) that never made it to the salad. I'm great at eating half of my dinner as I make it! This salad has intense flavors. The Kim chi and the lime juice are very tangy and work well together. I quite like this level of tanginess but it's not for everyone. An addition of avocado and perhaps some apple or mango would tone it down a lot.

## Monday

**7.30AM** 1 litre of water with Adya Clarity

**8.30AM Green smoothie:** 2 mangoes, 3 small frozen bananas, 4 handfuls of spinach, 1 small kaffir lime leaf, 500ml of kombucha (brewed with white tea, secondary fermentation a mixture of berries and some cinnamon). Makes just over a litre.

**12.30PM** 100 grams Kitz brand **Curry Crackers:** organic raw buckwheat, flax seed, carrots, extra virgin olive oil, fresh herbs, garlic, curry powder, sea salt. 1 avocado,  $\frac{3}{4}$  cup of Kim chi. Water throughout the afternoon: 1.5 litres

**6:00PM** 300ml kombucha brewed with white tea, secondary fermentation dried mango

**6.30PM** 6 large Cos lettuce leaves, washed and left whole.  $\frac{1}{2}$  large cucumber cut in half longways sliced into sticks, 1 grated carrot, 4 slices fermented beetroot in sticks, 3 olives pitted and halved in each lettuce leaf. Dressing of 1 tablespoon of macadamia nut butter, juice of  $\frac{1}{2}$  juicy lemon, ginger (small amount, maybe 1 teaspoon chopped), 1 small clove garlic,  $\frac{1}{4}$  teaspoon of cumin, a pinch of salt,  $\frac{1}{2}$  large tomato, blended until smooth. Pour dressing onto each salad boat and eat up!. Delish!!!

## Tuesday

**7.30AM** 1 litre of water on rising with Adya Clarity

**9.45AM** 1 litre water kefir (a non-dairy probiotic beverage made with kefir grains, water and sugar) I had insane dreams all night last night which had me awake this morning with a tense belly. Breakfast will be late.

**10.30AM** 1 cup of Simply Granola ingredients from Kitz, 2 cups of almond milk (soaked almonds and water), with 1 small banana sliced

**2.30PM** 2 x 1 inch cubes of CaramElle (from day one)

**6.15PM** Starving! Definitely did not eat enough today.  $\frac{1}{2}$  Cos/romaine lettuce shredded, 5 large tomatoes diced, (from our own garden!), 1  $\frac{1}{2}$  large cucumbers sliced lengthways and then into chunks, 2 cups of steamed sweet potato. It's a good day for steamed vegetables, very cold! I had enough dressing left over from last night to use that tonight-yay!

## Wednesday

**7:00AM** 1 litre of water on rising with Adya Clarity

**9:00AM** Smoothie with 300ml nut milk and 1 scoop of Vanilla Sun Warrior Protein Powder

**12:00PM Green smoothie:** 3 frozen bananas, 2 mangoes, 2 handfuls of Ceylon spinach (small leaves as the large ones have too strong a flavour), 1 small kaffir lime leaf and kombucha! The kombucha was brewed with white tea and a secondary fermentation of mixed berries and apples. It's repetitive, I know, but we tend to purchase our food in bulk so I have a lot of bananas and mangoes to get through.

## WHAT JENNIE ATE...

**4:00PM** Smoothie of 300ml of nut milk, a heaped ½ teaspoon of vanilla powder, 3 frozen bananas

**7:00PM** 10 large tomatoes diced with about 20 pitted and chopped raw black olives, 1 spring onion sliced finely, 4 basil leaves finely sliced

### Thursday

**7:00AM** Water on rising 1 litre with Adya Clarity

**9:00AM** 1 litre of water kefir

**9.30AM** **Green smoothie:** ½ pineapple, 3 frozen bananas, 4 handfuls of kang kong (similar to spinach), a kaffir lime leaf and about 10 mint leaves. Blended with water. Mmmm... delicious!

**11.45AM** **Smoothie:** 500ml nut milk, 3 frozen bananas, a scoop of Sun Warrior Vanilla Protein Powder and also ½ teaspoon of extra vanilla powder because I really feel vanilla-ish today. Very nice.

**6:00PM** I made some raw pancakes for tomorrow. I licked the spatula and the blender jug. Yummmm!

**7:00PM** Salad of Cos lettuce, 3 large tomatoes from our garden, Kim chi, and a dressing of cashews, wakame, ginger, garlic and pepper. Very nice!

### Friday

**7:00AM** Water on rising 1 litre with Adya Clarity

**8:00AM** **Fruit smoothie:** 4 bananas, 1 punnet of strawberries, 4 mint leaves, water. Blend until smooth. Isn't it awesome that 'naughty' food for me these days is a fruit smoothie? Haha. It used to be Coke... with bourbon because "Coke just doesn't taste right without it" to quote the old me. Luckily, I've moved on. Enjoy this one!

**9.30AM** 1 litre of water kefir

**1:00PM** **Green Smoothie:** ½ a bunch of pumpkin leaves, ½ pineapple, 4 small bananas, 125 grams fresh blueberries, 1 cup kombucha, 1 cup of water. Blend until smooth and then swallow it down!

**Lunch** I didn't feel like lunch today. So I didn't.

1.4 litres of water throughout the afternoon.

**2:00PM** 3 gorgeous bananas, 4 nectarines

**4:00PM** ½ large Cos lettuce, ¼ bunch of celery, 1 cup of Kim chi, 1 cup of steamed sweet potato with the skin on, 10 Greek olives, 1 avocado

**7:00PM** 2 small scoops of Vanilla Spoil Me raw ice cream. (cashews, coconut, agave, vanilla) I'm all out of kombucha for the moment... Sad but it should be ready in the next couple of days!

### Saturday

**7.30AM** Water on rising 1 litre with Adya Clarity

**8:00AM** Chia pudding. (recipe included) Delish! I had energy for hours after this.

**Lunch** I didn't feel like eating so I didn't!

**4:00PM** Yummy noodles. (recipe included) Guess who was feeling a little gourmet tonight? MEEEEEE! I really wanted some rich, deep, flavours and feel so darned lucky to have eaten this meal. Woo hoo!



## RECIPES

### CaramElle slice

2 cups cashews soaked ½ hour  
2 cups of cacao butter melted  
¾ cup of agave  
4 tablespoons of mesquite  
1 large or two small vanilla bean  
2 tablespoons of goji berries  
2 tablespoons of cacao nibs.

Place your cashews, melted cacao butter, agave, mesquite and vanilla bean in your blender and blend on high speed until very smooth. Pour into a dish, and stir in your goji berries and cacao nibs. Put the dish in the freezer or fridge to set. You can leave it a few hours or overnight. Slice into cubes and arrange on a dish.

This is a super delicious recipe! If you don't have a high speed blender such as a VitaMix, you can blend your cashews and vanilla bean then add your cacao butter then and mix it very well.

### Chia pudding

2 tablespoons of chia  
1 tablespoon of honey  
Gel of 1 aloe vera leaf (peel and rinse if you don't want the laxative effect!)  
1 ¼ cups of water. Blend the honey, aloe gel, water, and cinnamon.  
Stir into your chia seed and allow to sit for at least 15 minutes.



### Yummy noodles

1 packet of kelp noodles, soaked in water about 10 minutes with the juice of 1 lemon.

### Sauce:

2 tablespoons of truly raw cashews  
1 tablespoon of honey  
zest and juice of 1 fresh lime  
1 teeny tiny clove of garlic.  
You could probably use ¼ of a larger clove,  
¼ teaspoon of salt,  
a pinch of dried chili flakes, a pinch of cumin seeds.

### Salad:

½ butter lettuce  
3 tomatoes diced  
½ cucumber diced

Strain the noodles.  
Add the sauce, cucumber, and tomato and toss.  
Arrange the lettuce on a plate then scoop the noodle mixture on top. Voila!  
I really would have loved to use ginger and Thai coconut water in this sauce. I would also have loved to finely chop some mint, coriander (cilantro) and basil but none of these were in the markets this week so I'll do without. But these would be an excellent additions to this recipe.

I was born on the south side of Chicago and raised on the Standard American Diet by my parents; along with two brothers and one sister.

My first addiction was to sugar. At the age of four, my mom awakened in the wee hours to find me weeping on the kitchen countertop with my finger wedged in the opening of a can of Hershey's Chocolate Syrup (I have the scar to this day). At age 12 I discovered cigarettes, at 16 I was coffee and alcohol. By the time I was 20 years old, I was smoking 3 packs a day, drinking 32 cups of coffee a day, drinking heavily on a daily basis and eating fudge for breakfast. I had not been eating any 'real' food for a long time.

When I was 21, I got very sick. The year was 1978. After 3 months, one night while lying in bed, a thought came to me that I can only now explain as Divine Intervention. I somehow concluded that what I was putting into my body was in some way responsible for my condition. I made a promise to, I don't know what, that if I were to ever get well I'd make some changes. Mind you, just enough changing to get me out of bed.

Many medications and antibiotics later I took the first step toward my promise by buying the book "Let's Eat Right To Keep Fit" by Adelle Davis (I liked the title). She painted such a picture of the detriments of sugar that it was the first thing to go. Little did I know that I was beginning a new way of eating. I began carefully reading labels when grocery shopping in the "health food section" which at that time was limited to one small section in one aisle. The road was bumpy in the beginning and I am eternally grateful to those courageous health food pioneers, then commonly referred to as "quacks", who churned out books and information and started vegetarian organizations. I soaked it up like a sponge and my world opened up.



## My world is continually opening up

I let go of the nicotine and the caffeine fairly early on my journey, going cold turkey with both. I went from canned fruits and vegetables to frozen to fresh. I bought vegetarian cookbooks and began baking my own bread, rolls, crackers and cookies; I made casseroles and lasagna. I started to listen to what my body was telling me, not perfectly, but I was aware. Eggs began to make my stomach queasy, so they went, along with flesh foods and most dairy products.

As crazy as this may sound, I continued to drink heavily on a daily basis and I was

spiraling out of control in every other area of my life. In November of 1990 I began my journey on the road to sobriety with the help of another courageous, steadfast and committed group of people. There are no words to express my deep gratitude to them.

I was now dairy-free, with the exception of cheese, and I knew that it needed to go but I just couldn't shake it. Then, in 1994, I attended a vegetarian conference in Portland, Oregon. I heard **Howard Lyman**, then president of **EarthSave** and of **Voice For A Viable Future**, (who would later become the co-defendant with Oprah Winfrey in her beef trial,) give a talk and wow, what a guy! I hung on his every word and his impact on me was tremendous. I have not had nor wanted any cheese since that day. I was now a vegan.

It is now January of 2011, and as I sit here and write this I'm a 53 year old raw foodist loving my life, and it keeps getting better. My world is continually opening up. I am in excellent health. I haven't had as much as an aspirin in almost 30 years, and menopause was a breeze. I stay fit by doing things I couldn't do at the age of 20 like yoga, bicycling, hiking, some weights, meditation and who knows what else... the sky's the limit!

# WHAT MARY EL ATE...

## Saturday

**7:00AM** 2 tablespoons E3Live

**10:00AM** 2 quarts water

**6:00PM** 2 ounces wheatgrass juice

**7:00PM** 1 whole pineapple cut in chunks with 2 tablespoons minced ginger

**9:00PM Salad:** 2 mushrooms, 1 red bell pepper ring, 1 small beet, ¼ cup cabbage, 5 leaves Swiss chard, 3 beet tops, 6 leaves mustard greens, 4 tablespoons each olive oil, apple cider vinegar, 1 teaspoon each: dulse flakes, raisins, pumpkin seeds soaked 6 hours. 1 medium zucchini sent through a spiral slicer, topped with ¼ cup sundried Tomato Marinara (recipe included)

## SUNDAY

**7:00AM** 2 tablespoons E3Live

**10:00AM** 2 quarts water with juice of 2 lemons per quart of water (I have the lemon water once a week)

**1:00PM** 1 pear, 1 apple

**3:00PM** 1 cup Mexican Rice (recipe included)

**6:00PM** 2 ounces wheatgrass juice, 2 tablespoons Turkey Dressing recipe included rolled up in a collard leaf

**8:00PM Salad:** ½ cup cabbage, 4 mustard greens, 1 tomato, handful of broccoli, 1 bell pepper ring, 1 tablespoon each onion, raisins, sunflower seeds soaked 4 hours, 4 tablespoons Dreamy Curry Dressing

**9:00PM** Apple Pie (recipe included)

## MONDAY

**7:00AM** 2 tablespoons E3Live

**10:00AM** 2 quarts water

**12:00PM** 2 pears

**6:00PM** 2 ounces wheatgrass juice, 2 tablespoons Turkey Dressing (recipe included) in a cabbage leaf, ¼ cup filberts soaked 6 hours, ¼ cup raisins, unsoaked

**9:00PM Salad:** 1 carrot, 1 small beet, 1 celery rib, ½ cup jar sprouted clover, 3 collard leaves, 4 Swiss chard leaves, 4 mushrooms, 1 tablespoon dulse flakes, 4 tablespoons each olive oil, apple cider vinegar

## TUESDAY

**7:00AM** 2 tablespoons E3Live

**10:00AM** 2 quarts water

**2:00PM** 2 apples

**5:00PM** 1 cup Mexican Rice (recipe included), ¼ c walnuts soaked 6 hours

**9:00PM Salad:** 1 cup cabbage, 2 kale leaves, 4 mustard greens, 1 cup jar sprouted clover, 1 small beet, 1 carrot, 4 tablespoons Sundried Tomato Hummus, recipe included

## WEDNESDAY

**7:00AM** 2 tablespoons E3Live

**10:00AM** 2 quarts water



## WHAT MARY EL ATE...

**2:00PM** 1 pound green grapes, 2 ounces wheatgrass juice

**6:00PM** ½ cup brazil nuts soaked 6 hours, ½ cup raisins, unsoaked

**9:00PM** **Salad:** 8 beet tops, 4 Swiss chard leaves, ½ cup jar sprouted clover, 1 tablespoon each raisins, sesame seeds and sunflower seeds soaked 6 hours, 1 scoop Tuna (recipe included )

### THURSDAY

**7:00AM** 2 tablespoons E3Live

**10:00AM** 2 quarts water

**1:00PM** ½ lb. concord grapes, 2 pears, 2 ounces wheatgrass juice

**7:00PM** ½ cup walnuts soaked 6 hours, ¼ cup raisins, unsoaked

**9:00PM** **Salad:** 2 kale leaves, 4 mustard leaves, 1 collard leaf, 1 cabbage leaf, 1 small beet, 1 carrot, 1 tomato, 1 cup broccoli, 1 tablespoon each raisins, sunflower seeds soaked 6 hours, dulse flakes, ½ cup jar sprouted clover, 4 tablespoons each olive oil and apple cider vinegar

### FRIDAY

**7:00AM** 2 tablespoons E3Live

**10:00AM** 2 quarts water

**1:00PM** 2 ounces wheatgrass juice

**5:00PM** 24 ounces juiced grapefruit

**6:00PM** ½ cup raisins unsoaked with ½ cup buckwheat groats soaked 8 hours and air-dried 2 days

**8:00PM** **Salad:** 2 handfuls spinach, 8 beet tops, 3 mustard leaves, 3 mushrooms, 1 small beet, 1 tomato, 1 tablespoon each pumpkin seeds soaked 6 hours, sunflower seeds soaked 6 hours, wheat berries soaked 8 hours and jar sprouted 1 day, ½

cup jar sprouted clover seeds. 4 tablespoons each olive oil and apple cider vinegar. Cauliflower Mashed Potatoes with Gravy, recipe included

### **Ginger Tea (Yogi)**

\*\*I'm a nighttime eater hence the late mealtimes  
\*\*I buy 4 different types of greens each week and alternate all week

\*\*I drink a total of 4 quarts of water per day

### RECIPES

#### **Mexican Rice**

1 cup butternut squash

2 tablespoons walnuts

2 tablespoons onion

¼ cup red bell pepper

1 clove garlic

1 teaspoon chili powder

¼ teaspoon cumin

½ teaspoon sea salt

2 tablespoons olive oil

Process squash, walnuts, onion, bell pepper, garlic in a food processor and transfer to a bowl. Add chili powder, cumin, salt, oil and combine all ingredients together.

#### **Apple Pie**

½ cup unsoaked sunflower seeds

3 dates, chopped

¼ teaspoon salt

1 apple

1 banana

1 teaspoon cinnamon

Grind sunflower seeds. Process seed meal with dates and salt until grainy. Press into a 3-cup size Pyrex dish. Process apple, banana and cinnamon until smooth and pour into crust.

**Tomato Marinara by Ani Phyto**, author: Ani's Raw Food Essentials, Ani's Raw Food Desserts, and Ani's Raw Food Kitchen

2 cups tomatoes

1 garlic clove

½ cup fresh basil

¼ cup olive oil

1 tablespoon lemon

1 teaspoon dates

## WHAT MARY EL ATE...

1 teaspoon oregano dried  
½ teaspoon dried rosemary  
1 teaspoon salt  
3 tablespoons sundried tomatoes  
Blend tomatoes, garlic, basil, olive oil, lemon, dates, oregano, rosemary and salt until smooth.  
Add sundried tomatoes and blend until well mixed.

### **Turkey Dressing by Roselee Calabro**

1 cup almonds soaked 12 hours  
1 cup each: pumpkin, sesame, filberts. soak 6 hours  
1 cup onion  
1 tablespoon poultry seasoning  
2 teaspoons powdered kelp  
1 c chopped parsley  
3 tablespoons flax seeds soaked 4 hours  
3 tablespoons Braggs Liquid Aminos  
2 tablespoons lemon juice  
In a food processor, process the nuts and onions.  
Add spices and lemon juice and mix well.  
Dehydrate at 105 degrees for 4 hours. Eat now or flip and dry until desired. \*I skip the dehydration

### **Sundried Tomato Hummus by Ani Phyo**

2 cups chopped zucchini  
2 cloves garlic  
2 tablespoons lemon  
¼ cup olive oil  
½ cup tahini  
1 teaspoon sea salt  
2 tablespoons chopped parsley  
1/3 cup chopped sundried tomatoes  
Pinch of paprika  
Process zucchini, garlic, lemon, oil, tahini and salt until smooth. Transfer to a bowl and stir in parsley and sundried tomatoes. Let sit for 10 minutes and stir well. Garnish with paprika.

### **Tuna by Jennifer Cornbleet, author of Raw Food Made Easy** for 1 or 2 People

½ cup sunflower seeds soaked 4 hours  
1/4 cup walnuts soaked 4 hours  
2 tablespoons water  
1 tablespoon lemon juice,  
1 teaspoon salt  
1 ½ teaspoons celery minced



1 tablespoon minced parsley  
1 tablespoon onion  
Process sunflower seeds, nuts, water, lemon, and salt in a food processor. Add celery, parsley, onion and process again.

### **Cauliflower Mashed Potatoes with Gravy**

1 small head cauliflower  
1 garlic clove  
1 tablespoon dill  
¼ cup olive oil  
¼ cup cashews, unsoaked  
¼ teaspoon salt  
In a food processor, grind cashews then process ground cashews, cauliflower, salt and dill until fine.  
Add oil until fluffy.

### **GRAVY by Ani Phyo**

1/3 cup olive oil  
¾ cup mushrooms, any variety  
1/3 cup water  
1 ½ teaspoons apple cider vinegar  
1 garlic clove minced  
½ teaspoon sea salt  
Blend until smooth  
\*I use 1 avocado in place of olive oil.

[mmail60603@yahoo.com](mailto:mmail60603@yahoo.com)

**M**ichelle Premura – Certified Raw & Living Foods Chef & Instructor/Owner-Operator of Turquoise Barn, Eco-Conscious Vegetarian, Vegan Raw & Living Food Bed & Breakfast, Retreat Center, Classes/Workshops, Traveling Personal Chef Services & Catering [www.turquoisebarn.com](http://www.turquoisebarn.com)



My background is in both healthy living and art. I am a mixed-media sculptor and jewelry designer with a degree in Fine Arts from the University of Colorado in Boulder. I studied jewelry design and manufacturing at the Instituto de Allende in San Miguel de Allende, Mexico and graduated as a gemologist from the Gemological Institute of America in Santa Monica, CA. I am also a raw and living food chef and instructor certified through Alissa Cohen's program.

Although I am a raw and living food chef, I consider myself to be more of an impromptu "food constructor." I work in the kitchen the same way I work in the studio. I usually "construct" food according to what "materials" I have in my garden, kitchen, or what I'm craving. I also may look at two or three recipes for ideas and then adapt them to ingredients I have on hand or special flavors or textures that I prefer. I taste, add or subtract until I get the taste, texture and visual appearance that I'm after. I try to encourage others to be creative, experiment and explore; if you don't have an ingredient, substitute it for something that you do have that may have a similar texture or flavor. That is the beauty of creating recipes with living food, there's no science to it coming out "right". It's just a matter of being creative with your palate and vision, with the extra added benefit of being healthy.

I love to prepare special recipes & meals for my friends and guests, however, I prefer to eat more simply on a day to day basis. The food & ingredients I use are organic, when in season, much comes from my yard or garden. I try to eat as seasonal & local as possible but...living in the north east, this is challenging...I love warm weather & tropical fruits! On the flip side, I am fortunate enough to live in the beautiful Catskills and have an abundance of wild edibles and amazing spring water coming from the foothills in my backyard year round. My interest in healthy eating began over 25 years

## I consider myself to be more of an impromptu "food constructor"

ago after being diagnosed with thyroid cancer in my early 20's. Since that time, I have always strived to maintain a healthy diet & lifestyle. It wasn't until I was introduced to raw & living foods that I realized my diet could be elevated to a level beyond just eating organic and whole foods.

My first introduction to raw foods was in the 80's when a friend of mine took me to Delights of the Garden restaurant in Atlanta. He kept raving about how amazing this food was, and it was all

uncooked! He knew I would love it and he was right, I did. The flavors were so fresh and alive. I left feeling full, but not uncomfortably stuffed.

After that I couldn't stop thinking about the food, so I bought their book **The Joy of Not Cooking** and began making some of the recipes at home. It was great to be juicing and using the carrot pulp to make a lunch of "mock tuna" sushi rolls.

It wasn't until about 20 years later in 2005 when another friend reintroduced me to some "new" raw foods, that I became serious. At this point, raw foods had become an actual movement that had gained widespread interest from both a health and culinary standpoint. Again, I was amazed at the freshness of it all and I was intrigued by the tastes of combinations and possibilities using all uncooked ingredients and....it was healthy too!

There was now so much more information out there; I began reading and researching, eating and experimenting with a variety of recipes. It just made so much sense to me—eating foods that are alive and chock full of nutrients and enzymes, and that taste amazingly fresh and healthy, and can heal the body. The more live food I incorporated into my diet, the more I craved, especially leafy greens like parsley, lettuce, kale, chard etc. I also began to simplify my diet and began preparing less "gourmet" meals as my palate adjusted to wanting just pure simple foods.

By eating mostly live foods I was amazed at the results. My energy level was back, I slept through the night, needed less hours of sleep, and was back to my normal pre-pregnancy weight. My tonsils, which had been enlarged my entire life, shrunk down to a normal size, more than half of what they had



been. But most astounding to me was the fact that, with ½ of a thyroid I was able to stop my thyroid medication that I had been taking for over 20 years. That was almost 5 ½ years ago in 2005 and I've gone through various degrees of raw, but one thing is certain, the more live foods I add to my diet the better I feel.

My diet consists of 80-100% raw and living foods, percentage depending upon the seasons and how my body feels. As time goes on, it becomes easier to listen to my body and eat intuitively. Eating live foods is not a diet, but a lifestyle choice that is an ongoing journey, always changing and evolving. With this choice comes numerous rewards including health, spiritual growth, and an appreciation for a more simplistic, natural lifestyle.

For myself, making this choice is similar to creating art; sometimes you don't fully grasp where the vision comes from or how to proceed, but you know intuitively it's what you're supposed to be doing. I feel the same about eating living foods – there is something that just pulls you in, besides the fact that it's healthy and tastes amazing. Just like art, I feel there is something intuitive in the nature of it. It just makes sense on so many levels.

Currently, I run a vegetarian & vegan raw food **Bed & Breakfast, Retreat Center, & Turquoise Barn Gallery** on an organic farm in the Catskills. We offer our guests a variety of group and individual classes/

workshops, including vegan, raw & living foods, transitioning to healthy lifestyle, wild edible identification, yoga and art. Group retreats, hosteling & camping are also available on the farm. All the food we serve is organic, local, and from our garden whenever possible.

Our classes are designed to help individuals learn ways of incorporating healthier food & habits into their life without feeling intimidated or overwhelmed. Raw & living food classes range from beginning transitioning classes (not all raw), to more advanced sprouting, dehydrating.

Guests can spend the night or the weekend or longer, shop in our gallery (which is filled with an eclectic blend of things we make including fine art, furniture, jewelry, as well as collectibles, local products, and a seasonal farm stand), enjoy healthy, energizing meals, see the Catskills, take a class or have a retreat and learn more about preparing, eating, & enjoying vegan, raw & living foods. And for those who cannot make it to the barn, we also offer traveling group or private vegan, raw food classes, dinners, catering, personal chef services, and an on-line store where one can purchase raw food essentials (kitchen equipment, ingredients, books, etc.) and items from our gallery.

In addition to the above mentioned classes, I have also been fortunate enough to teach both art and raw foods at our local public school, and at two of the Universities in our area. As a mother, artist, and raw food aficionado, this opportunity is not only rewarding and inspiring, but a sign of true progress. I feel very fortunate to be on this journey. I am really excited to share the benefits & experience that I've had with raw & living food in hopes of motivating & promoting a positive change to help others.

It is my belief that each individual can impact change in the world by becoming aware of what we are eating, where it comes from, and the impact that this has on our individual health as well as the health of our planet.

**Michelle Premura**

**Turquoise Barn**

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**For recipes:**

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## WHAT MICHELLE ATE...

I drink approximately 4-6 glasses of fresh spring water, from my spring, throughout the day. In the morning I sometimes add a squeeze of lemon or lime. Most, if not all of the food I purchase is organic, from my garden, or local whenever possible.

### Monday

(This month is not typical as far as time – my son has practice from 5-7pm. during the week so it interferes with our usual earlier dinner hour.)

**11:30AM Morning Elixer Fix-her (or him) Green Smoothie**) Large 4 cups parsley, handful of Swiss chard, ½ mango, 1 banana, 1 cup water, sprinkled with 1 tsp. bee pollen, (yield approx. 5 cups) (This is my usual a.m. drink – switching the greens & fruits depending on availability.)

12:30 pm In the garden: Corn on the Cob straight from the stalk - amazingly sweet & tender – autumn in the Catskills is a time of abundance.

**2:30PM Carrot Top Green Smoothie:** 1 ½ Bananas, 1 cup water, 1 tsp mesquite powder, 3 brazil nuts, ½ cup unhulled sesame seeds, small handful of carrot tops (I usually use 3-4 cups but it's the end of the season and that's all that was left), dash cinnamon (yield approx. 3 cups)

**3:15PM** Pineapple: 1 Chunk

**4:00PM** Watermelon - approx. 3 cups

**4:30PM** 1 Kiwi

**5:30PM Flax/Basil/Sundried Tomato Crackers:** (made by me) soaked flaxseeds, basil, sundried tomato, garlic, sea salt. Large salad: 4 cups romaine lettuce, shredded beets & carrots, cucumber (w/skin) zucchini, dill dressing see recipe: [www.turquoisebarn.com/recipes](http://www.turquoisebarn.com/recipes)

**Garden Soup:** celery, onion, garlic, buttercup squash, carrots, potatoes - approx. 2 cups, simmered

**7:30PM Fruit Mash:** ½ banana, ½ apple cut up, 1 T raw almond butter (Artisana), 1 T raw honey, sprinkle of raw carob powder; mash

I drink approximately 4-6 glasses of fresh spring water, from my spring, throughout the day. In the

morning I sometimes add a squeeze of lemon or lime. Most, if not all of the food I purchase is organic, from my garden, or local whenever possible.

### Tuesday

**11:00AM** Watermelon/Cuke Cooler: 5 cups of watermelon, 1 large cuke w/skin, 2 cups water; blended

**12:30PM** Elderberry Chia "Jello": 1 ½ cups Chia seeds soaked in Elderberry juice, made from wild harvested elderberries from my yard sweetened w/ raw agave nectar. Juice is cooked to remove toxins. I made this for my son to help build his immune system & increase his endurance for sports.

**1:00PM** Salad w/romaine lettuce, approx. 2 cups, w/shredded carrots & beets, Cuke/Zuke dressing, 5 raw Sicilian habenero olives  
**2:00PM** Fruit Mash: See Monday 7:30PM, add, 1 T frozen mixed berries sprinkle of raw carob powder; mash

**3:15PM** 2 Basil, sundried tomato flax crackers  
See Monday, 5:30 PM

**3:30PM** 1 ½ tsp VitaMineral Green with 8 oz water

**4:00PM** Miso Soup: 1 T South River miso (white unpasteurized), 16oz water, 1 cup wakame seaweed, 1 cup of kelp noodles, w/ a sprinkle of Eden Shake sesame sea veggie seasoning. Heated on stove top at a low temp, keeping it alive.

**7:45PM** Green grapes – 1 cup, 2 flax, basil, sundried tomato crackers

### Wednesday

**10:15AM** Morning Elixer Garden Juice: 1 very large cuke w/skin, 3 kale leaves, 1 small each purple and orange carrot & beet, 2 fuji apples, ½ lemon w/skin, Yield: 3 cups

**11:30AM** Buckwheaties cereal, fruit & nut mylk: 1 cup sprouted dehydrated buckwheat, 1 cup frozen mixed berries, 1 banana, 2 cups almond/brazil nut mylk (½ cup each soaked almonds & brazil nuts, 2 T lucuma powder, 1 T yacon syrup, splash of vanilla, pinch of sea salt, couple dashes of cinnamon, 4 cups water

## WHAT MICHELLE ATE...



**2:45PM** In the garden: Corn on the Cob: See Monday 12:30 PM

**3:00PM** Apple from my tree – lucky me

**4:00PM** Large bunch of Grapes

**4:30PM** 2 Basil, sundried tomato, garlic, flax crackers)

**5:30PM** ½ Cucumber

**5:45PM** Salad w greeny/tahini dressing : 2 cups romaine lettuce, shredded beets, carrots, zucchini, yellow neck squash, 2 stalks celery, handful of sprouted mung beans, handful of sprouted red quinoa, sprinkled w/dulse & sunflower seeds. I ate approx. ½ with 1 Basil, sundried tomato, garlic flax cracker . See Greeny/Tahini Recipe: [www.turquoisebarn.com/recipes](http://www.turquoisebarn.com/recipes)

**7:00PM** Fresh Mint Tea from the garden & a fresh date

### Thursday

**12:00PM** Small bunch Grapes, ½ Pear

**12:45PM** Elderberry Chia "Jello" ¼ cup ( See Tuesday 12:30PM)

**1:40 PM** **Cleaning out the Fridge Green**

**Smoothie:** 4 cups Parsley, handful of swiss chard, 1 ½ cups water, 1 cup frozen .mango, ½ fresh mango, ½ pear, 1 banana, 1T bee pollen

**2:20PM** Apple from my tree

**3:35PM** **Nori roll:** 1/2 avocado, handful of **wild** mustard greens, cukes, carrots rolled in an untoasted Nori sheet. Raw Sicilian Habenero Olives - 4

**4:15PM** **Banana Fruit Leather** – (made by me) ingredients: just banana puree dehydrated, ate one small piece. I keep this on-hand for my son or if I want to make crepes.

**4:30PM** ½ Cuke

**6:00PM** Banana Mylk Shake : 1 frozen banana, ½ banana, handful of goji berries, handful unhulled sesame seeds, 2 brazil nuts, 1 tsp mesquite powder, 2 tsps flax seeds, 1 cup brazil nut/almond mylk 1 cup water. (yield 4 cups)

**8:00PM** **Salad:** 2 cups romaine, shredded carrots, beets, zucchini yellow neck squash, red celery, w/ salsa: cherry tomatoes, cilantro, red onion, fresh lime, ½ avocado : Sprouted Tortilla w o lightly steamed kale & chard, salsa & ½ avocado

### **Friday**

**7:30AM** 1 cup Chamomile tea

**11:15AM** **Green Smoothie:** 2 bananas, 1 cup frozen mango, couple leaves of kale & chard, 4 cups parsley, 2 cups water; yield 5 cups – drank 2 cups sprinkled w/bee pollen, shared with B&B guests, they loved it

**12:30PM** **Garden Bread:** zucchini, carrots, walnuts, raisins, cranberries, flax seed, cinnamon, fresh nutmeg, water. 1 "slice" (made by me)

**1:45PM** Kiwi

**2:14PM** Kiwi

**3:30PM** **3 Walnut/zuch dill blk pepper crackers:** (made by me - ground flax, wanuts, zucchini, fresh dill, black. pepper, sea salt – recipe adapted from "Raw Food Real World" w/3 slices of tomato, 2 slices red onion, 3 pieces of romaine lettuce, 7 raw olives

**5:45PM** Garden Bread – 1 slice – See 12:30 today

## WHAT MICHELLE ATE...

**6:00PM** 1 Carrot 1, ½ Cuke

**6:30PM** Salad 2 cups romaine lettuce, ¼ red bell pepper, ½ avocado topped with shredded carrots, shredded purple cabbage. Dressing – squeezed fresh lemon, drizzle of olive oil, & sea salt.

**7:45PM** “Better than baked”Pumpkin P-eye – 1 piece  
recipe at [www.turquoisebarn.com/recipes](http://www.turquoisebarn.com/recipes)

### Saturday

**10:30AM** 2 Pear

**12:00AM** Green Smoothie: See Friday

**11:15 AM**

**1:30PM** Fruit Mash, See Tuesday, 2:00 PM

**3:00PM** Walnut/Zuch/Dill/Black Pepper cracker, ½ cup Cheesy kale chips  
Recipe for Cheesy Kale Chips:  
[www.turquoisebarn.com/recipes](http://www.turquoisebarn.com/recipes)

**4:00PM** **Green Powder Mix:** 1 ½ tsp green powder, 8 oz water (spirulina, chlorella, barley grass, wheat grass, alfalfa, broccoli)

**5:30PM** **Miso Soup:** 1 cup broccoli juice from my son’s steamed broccoli, 3 cups water, 1 T Miso South River white miso, 1 ½ cups Wakame seaweed (soaked), 1 cup shitake mushrooms, ¼ cup wild forged sulphur shelf mushrooms, marinated in nama shoyu, garlic, olive oil, grated ginger, topped w/Eden sesame shake. Yield. 4 cups; ate approx. 2 cups, shared with my son

**5:45PM** Fresh mint and chamomile tea 1 cup

**6:30PM** Pie, see Thursday &:45 PM

### Sunday

**9:30PM** **Morning Oat Drink:** 1 cup -I make this for our B&B guests who really like it. It’s fruity, sweet & filling. I don’t drink this very often and if I do it’s usually not in the AM (too filling for me in am) but in

the afternoon after some sort of green drink or in the evening. But this morning I was in a hurry to get out and there were left-overs.

Oat Drink Recipe: [www.turquoisebarn.com/recipes](http://www.turquoisebarn.com/recipes)

**10:00AM** 2 cups Morning Oat Drink

**1:30PM** Out on the Road: 12 oz Coconut water , 3 cups Cheezy Kale Chips, Grapes

**2:30PM** Still out – “Pure” Chocolate Brownie Bar

**4:15PM** 7 Raw Habenero Sicilian Olives, 1 Basil, sundried tomato, garlic, cracker

**5:00PM** Apple from my tree

**5:45PM** **I-tal Stew:** Broccoli, zucchini, cabbage, carrots, onions, garlic, plantain, red pepper, scotch bonnet pepper, coconut oil, coconut milk, spices (cooked) served over millet & raw cabbage (2 cups) Salad w/romaine, shredded carrots, beets, celery – oil, lemon, & salt

**6:00PM** Dried Cranberries – fruit juice sweetened - 3



Hello beautiful people! Allow me to introduce myself. My name is Celeste and I live in North central Wisconsin (Vermont native) with my husband of 16 years, teen daughter, and 3 animals rescued from our local shelter (2 cats, 1 dog).



I'm passionate about raw and living vegan food, sustainable living, and holistic health. As a graduate of Ekaya Institute of Living Food Education, I wish to inspire others and make a difference by walking the RAWsome walk. To share this amazing rawkin' journey, I teach hands-on raw food preparation workshops at a local health food store and I welcome everyone into my kitchen by visiting my Rawkin' Raw Vegan food blog ([www.rawkinraw.wordpress.com](http://www.rawkinraw.wordpress.com)), where I feature a Talkin' Raw column/Q&A's with raw foodists, post how-to recipes with photos, and share my love of the rawkin' lifestyle. I find inspiration by surrounding



myself with other raw enthusiasts by attending a monthly potluck and by joining a Community Supported Agriculture group (CSA), I'm greatly

rewarded knowing exactly where my food comes from and delight in helping harvest the produce!

My Story: I first went raw in 2008, not with food choices but with lifestyle. I became part of the movement for safe and healthy cosmetics after interviewing Stacy Malkan, co-founder of the Campaign for Safe Cosmetics. I replaced all conventional chemical-filled

household cleaners, personal care items, cosmetics—and started making my own lip balms, lotions, toothpaste, tote bags, and DIY household cleaners. My eco-friendly Green Your Life store (<http://www.cafepress.com/greenyourlife>), which carries one-of-a-kind Take A Walk On The Green Side creations was born. It was during this time when I read Michael Pollan's book, *The Omnivore's Dilemma*, which had a profound impact on me.

In the beginning of 2009, I transitioned from a SAD diet to a clean diet (read the *Eat Clean Diet* by Tosca Reno). By the end of 2009, I had transitioned from clean to a vegetarian diet. Not to improve a health issue or to lose weight but simply in search of vibrant health. I discovered the art of living and eating consciously. I devoured books such as *The China Study* by [T. Colin Campbell](#) and [Thomas M. Campbell II](#), and *The Food Revolution* by John Robbins. It's an ongoing search to dig deep and I continue to enlighten myself with the facts. Self-education has transformed my life and the world around me.

On February 27, 2010, I participated in an online 7-day raw vegan

food challenge and I've been raw beegan (vegan who consumes bee products) ever since. Even after just a few months of being raw, I could see & feel life-changing "alterations" and the journey continues to excite and amaze me! My overall well-being continues to thrive on raw and living foods.



At 43-years old, I feel more vibrant than I've ever felt. I've had a physical, emotional and spiritual awakening from living this lifestyle! Taking control of my own health and happiness has truly empowered me to live my best life. I have an abundance of energy, released 20+ pounds (I'm tall with a natural thin build so this extreme weight loss took me by surprise, I've had to seek out ways to gain weight which have included strength and resistance training, high calorie smoothies, etc). I no longer suffer from migraines, have a stronger immune system, require less sleep, practice voluntary simplicity, self-sufficiency, SOLE eating (Sustainable, Organic, Local, Ethical), and have a sense of calm and true gratitude.

Making personal commitments both to exercise and serving others is a big part of my rawkin' lifestyle. My endurance comes from practicing

### **I wish to inspire others and make a difference by walking the RAWsome walk.**

Sun Salutations, snowboarding, Zumba, rowing, light weights, resistance bands, meditation, treadmill, swimming and nature walks. I volunteer with various organizations as well as work as a teacher's aide with special needs children full-time.

After almost a year living a rawkin' lifestyle, I feel truly rejuvenated!

Peace, Love, Joy,  
Celeste



[www.rawkinraw.wordpress.com](http://www.rawkinraw.wordpress.com)

<http://www.cafepress.com/greenyourlife>

## Sunday

- 9:00AM 16 ounces **lemon water**: water with freshly squeezed juice of ½ lemon
- 11:30AM 12 ounces **Blueberry Smoothie**: 1 cup frozen blueberries, 2 cups baby spinach leaves, Nutiva Hemp powder, bee pollen, water
- 3:25PM **Zucchini Pasta with Marinara Sauce**: 2 zucchini, a few sundried tomatoes, soaked, 2 tomatoes, 1 red pepper, 1 garlic clove, dried oregano, dried basil, freshly ground peppercorn, pinch of cayenne pepper
- 5:45PM **Sunshine Smoothie**: 2 large oranges, 1 grapefruit, 6 frozen strawberries, ½ banana, water, ice cubes
- 7:50PM 24 ounces **Green Juice**: 8 spears broccoli, 1 bunch parsley, 3 apples, water.

## Monday

- 5:30AM 16 ounces **lime water**: water with freshly squeezed ½ lime
- 6:45AM 18 ounces **Green Juice**: 5 stalks celery, 2 cups water, 1 cucumber, ½ lemon, peeled, 2 Granny Smith apples, piece of fresh ginger, 2 cups Romaine lettuce, spirulina, water
- 9:10AM 1 Bartlett pear, 1 nectarine
- 12:00PM **Cabbage Wrap with Teriyaki Sauce**: Purple cabbage, sunflower seed sprouts, Kale, carrots, cucumbers, with an avocado spread. Teriyaki ingredients: tamari, pure maple syrup, ginger, garlic powder.
- 3:30PM 2 **Almond Freezer Cookies**: almonds, locally produced honey, raisins, organic extra virgin coconut oil
- 6:40PM 16 ounces **Mango Smoothie**: 2 frozen mangoes, a few handfuls of bok choy, wheatgrass powder, water, ice

## Tuesday

- 5:30AM 16 ounces **Goji Berry Water**: water with a handful of goji berries, blended in VitaMix
- 6:50AM 20 ounces **Kiwi Smoothie**: 1 Bartlett pear, 1 Bosc pear, 4 kiwis, 2 tablespoons locally produced honey, 2 handfuls bee pollen, ¼ cup water, 1 lime, peeled, kelp powder
- 9:00AM 1 cup broccoli florets, ½ red pepper
- 12:00PM 4 **Nori Rolls**: 1 avocado, clover and radish sprouts, 1 tomato, sea salt, 1 medium carrot, 4 large Romaine lettuce leaves
- 4:00PM 2 apples, homemade almond butter
- 7:35PM **Zucchini With Tahini Greens**: Red chard, ½ red bell pepper, ½ avocado, handful of fresh locally grown green beans, sesame seeds. **Dressing**: 1 tablespoon flax oil, ½ avocado, 1 zucchini, ½ tablespoon tahini, ½ lemon, freshly squeezed

## Wednesday

- 6:55AM 20 ounces **Mango Smoothie**: 2 frozen mangos, 3 cups kale, 2 cups water, spirulina, cinnamon
- 9:00AM 2 Asian pears
- 12:00PM **Raw Chili**: 3 tomatoes, ½ red pepper, orange pepper, ½ small onion, 2 stalks celery, chili powder, cumin, sea salt
- 4:45PM 12 ounces **Green Juice**: 4 broccoli florets, 1 kale leaf, 1 celery stalk, 2 small carrots, 1 apple, 1 cup water, handful of ice
- 6:15PM 1 nectarine
- 8:50PM **Carob Walnut Ice Cream**: 3 frozen bananas, carob powder, walnuts.

# WHAT CELESTE ATE...

## Thursday

- 5:00AM 16 ounces **Cucumber Water**: 4 slices of cucumber in water
- 6:45AM 40 ounces **Strawberry Smoothie** (I consumed half and had the rest at 9:00AM): 4 cups frozen whole strawberries, 2 cups spinach, 3 ½ cups water, freshly ground flax seeds, 2 ripe bananas
- 9:00AM 20 ounces Strawberry Smoothie (leftover from morning)
- 12:00PM **Pink Flowering Kale and Swiss Chard Wraps**: 3 large Swiss Chard leaves, 3 large Flowering Kale leaves, Cashew Cream Spread: cashews, Bragg Liquid Aminos, homemade Almond Butter, sea salt, radish and clover sprouts with a veggie side bowl of 1 carrot, 1 kohlrabi and 1 turnip
- 5:15PM **Dulse Bowl**: 5 cups Romaine lettuce, a few fingerfuls of sprouted mung beans, 4 medium tomatoes, 4 scallions, white part only, 1 cucumber, chia seeds.  
**Dressing**: 1 avocado, dulse flakes, 1 fresh garlic clove, water
- 8:45PM **Spicy Cauliflower Popcorn**: cauliflower, cayenne pepper, chili powder, paprika

## Friday

- 5:30AM 16 ounces **Lemon Water**: Water with freshly squeezed ½ lemon
- 6:45AM 24 ounces **Green Juice**: 8 spears broccoli, 1 bunch parsley, 3 apples, water, ice cubes, blended and then strained in a nut milk bag
- 9:00AM A few sunflower seed crackers with guacamole: avocado, tomatoes, cilantro, lemon
- 12:00PM **CCC (Curry, Cucumber, Cabbage) Skyscraper Salad**: curry powder, dulse flakes, organic extra virgin olive oil, scallion, fresh clove garlic, kale, baby spinach leaves, mung bean sprouts,

Romaine, cucumber, cabbage

- 5:15PM **Cream of Spinach Soup**: spinach, cucumber, tomato, water, avocado, garlic, Nama Shoyu, sea salt, cayenne pepper, lemon juice, olive oil
- 8:20PM **RAWkin' Fruit Bowl**: Dates, raisins, apple, walnuts, fresh strawberries.  
**Dressing**: almond butter, chia seeds, organic extra virgin coconut oil.

## Saturday



- 8:50AM **Green Juice**: 2 handfuls of spinach, number of carrots
- 12:15PM **Sweet Potato Soup**: 2 sweet potatoes, ½ apple, clove garlic, 2 cups water, cinnamon, local raw honey, organic extra virgin coconut oil, pinch of sea salt.
- 3:30PM 20 ounces **Green Juice Tonic**: celery, cucumber, spinach, parsley, Golden Delicious apple, water
- 5:25PM 10 almonds, 2 peaches
- 7:45PM **StRAWberry Ice Cream Topped with Buckwheat GRAWnola** sprinkled on top: frozen bananas, handful of frozen strawberries, dehydrated buckwheat granola
- 9:00PM Lemon tea with honey

I am a singer and author, as well as an investigative reporter in the area of health and environmental issues. Being of Hungarian-Cuban descent, I was raised in the U.S., but am completely fluent in Spanish.

My first book **Hooked on Raw** is about living a life more closely aligned with Nature by adopting a raw live food lifestyle. The 358-page book also covers many of the reasons for making these healthy lifestyle changes, as well as more than 350 raw recipes in all categories.

I am considered an expert in the area of raw and living foods and I lecture on both the raw live food lifestyle and the genetic engineering of seeds/plants. I was fortunate to be featured in stories aired by CNN and American Journal about raw foods.

I released my first DVD entitled, **What's Not Cookin' in Rhio's Kitchen - Vol. 1**, in late 2009. This DVD



## I lecture on both the raw live food lifestyle and the genetic engineering of seeds/plants

[www.rawfoodinfo.com](http://www.rawfoodinfo.com) provides extensive information on the raw and living food lifestyle, as well as on organic agriculture, environmental, human rights, civil rights, globalization and economic justice issues.

offers raw food substitutes for dairy products, such as milk, cheese, yogurt and much more.

As a singer, I have appeared on numerous TV shows. Currently I am completing my third CD album entitled, **I'm Just a City Girl Transplanted in the Country**, which tackles environmental issues and includes some humorous raw food songs. For more information on my music projects, visit: [www.rhiosmusic.com](http://www.rhiosmusic.com)

I host an internet radio show called Hooked on Raw which can be heard worldwide at: [www.RawEnergyRadio.com](http://www.RawEnergyRadio.com)

My raw energy website:



My partner Leigh and I are also fledgling permaculture, biodynamic, eco-farmers in Upstate New York, with a focus on growing edible wild foods, heirloom vegetables, leafy greens and lettuces, fruit, berries and nuts.

On the horizon: My video series on raw food preparation entitled **What's Not Cookin' in Rhio's Kitchen, Volumes 2 and 3** are set for release soon.

[Rhio@rawfoodinfo.com](mailto:Rhio@rawfoodinfo.com)  
[www.rawfoodinfo.com](http://www.rawfoodinfo.com)

# WHAT RHIO ATE...

## Monday

**10:00AM** 1 pint Artesian spring water (from our farm) with Willard Water mixed in (1 tablespoon Dark Willard Water Concentrate per ½ gallon spring water)

Throughout the day: 6 pomegranates (juice only—didn't swallow the seeds)

## Tuesday

I like to use the produce of the season as much as possible, that's why you'll see a lot of pomegranate, figs, apples, pears, burdock, etc. It's Winter in New York.

**8:00AM** 1 pint Artesian spring water with Willard Water mixed in

I try to drink about 50 ounces of spring or filtered water every day. I include herb tea in the count.

**9:00AM** 1 ½ ounces wheatgrass juice followed by a wedge of orange.

**9:30AM** 1 pint freshly made apple, kale and lemon juice

**1:00PM** Fennel Slaw with Pomegranate and Pine Nut Yogurt (from **Hooked on Raw** by Rhio: 1 fennel bulb sliced thin with some of the feathery top, 1/3 pomegranate, handful pistachio nuts, 3 tablespoons Pine Nut Yogurt, Celtic sea salt. Ate it all. You can see how to make the yogurt on youtube.com, just put "Rhio's Almond Yogurt" in the search box and use pine nuts instead of almonds.)

<http://www.youtube.com/watch?v=jGXjgE5RbRY>

**5:30PM** 4 fresh figs, **salad**: 1 bunch spinach, 1 head romaine lettuce, 1 head red leaf lettuce, 1 cup buckwheat lettuce, 1 cup red chard. Cut up all the greens, added in a handful of pitted and chopped kalamata olives with dressing of lemon juice, olive oil, flaxseed oil, Prepared Mustard (recipe included), pressed garlic, Celtic sea salt. Ate half.

## Wednesday

**8:00AM** 1 pint Mountain Valley spring water with Willard Water

**8:30AM** 1 ½ ounces wheatgrass juice followed by a wedge of orange

**9:00AM** 1 pt. freshly made cucumber and celery juice

9:30AM 4 fresh figs

**2:00PM** 1 pint green tea, 1 teaspoon honey on the side, 5 fresh figs, ½ pint blueberries

**6:00PM** **Hooked on Roots Salad** from **Hooked on Raw** by Rhio: 1 cup each of grated carrot, rutabaga, Jerusalem artichoke, sweet potato, and daikon radish, with ½ cup grated pumpkin seeds, 1 ½ large avocados, garlic, lemon juice and Celtic sea salt to taste. Ate ¼. One of my favorite Winter salads. I find the roots to be very warming to the body. You can use most any combination of roots that you have...

1 bagel from DVD **What's NOT Cookin' in Rhio's Kitchen, Vol. 1**: 1 cup soaked almonds, ½ cup golden flaxseed, 1 ¼ cup cucumber, 1/3 cup bell pepper, 1/3 cup onion and ½ teaspoon Himalayan salt blended in the food processor. Form into 4 bagels and dehydrate at 100° until dry but flexible.

## Thursday

**8:30AM** 1 pint Mountain Valley spring water with Willard Water

**9:30AM** 2 ounces wheatgrass juice followed by 3 wedges of orange

**10:00AM** **Fresh vegetable juice**: 1 pint cherry tomatoes, 2 ½ large cucumbers, 1 large red bell pepper, 6 stalks celery, and a handful of cilantro. I added a dash of Herbamare, squeeze of lemon, and splash of flaxseed oil. Drank half (about 1 pint). My honey, Leigh, drank the other half.

## WHAT RHIO ATE...

**2:00PM** Beet-Hiziki Salad from **Hooked on Raw** by Rhio: 1 grated beet, 1 tablespoon dry hiziki soaked in filtered water, ½ cup soaked sunflower seeds, with dressing of lemon juice, olive and flaxseed oil, garlic and Himalayan salt.

**5:00PM** A handful of Go Raw brand Ginger Snaps: coconut, sesame seeds, date, ginger

**7:30PM** I like to eat dinner earlier, but it doesn't always work out that way... Bowl Corn Chowder. This is my partner Leigh's adaptation of Wendy Rudell's Creamy Corn Chowder from her book **The Raw Transformation**. 2 slices Famous Onion Bread (proportions altered from Matt Amsden's recipe in his **RAWvolution** book-recipe included)  
Veggie Seed Pate: 1 large scoop from DVD **What's NOT Cookin' in Rhio's Kitchen, Vol. 1** (recipe included) Crudite: carrots, celery, asparagus, bell pepper and butternut squash. I ate the Veggie Seed Pate with the crudite. Oops... might have eaten a wee bit too much... sometimes you overdo it when you let yourself get too hungry.

### Friday

**6:00AM** 1 pint Mountain Valley spring water with Willard Water

**8:00AM** 4 ounces **rainbow chard stem juice**: handful of red chard stems and handful of parsley and 2 stalks celery. This tastes better than it sounds.

**9:00AM** 1 pint freshly made carrot and burdock juice mixed with Almond Milk from **Hooked on Raw** by Rhio. Separated 3 ounces of the juice and mixed with 1 heaping teaspoon of RawJaw 5 Perfect Greens organic supplement consisting of dried wheatgrass juice, barley grass juice, alfalfa grass juice, kamut grass juice and oat grass juice.  
I like to separate a small amount of juice when I am mixing a supplement into it. That way if the supplement has a strong flavor, it doesn't mar the flavor of the rest of my juice.

**12:00PM** 1 pint freshly made carrot and burdock

juice mixed with Almond Milk. Separated 3 ounces and added 1 teaspoon of RawJaw 5 Perfect Greens (as above)

**2:00PM** 1 cup green tea with 1 teaspoon honey on the side, 1 persimmon

**5:30PM Salad**: 1 bunch each of lacinato kale, rainbow chard (sans stems) and beet tops sliced into ribbons, handful of pumpkin seeds, 2 chopped tomatoes and dressed with olive oil, hemp seed oil, lemon juice, Prepared Mustard (recipe included), pressed garlic, Celtic sea salt with a dash of Nama Shoyu. Ate half. 1 slice Famous Onion Bread.

**8:00PM** 1 cup chamomile tea with 1 teaspoon honey on the side. Today I ate very light to compensate for yesterday's late day eating

### Saturday

I believe in green smoothies but I don't seem to need them because I just naturally go for the greens—when I'm working in my garden, at the farm, I can go the whole day grazing like the animals do on edible wild leafy greens... a little lambs quarters here, some mustard and nasturtium flowers, a little purslane there... but, that might just be because I am so engrossed in my work that I never want to come in until I have to when the sun goes down LOL.

**6:00AM** 1 pint Mountain Valley spring water with Willard Water

**8:00AM** 4 ounces **rainbow chard stem juice**: Recipe same as 8AM Friday

**9:30AM** 1pt. freshly made cucumber and celery juice

**11:00AM Fruit salad**: 1 apple, 2 ripe pears, 5 fresh figs, ½ pint blueberries, 1 fresh date, 2 tablespoons Hunza raisins, 2 tablespoons soaked goji berries, 2 large scoops Almond Yogurt and drizzled with 1 teaspoon honey. Ate half.

**5:30PM Salad**: 5 cups Mesclun mix with herbs, 1 diced cucumber, 2 tomatoes, 1 cup grated daikon

## WHAT RHIO ATE...

radish, 1 cup mixed sprouts: mung bean, lentil, etc., arugula, with Rhio's Secret Dressing (recipe included), from **Hooked on Raw** by Rhio.

Buckwheat-Quinoa Burgers (without the quinoa)- recipe included, from **Hooked on Raw** by Rhio. 2 burgers on 2 slices Famous Onion Bread with topping of minced shallot, tomato slices and Prepared Mustard (recipe included). Jicama Fries (recipe from the Boutenko family)

### Sunday

**8:00AM** 1 pint Artesian water with Willard Water mixed in

**10:00AM** 1 pint freshly made pineapple juice blended with large handful Italian parsley and 1 teaspoon kelp powder

**2:00PM** 2 pomegranates, 1 cup chamomile tea

**5:30PM** Borscht from **Hooked on Raw** by Rhio: Put through a juicer 1 medium beet, 5 large carrots and 1 peeled lemon (leave the pith on). Put into a bowl and add in (all minced) ½ cucumber, 2 shallots, 1 scallion. Top with a dollop of Almond Yogurt (See youtube Rhio's Almond Yogurt) Ate half. ½ cup Real Pickles brand naturally fermented raw organic Sauerkraut. **Salad:** 1 bunch each of collard greens, rainbow chard (sans stems) and lacinato kale sliced into ribbons, handful of coarsely ground pumpkin seeds, 2 chopped tomatoes, 1 Mexican papaya cubed, and dressed with olive oil, flaxseed oil, lemon juice, Prepared Mustard (recipe included), 3 pressed garlic cloves, Celtic sea salt with a dash of Nama



Shoyu. Ate half.

### RECIPES

#### **Rhio's Secret Dressing**

1-2 tablespoons Veggie Seed Pate  
1-2 garlic cloves, pressed  
1/4 lemon or lime, juiced  
1 tablespoon cold-pressed sesame or olive oil  
1 tablespoon any nut or seed yogurt  
Whey\* or filtered water (use enough to thin out the dressing) Celtic sea salt, to taste.

1) Blend all ingredients together in a small bowl.

\*This is a liquid that is produced when making nut or seed yogurts. It separates from the soft curd and goes to the bottom of the jar.

#### **Veggie Seed Pate**

(It's Not Chopped Liver!)

1 cup almonds, soaked overnight and blanched\* to remove skins

½ cup sunflower seeds, soaked overnight

½ cup sesame seeds, soaked overnight

¼ cup red or green bell pepper, minced

¼ cup onion, minced

¼ cup celery, minced

¼ cup mushrooms, minced

¼ cup parsley, minced

¼ cup fresh basil, minced (or 1 teaspoon dried)

1 teaspoon kelp powder

Nama Shoyu and/or Celtic sea salt, to taste.

Drain and rinse almonds, sunflower seeds and sesame. Put through the Champion or Green Power juicer with the blank (homogenizer) in place to make a pate. Set aside in a bowl.

Mince the vegetables with a mincing knife or put into a food processor and using the "S" blade, process as fine as possible. Then mix the finely minced vegetables with the nut/seed mixture and blend well by hand, adding in the kelp, Nama Shoyu and/or Celtic sea salt to taste.

Form into a loaf. Cover with a cotton cloth and leave at room temperature for 7 to 10 hours to ferment.



\*If you get truly raw almonds, then use the 7 second method to skin them. Boil water, turn off the heat, then put in the almonds for 7 seconds, drain and plunge into very cold water to stop any cooking. Unfortunately, since 2009 US almonds are either pasteurized or treated with Propylene Oxide, a toxic fumigant. If you use treated almonds (not advised), after soaking them, the skins will pop off without 7-second blanching... that is how you can tell that they've been treated.

Serves 6-8. Keeps in a covered container in the refrigerator for a week. This is an all around flavor enhancer for other dishes. Experiment!

### **Buckwheat Quinoa Burgers** (without the Quinoa)

- 2 cups soaked walnuts
- 1 cup sprouted buckwheat
- ½ cup soaked or sprouted sunflower seeds
- 1 cup grated carrots
- 1 cup finely diced onion
- 2-4 garlic cloves, pressed
- 1 ½ tablespoon mellow white miso, blended with 1 ounce filtered water
- 1-1 ½ teaspoon dried basil
- 1-1 ½ teaspoon Hungarian paprika
- ¼-½ teaspoon ground thyme
- Celtic sea salt, to taste

Process the first three ingredients in a food processor with the "S" blade. Transfer to a bowl and mix in the other ingredients.

Form into 9 burgers and dehydrate at 95° F until rare, medium or well done... that means take it out when it's dehydrated enough for your taste.

### **Corn Soup**

This is my partner Leigh's adaptation of Wendy Rudell's Corn Chowder Recipe Note: this recipe calls for a total of 4-6 cups of corn

- 1 ½ cups soaked macadamias, drained
- 4 cups filtered water
- 2-3 cups fresh or frozen\* organic corn
- 2 scallions
- 1 inch piece of ginger
- 2 teaspoons cumin
- 1 teaspoon each of onion and garlic powder
- Nama Shoyu and/or Celtic sea salt, to taste

- 2-3 cups fresh or frozen\* organic corn
- Dulse (flakes or whole)
- Splash of olive, flaxseed, or hemp oil

### **MacMilk**



1) Blend the macadamia nuts and water and then squeeze through a muslin cloth or bag. Save pulp for another use.

2) Put the MacMilk into the blender and add in 2-3 cups corn, scallions, ginger, cumin, onion and garlic powder and Nama Shoyu and/or Celtic sea salt, to taste. Blend well. Adjust flavoring if needed.

3) Pour into separate bowls and add into each bowl, corn, dulse and splash of oil. Garnish with cumin. Serves 4.

\*Please be aware that all frozen vegetables are blanched before freezing.

### Mustard

7 tablespoons whole brown mustard seeds  
1 ½ tablespoons whole yellow mustard seeds  
3 tablespoons raw apple cider vinegar  
3 ounces filtered water  
1 ½ tablespoons raw unheated honey  
½ teaspoon Celtic sea salt

In a pint glass jar put the whole mustard seeds, apple cider vinegar and water and give it a gentle stir. Cap the jar, but NOT\* tightly, and let sit at room temperature for 24 hours.

After 24 hours, put the mixture into a blender, add in the honey and Celtic sea salt and blend well. You will have to stop the machine and push down the mustard a couple of times. You might have to add a little more filtered water, but do it a tablespoon at a time, until it becomes a mustard consistency. Store in a glass jar in the refrigerator.

Yield: 1 cup. Keeps for a few months.

\*If you close it too tightly, some pressure might build up in the jar.. mustard is potent!

NOTE: To make a hotter mustard increase the ratio of yellow mustard seeds. To make a milder mustard, increase the brown mustard seeds and decrease the yellow.

**Famous Onion Bread** (proportions altered from Matt Amsden's recipe in his **RAWvolution** book)

2 medium onions (3 ½-4 cups thinly sliced)

1 cup golden flaxseed, ground

1 cup sunflower seeds, ground

2 tablespoons olive oil

2-3 tablespoons Nama Shoyu

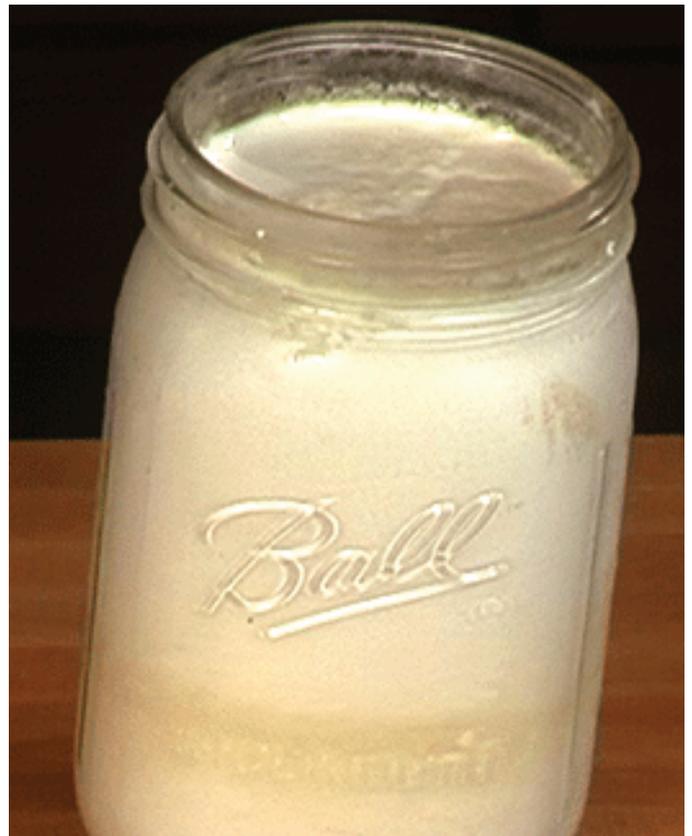
On a mandoline, slice the onions very thin and then cut in half.

In a bowl mix the other ingredients well and then start adding in the onion and mix very, very well.

Form into a flat ¼" loaf on a teflex lined dehydrator tray, and dehydrate at 100° for 24 hours.

Peel off the teflex sheet, turn and dehydrate until dry but flexible.

Yield: 12 slices



Here I am at 60 cutting open coconut sprouts for lunch. From birth, I had a host of physical problems starting with no breast feeding and decades of SAD (Standard American Diet). Worsening allergies, asthma, skin problems, vision problems, overeating, digestive disorders, chronic fatigue, sun sensitivity, and depression made life no fun. Decades of allergy medications proved futile and made me feel worse.

Being a “granola-head”, my deep passion for nature, and the secrets of living healthy and happy led me to research and eliminate possible environmental causes once I heard all the news about harmful agri-chemicals, and the aspartame controversy. From age 35 to 45, I adopted a conscientious lifestyle, eating organic and local, growing my own food, canning, eating less meat and dairy, using only natural herbs, toiletries and cleaners. I even built an entirely non-toxic, cutting-edge home in Minnesota for me and my family that made some difference in the way felt.

But a cleaner outer environment wasn't enough. I felt I had to deepen my knowledge of my INNER environment. From a lot of reading health books and understanding the energy of foods with experimentation; I came to realize that I won't stop BEING sick until I stop MAKING myself sick with all the cooked, lifeless and harmful food I was still eating.

If I wanted to FEEL live, I had to EAT live, ripe, wild, local, and whole foods. I tried going raw vegan overnight, and sent my wife and kids into emotional disharmony. But I felt I had to save myself, and yet comfort my family during my transformation. A dual system household didn't work. Divorcing in 1997, I was on my own, but free from criticism to live healthy dreams with the raw diet which was making me feel



**The food in Costa Rica is so ripe and full-flavored, it makes more sense to taste everything the way it is.**

much better.

Results were swift and incredible for the next 12 years. In short, with a Reiki healing to release all my fear-based emotions, all my medical problems disappeared in just days to months. After my sinuses finally drained, for the first time in my life I could hear my real, clear voice. My friends are still astounded at how much younger, vibrant and stronger I look after 12 years eating living foods, getting more exercise and sunshine, fresh air, and surrounding myself with tropical paradise in Costa Rica.

With this ever-increasing inspiration, I chose to share the joy of this new lease on life with others in better ways to connect

more deeply with the inviolable laws of nature, the adventure of healthful, joyful living, and the healing power of living foods. We all lived in harmony with nature before, we can reclaim it again. I thought, Eden is here if we co-create it, make it so.

My energy became more devoted to creativity, learning and communication, and connection with Nature/God. I read, prepared, experimented with everything labeled “raw”. I learned from top chefs of the Living Light Culinary Institute at Raw World. I taught dozens of workshops in the US, Canada, and Costa Rica, learning from many cultures how to communicate the message of wellness through sensible raw diet changes.

I designed my classes to glow with accessible information, creative practical techniques and recipes to integrate the best of nutrition and living foods culinary arts. I appeal to both novice and the well-seasoned, wanting to explore new options, inspirational methods, delightful flavors and presentation.

Doors opened for me to become the first live food

chef to teach in many places including public schools, the American Culinary Federation, Olympic swimming coaches, and Miss USA/Miss Teen USA titleholders. I enjoy helping awakened restaurants, spas, and resorts who are adopting a living foods regimen for their health-seeking customers. There is a fast-growing awareness in conscious, sustainable living. I have coached a few living foods chefs and raw restaurant owners, who wanted to walk their talk better, and hundreds of individuals who are sick and tired of being sick and tired.



I realized a Oneness consciousness. I feel that living foods are for everyone, as a birthright to health freedom. So I founded the

**Viva La Raw Project**, a non-profit foundation, to raise funds for raw foods education and hands-on coaching to those who can't afford expensive classes. There have been many successes so far, so please email me and I'll show you some miracles. The photo above is of from one willing Costa Rican family I taught raw foods to in their own home.

Viva La Raw Project is a project of United Charitable Programs, a registered 501(c)(3) public charity. There is an active volunteer program and tax-deductible donations are accepted at:

[www.registrationfactory.com/v3/?EventUUID=C494555E](http://www.registrationfactory.com/v3/?EventUUID=C494555E)

Does anybody wonder why the human race continues to live with all this illness and planetary degradation?

To increase awareness and help return to Eden, I refined my mission and extend it as a beacon of light to invite others of similar spirit to co-create a conscientious community at La Joya del Sol (Jewel of the Sun) in Costa Rica:

**“To help reclaim our true essence and to return to Earth the era of peace and awareness. Intimate pureness of nature can rejuvenate the body, move you emotionally, touch the very core of your soul, and fill you with tremendous inspiration—as you reveal enormous creative power within yourself that is in every human being.”**

A MOST IMPORTANT MESSAGE - Save the Planet one fork at a time! Experts say from 40% to 70% of our footprint with global warming is from SAD style food production, now infecting and injuring the whole world. As a living foods chef, I felt I could make a bigger difference by becoming a facilitator for the Pachamama Alliance, whose symposium is a powerful inspiration to change the Dream and the Dreamers in the direction of sustainability and caressing the earth and ourselves as we should. We can only head off a global warming catastrophe by changing the way the human race eats to a mostly plant-based, raw, nutritious diet. It's that simple, and it's more than just about food.

I invite health and life seekers to join me in fruit tree and sustainable bamboo planting programs in Costa Rica, or inspire yourself to do the same elsewhere.

Over time, so many people asked me to write a recipe book, that I created **TO LIVE FOR! A compilation of over 350 living foods recipes for radiant health.** It is self-published, \$28 shipping included, and can be ordered by emailing me at [emrivkin@gmail.com](mailto:emrivkin@gmail.com).

You can also find more information about me and my work, and many beautiful pictures about Jewel of the Sun at these links:

[www.vivalaraw.org/](http://www.vivalaraw.org/)

[www.giveittomeraw.com/profile/EricRivkin](http://www.giveittomeraw.com/profile/EricRivkin)

[www.flickr.com/photos/simplylovinglivinglife/sets/](http://www.flickr.com/photos/simplylovinglivinglife/sets/)

[www.facebook.com/profile.php?id=1758503279&ref=profile](http://www.facebook.com/profile.php?id=1758503279&ref=profile)

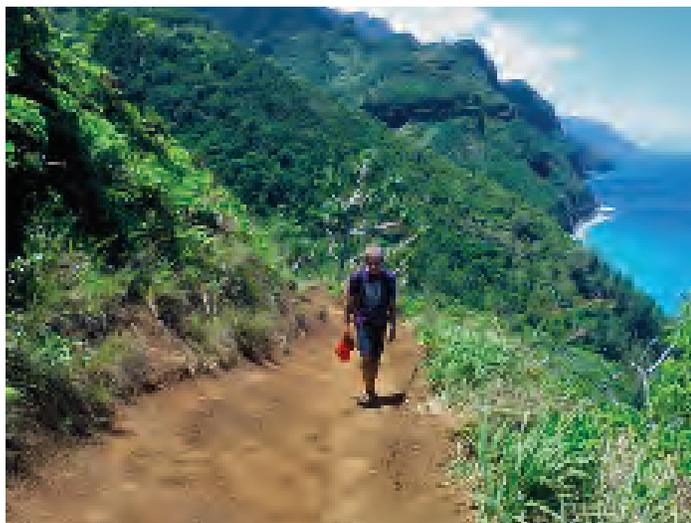
I don't have a regular newsletter, but I do produce one about two to three times a year to a mailing list- you can sign up at [www.vivalaraw.com](http://www.vivalaraw.com)

## WHAT ERIC ATE...

This describes a one week diet diary on my farm in Costa Rica. I eat primarily at regular times during weekdays since I coordinate the workday with my local hired farm worker. Depending on availability, 20% to 60% of the foods I eat each day I consider "wild", such as many indigenous fruits, wild greens, wild flowers, hearts of palm, ginger, and either young, mature or sprouted coconuts gathered locally. 95% is either home grown, locally wild or grown on a friend's or a familiar organic farm within a 50 mile radius. About 5% are imported organic seeds and nuts, some sproutable, that I cannot get in Costa Rica. I minimize oils, salt, spices because my taste buds don't crave them anymore, and the food is so ripe and full-flavored, it makes more sense to taste everything the way it is.

Every few months, I do either a juice feast or water fast for 3 days to cleanse. For exercise and toning, I work hard on the farm, and do yoga on Wednesdays and on weekends. In the many waterfalls and pools, I bathe or swim in spring water, either cool from the source or heated by a mini hydroelectric turbine in the river at the farm. I don't use soap, and exfoliate my skin with clay/sand sediments from the creek. Twice a month I swim in the ocean, or go on long hikes. Such is life in my neck of the jungle paradise.

Over time, so many people asked me to write a recipe book, that I created **TO LIVE FOR! A compilation of over 350 living foods recipes for radiant health.** It is self-published, \$28 shipping included, and can be ordered by emailing me at [emrivkin@gmail.com](mailto:emrivkin@gmail.com).



### Monday

**6:00AM** 1 hour after sunrise. 6 ounces water with lemon squeeze

**6:15AM** Banana green smoothie: 3 native bananas, 1 small papaya, 1" knuckle of ginger, 2 cups packed spinach greens (3 kinds: Asian, Indian and native), 1 teaspoon spirulina, Garnish with sliced bananas, raisins and edible flowers

Shared with 3 guests

**10:00AM** Snack: wild berry forage, 6 sticks of dehydrated bananas with cinnamon

**12:00PM** Kale Avocado Mint Salad: 6 leaves kale, chopped fine, 2 avocados, diced, 1 ripe mango, diced, ¼ cup wild mint, minced, juice of 1 lime, 1 large tomato, diced, 1 handful cilantro, minced, 1 handful parsley, minced. Toss and serve

**4:30PM** 1 hour before sundown: Pad Thai with wild greens

**6:00PM** 10 fresh rambutans (lychee family) from the orchard

### Tuesday

**6:00AM** 1 hour after sunrise: 6 ounces water with lemon squeeze, Spectacular Fruit'n Smoothie

**11:00AM** Snack: 1 coconut water and soft meat, 6 rambutans from the orchard

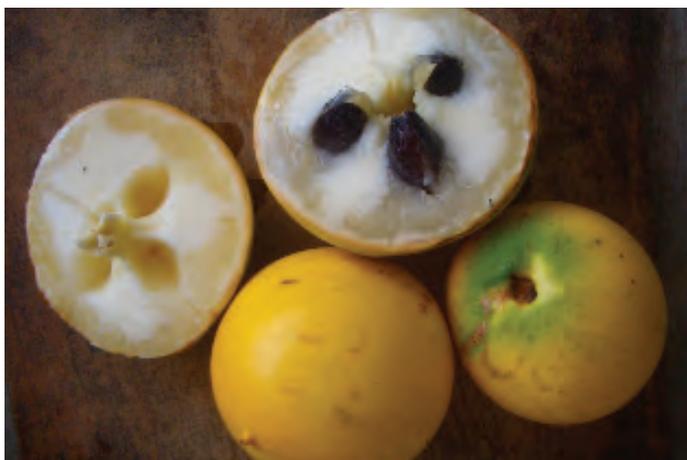
**1:00PM** 3 Abiu fruits (see photo), 1 native avocado, 2 native bananas

**5:00PM** Chayote Spaghetti (I call it Chayetti) with Stone ground pesto

### Wednesday

**6:00AM** 1 hour after sunrise: juice of 3 oranges, assorted vine fruits: maracuja, grenadilla, passion fruit, meloncia

## WHAT ERIC ATE...



**10:00AM** Water from 1 coconut

**12:00PM** Kale Avocado Mint Salad: See recipe from Day 1, Monday. I added 1 grated carrot, ½ cup grated red cabbage, handful of chopped wild spinach greens

**5:30PM** Gaia Guacamole hors d'oeuvres

Cashew apples on the tree minutes before picking and eating. The red apple part is juiceable, a popular drink in Brazil, too.

### Thursday

**Going to farmers market in San Isidro today.**

**5:00AM** Sunrise. 6 ounces water with lemon squeeze, mango coconut smoothie: 1 mango, 2 bananas, ¼ pineapple, meat of 1 soft coconut, ½" knuckle ginger, dash cinnamon. Garnish with chopped almonds, pineapple chunks, and dash nutmeg

**7:00-9:00AM** Snack on various veggies and fruits at the farmers market in San Isidro: 1 avocado, 1 head baby crunch lettuce, 1 pint wild blackberries, 1 soft coconut water and meat

**2:00PM** Back at the farmers market before leaving for the day. 1 soft coconut water and meat, 1 more avocado

**5:30PM** Stuffed Tomato Terrine with Sunny Pate (recipe included)

**7:00PM** 3 ounces pate rolled up in romaine leaves, 1 orange, sliced

### Friday

**6:00AM** 1 hour after sunrise: juice of 3 oranges, 1 mango, 2 bananas, 10 fresh mangosteens

**10:00AM** Snack: 1 head butter crunch lettuce, handful of wild spinach greens, 5 rambutans

**12:00PM** Nori rolls with coconut/hearts of palm ryce

**5:30PM** 8 leftover nori rolls, 2 cups sun-heated red roibus tea

### Saturday

**7:00AM** 8 ounces spring water with squeeze of lemon

**7:15AM** **Fresh fruit platter:** 1 strawberry papaya, 1 tangerine, 1 caimito (purple fruit pictured), 1 mango

**10:00AM** Snack: 2 ounces almonds and macadamias, handful red hibiscus leaves

**12:00PM** Spicy Mamey Sapote Soup

**5:00PM** Romaine live burritos

### Sunday

**7:30AM** 8 ounces water and lemon squeeze. Fasting continues until 10 am

**10:00AM** 1/2 watermelon

**12:00PM** Fresh coconut sprout (see photo of me opening one), 1 mango, chopped, 1 cup Jaboticaba berries. I planted the shell with the sprout and roots still intact (pictured) after eating the sponge and oil inside.

**5:30PM** Cabbage Leaf Boats with Curried Sesame Pate

## Recipes

### Pad Thai with Wild Greens

½ cup soft coconut noodles  
½ zucchini, julienned  
½ red bell pepper, julienned  
¼ red onion, sliced thinly  
¼ cup cilantro  
Handful of spinach, chopped  
1 tomato, diced  
Handful fresh basil  
Juice of 1 lime

#### Sauce:

Blend and toss with above:

½ cup soft coconut meat  
Lemongrass root infusion with coconut water  
2 dates  
½ clove garlic  
¼ cup macadamias (soaked)  
Juice of 1 lime  
1 avocado  
1" knuckle ginger  
1 tablespoon sesame oil  
1 teaspoon lime zest  
Cayenne or Thai chili pepper to taste.

#### Garnish:

Handful wild cranberry hibiscus leaves  
Spinach leaves  
Bok Choy leaves



### Spectacular Fruit 'n Smoothie

#### Blend together:

2 bananas  
½ wild mango  
Meat of 1 soft coconut  
½" knuckle of ginger  
Dash of cinnamon

#### Garnish:

½ mango cheek, sliced and fanned  
1 kiwi fruit, sliced  
2 large strawberries, sliced  
1 slice papaya  
2 kinds native wild berries

**Chayote Spaghetti** (I call it Chayetti)  
with Stone ground pesto

#### Toss together:

2 large chayotes (peeled and seeded)  
Spiral-sliced to noodles  
Juice of 1 lime  
Handful of chopped basil  
1 teaspoon olive oil

#### Pesto:

1 cup basil, packed  
½ cup pine nuts  
1 clove garlic  
Grind in the piedra (see photo) until mixed, about  
2 minutes

#### Garnish:

Tomato roses  
Basil leaves

## WHAT ERIC ATE...

### Stuffed Tomato Terrine with Sunny Pate

2 medium or large tomatoes, hollowed out  
1 sliced orange  
½ sliced and peeled cucumber  
Romaine lettuce leaves

#### Pate:

quantity of Sunflower seeds, soaked 8 hours and rinsed  
½ cup pine nuts  
1 tablespoon parsley, minced  
½ teaspoon thyme  
¼ teaspoon ground coriander  
¼ teaspoon cumin  
Pinch cayenne or hot pepper to taste  
In a food processor with the S-blade, finely chop and blend all ingredients



### Ryce

**In a food processor, pulse chop the following until a sticky rice texture:**

½ cup chopped hard coconut meat  
2 cups chopped fresh hearts of palm  
½ cup pine nuts  
Juice of 1 lime

#### Inside ingredients:

1 green onion  
1 avocado, sliced  
1 apple, sliced  
1 cucumber, julienned  
1 red bell pepper, julienned  
1 carrot, julienned  
2 leaves red cabbage, thinly sliced

Handful of spinach leaves  
Spread a heaping serving spoon of ryce onto a nori sheet, covering 2/3 of the surface.  
Layer a few of the various ingredients, finishing with the spinach leaves.  
Roll up with the bamboo nori roller, slice into 1" long logs, and serve.

I have several favorite dipping sauces in my recipe book, TO LIVE FOR! but didn't make them for this week's noris. If you want a recipe, here's one...

### Hot Sweet and Sour Sauce

Great for dipping, marinating, or as a dressing

3 ripe persimmons or 1 mango or 1 cup ripe papaya  
1/3 cup fresh pineapple  
Juice from 1 large Meyer lemon  
1 tablespoon miso  
1 clove garlic  
1" medium knuckle fresh ginger  
1 teaspoon minced fresh horseradish root  
Dash of chili powder  
Blend until smooth, adding just enough water to desired thickness.  
Place in a dipping bowl and garnish with a pinch of whole sesame seeds and chopped chives.



## WHAT ERIC ATE...



### Cabbage Leaf Boats with Curried Sesame Pate

White or red cabbage leaves

1 tomato, diced

2 green onions

Handful parsley

### Coconut Curry Sesame Pate

Blend thoroughly in a food processor:

1 cup white sesame seeds, soaked 6 hours and rinsed

½ cup fresh hard coconut meat pieces

½ clove garlic

½ cup cilantro

Juice of 1 lime or lemon

1-2 stalks celery

1 teaspoon Indian curry spice

### Gaia Guacamole hors d'oeuvres

2 -3 very ripe avocados

Juice of 1 lime

½ teaspoon cumin

½ teaspoon coriander

½ cup cilantro leaves, packed

Fresh minced habanero pepper and/or cayenne to taste

Blend until smooth in food processor. Clean out 2 small red bell peppers halves, and stuff with this mixture. Top 4 thickly sliced cucumbers with this mixture; arrange on plate. Garnish: basil leaves, red hibiscus leaves, cashew kernels. These cashews are grown on my farm, harvested fresh, and hulled from the shell the same day

as eaten. You can see the hulls in the back of the plate. The cashew apples are sweet and juicy, I took those off and sucked the juice out, discarding the fiber.

### Spicy Mamey Sapote Soup

#### Blend together until smooth:

1 large ripe, soft mamey sapote (found in Mexican stores), peeled, seeded

2 bananas

1 knuckle fresh ginger

Dash of cinnamon

Nutmeg

Allspice

Sprinkle hot chili flakes. Garnish with chopped mint.



### Romaine live burritos

½ head romaine leaves.

Inside mix together:

1 avocado

1 red bell pepper, diced

½ cup parsley, chopped

½ cup cilantro, chopped



I have been a health seeker since the age of 16. It grew into an obsession with thinness (anorexia) that flipped into bingeing because I was not eating enough. I set my intention on finding the answer, since no doctor knew how to heal me. This was back before eating disorders were common knowledge. Thank God they didn't have Prozac then!

It wasn't until I moved to Mexico that the eating disorder suddenly vanished without effort. For the first time in my life, I was not eating processed foods. The usual American treats that triggered my binges were simply not available.

I went on to become a "health nut" and got a master's degree in Chinese medicine and had an acupuncture clinic for a number of years. In 2002 I tried the raw food diet. I felt great! I had more energy than I had had since age 20. And my health had been trashed not by Hepatitis C, but by the drug treatment to "cure" it! Half my hair had fallen out and my face was pale. After going raw, I came to life again! I quit seeing all doctors except a holistic one that gives me blood tests from time to time. My husband was reluctant to "go raw." But due to his laziness in the kitchen, he had to by default. After three weeks of eating only dinner raw, he raved about how much energy he had. "I feel like I'm 20, not 50! Let's go all the way with this!" Now he is able to lift more weights as a 95% raw fooder and 95% vegan than he could as a cooked fooder who ate a great deal of "body building" whey powder.

I do better on a low glycemic diet, so I don't eat much fruit except for berries and apples. But I do occasionally enjoy a Raw Revolution Bar, a Lara Bar, or raw gourmet dessert (which contain dates and agave). People say "You need more fruit and less fat!" But I tried that... It didn't work for me.

I find that my body does much better (and actually stays slimmer!) and my energy is much higher when I



**My greatest joy comes from teaching people to go raw.**

eat a diet which has 25-30% of the calories from GOOD fats (Omega 3s, monounsaturated, medium chain triglycerides—i.e.: coconut fat). After four years of being raw vegan, I became seriously Vitamin B-12 deficient. I added raw egg yolks from healthy chickens to my diet. Adding eggs has helped immensely; I get eggs that are from free range, organic vegan fed chickens. Raw egg yolks are delicious. I also eat some steamed vegetables. I believe some people can succeed on a vegan diet, but not everyone. The solution is to get rid of cruel

farming practices—not to stop eating animal products if your body needs them!

Some people may disagree with my views, but my body truly agrees! And that is what counts. I don't believe in one-diet-fits all. I don't believe in being dogmatic. I am gradually reducing my caloric intake and currently eat from 1300 to 1500 on any day (though sometimes I cheat and eat 1600 to 1800!) In addition to writing and researching, I am also doing raw food coaching, workshops, and lectures. My greatest joy comes from teaching people to go raw. My husband and I have been 95% raw and 95% vegan for seven and a half years now. This is the wave of the future.

My book, **The Live Food Factor, The Comprehensive Guide to the Ultimate Diet for Body, Mind, Spirit and Planet**, won the 2007 IPPY award for "Most Progressive Health Book of the Year" I am currently a raw food activist, coach, lecturer and author now based in Ecuador. Go to [www.livefoodfactor.com](http://www.livefoodfactor.com) to check out more free articles, recipes, health information and get a free copy of the first chapter of my book to discover in depth 10 reasons to stop cooking.

[www.livefoodfactor.com](http://www.livefoodfactor.com)

## Addendum

I was a raw food vegan for many years. It didn't work for me, and many of the problems didn't show up for six years. I took B12 supplements, but they weren't being absorbed. Blood tests showed that I had severe vitamin B12 and D3 deficiencies. I believe that Meat is toxic only because of 3 reasons: 1) most of it is factory farmed; 2) we cook it way too long and at temperatures way too high; 3) we eat 9 ounces a day when most of us need only 3 oz, and the high amount of the amino acid methionine leads to disease, and the high amount of purines leads to gouty arthritis. If it is not raw, it is also acidic, and too much acidity leads to disease.

In my latest book (2011) *Beyond Broccoli, Creating a Biologically Balanced Diet When a Vegetarian Diet Doesn't Work* I detail how we have different metabolic types and it is not easy for all of us to "go veg." According to my research, historically, there has never been a successful vegan population. I'm not saying that it is not possible to be a healthy vegan—in fact vegan diets may be what we are being forced to evolve toward. Many gave up on RAW when VEGANISM was the real problem!

My health is very important to me; this is why I have added raw liver, raw fish (ceviche) and a bit of steamed or raw meat to my diet. Now my deficiencies (including B12) are gone and I feel better than ever. I find that I actually digest meat much better than nuts and seeds (unless the meat is not raw or lightly steamed). I find that my memory is sharper than ever, especially if I go easy on the glycemic load.

In my book, I discuss the moral, spiritual and environmental issues with eating meat. I seek out meat from compassionately raised, free range animals fed their natural diet. I usually eat an average of only 3 ounces a day; often I go many days eating only eggs from healthy free range chickens.

**Listen to your body: It never lies!**

## Monday

**9:00AM** Organic green tea , **green smoothie:** 1 head of Romaine lettuce, 2 ribs of celery, 2 inches of ginger, 1 packet Nunatural stevia, juice from one lemon, 1 heaping tablespoon Vitamineral Green (HealthForce), 1 tablespoon raw coconut butter (Artisana) Yields about 5 cups. I usually don't put fruit in my smoothies.

**11:00AM** Raw Revolution Chocolate Raspberry bar

**2:00PM** Teccino—my favorite coffee substitute, 10 Greek olives, 1 ounce raw chocolate

**4:00PM** One cup cashew milk, 2 organic cucumbers, 1 organic carrot

**5:30PM** 2 raw torontilas (see recipe below) with 2 raw egg yolks and the white poached for 2 minutes, mixed salad of greens, red onions, bell pepper, and a drizzle of raw olive oil.

## Tuesday

**9:00AM** Organic green tea, **green smoothie:** 1 head of Romaine lettuce, 3 leaves collard greens, 2 inches of ginger, 1 packet stevia, juice from one lemon, Vitamineral Green and raw coconut butter same as Monday Yields about 5 cups

**11:15AM** 2 Superfood Crackers, 6 inches by 5 inches, my creation (see recipe below), lightly steamed cauliflower topped with seasoning by Lydia's organics

**2:00PM** Teccino, 10 Greek olives

**4:00PM** 3 carrot sticks, handful of raw organic goji berries

**5:30PM** **Large salad:** romaine lettuce, chopped cabbage, ½ avocado, 10 Greek olives, red bell pepper, topped with juice from one lemon and a handful of walnuts sprinkled on top

## WHAT SUSAN ATE...

### Wednesday

**9:00AM** Organic green tea, **green smoothie:** 1 head of Romaine lettuce, 2 cups raw organic spinach, 2 inches of ginger, 1 packet stevia, juice from one lemon, Vitamineral Green and raw coconut butter (same as Monday) Yields about 5 cups

**11:00AM** ½ cup raw hummus from sprouted organic garbanzo beans, raw tahini (Artisana), raw olive oil (Napa Valley) with 2 raw toruntilas

**2:00PM** Teccino, 4 raw goji carob truffles made with carrot pulp, shredded raw coconut, goji berries and carob

4:00PM 2 red delicious organic apples, handful of goji berries

**5:30PM** Kelp spaghetti—1 serving, (recipe included) **Salad:** Romaine lettuce, green bell pepper, drizzle of olive oil (Napa Valley), 10 Greek olives, lightly steamed broccoli topped with seasoning (Lydia's organics)

### Thursday

**9:00AM** Organic green tea, **green smoothie:** 1 head of Romaine lettuce, 3 leaves kale, 2 inches of ginger, 1 packet stevia, juice from one lemon, Vitamineral Green and raw coconut butter.

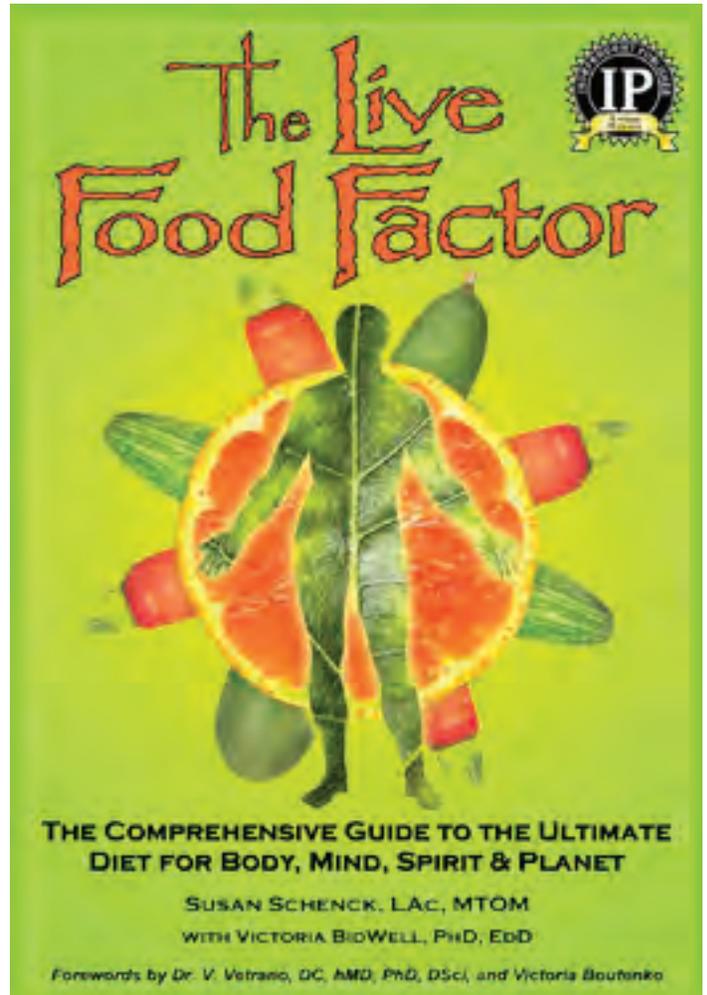
**11:30AM** 2 Superfood Crackers see Tuesday

**2:00PM** Teccino, 10 olives, 1 chocolate mint Lara Bar

**5:30PM** Raw toruntila with 2 raw egg yolks and the white poached for 2 minutes, made into an omelet with avocado slices and broccoli sprouts, 10 Greek olives, 1 tablespoon black sesame seed butter

### Friday

**9:00AM** Organic green organic tea, **green smoothie:** 1 head of Romaine lettuce, 3 leaves kale, 2 inches of ginger, 1 packet stevia, juice



**12:00PM** Raw toruntila with ½ cup raw hummus from sprouted organic garbanzo beans, raw tahini raw olive oil and broccoli sprouts

**2:00PM** Teccino, 1 chocolate mint Lara Bar

**3:30PM** 1 red delicious organic apple

**4:30PM** 10 Greek olives

**5:30PM** 1 serving kelp spaghetti 1 heaping tablespoon of raw black sesame tahini

### Saturday

**9:00AM** **Organic green tea, green smoothie:** 1 head of Romaine lettuce, 3 leaves collard greens, ribs celery, 2 inches of ginger, 1 packet stevia, juice from one lemon, Vitamineral Green and raw coconut butter

## WHAT SUSAN ATE...

**11:30AM** Raw torontila with 1 cup of sprouted mixed lentils that were lightly steamed for about 3, alfalfa sprouts, 1 tablespoon raw tahini.

**2:00PM** 1 teaspoon raw powdered cacao (Navitas) with stevia and coconut butter (Artisana), 2 raw carrots

**3:00PM** 1 bowl of Everybody's Favorite Celery Soup (recipe included), 2 ounces raw organic walnuts

**6:00PM** 1 bowl of Everybody's Favorite Celery Soup, Raw torontila with same omelette as Thursday

### Sunday

**9:00AM** 3 ginger flavored kombuchas (I like GT brand best). Kombuchas are my once-a-week or so treat for when I have some dreaded chore to do. Otherwise I stay away from them due to their high sugar content and cost.

**11:00AM** 1 raw chocolate raspberry Raw Revolution bar



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**1:00PM** Cauliflower "popcorn" made from cauliflower, olive oil nutritional yeast, Himalayan salt, a dash of cayenne—1 entire recipe which includes 1 head of cauliflower.

**3:00PM** 4 carrot sticks, 10 olives, fresh salad of ½ Romaine lettuce, 1 red bell pepper, 1 rib celery

**5:30PM** 1 bowl of Everybody's Favorite Celery Soup, Raw torontila with 1 cup of lightly steamed sprouted mixed alfalfa sprouts, 1 tablespoon raw tahini

### Recipes by Susan Schenck

**Raw Torontila**—from **The Live Food Factor**  
by Susan Schenck

Mix the following ingredients and dehydrate at 105° F for 12-24 hours until completely dry. Cut with scissors into squares for wraps. Store in a sealed container.

3 cups pure water

4 carrots, chopped

4 tablespoons unheated honey or raw agave

4 tomatoes

1 cup sun-dried tomatoes, soaked for at least 30 minutes

and cut into pieces with scissors

2 celery stalks

¼ cup nama shoyu (or substitute 1 tablespoon dulse)

1½ cups flaxseeds, soaked overnight and rinsed

1 teaspoon cayenne powder (optional)

½ bunch cilantro (optional)

Serves 10-12

**Kelp Spaghetti**—From Beyond Broccoli  
by Susan Schenck

#### **Spaghetti:**

1 package kelp noodles (you can find in the refrigerated section of Whole Foods, most health food stores, or order online at [www.kelpnoodles.com](http://www.kelpnoodles.com).)

Soak the noodles 20-30 minutes in water.

Tomato Sauce

1 cup tomatoes

½ cup sundried tomatoes, soaked for 20 minutes or until softened

2-4 dates (pitted)



## **Pesto Sauce:**

1 cup pistachio nuts  
2 cloves garlic  
½ to 1 bunch fresh basil  
1 teaspoon Himalayan or Celtic sea salt  
½ cup pure water  
(NOTE: use only HALF this recipe—  
or use with 2 packets of noodles)

Blend the tomato sauce ingredients in a heavy duty blender (such as a VitaMix or Blendtec). Or you can use a food processor using the “S” blade

Blend the pesto ingredients in a food processor using the “S” blade. Drain the noodles. Mix the tomato sauce in with the noodles. Blend thoroughly by hand. Then top with the pesto sauce.

## **Superfood Bars—from Beyond Broccoli**

by Susan Schenck

6 cups of unhulled sesame seeds (the unhulled are rich in calcium, though you need to chew them very well!) soaked overnight, rinsed and drained  
Note from Nomi: if you have a sensitive digestive system use Hulled sesame seeds.

1 cup spirulina powder

1 ¼ cups yacon syrup (if you want to use a different sweetener, just sweeten to taste.

I suspect less agave would be needed—maybe only ¾ cup)

1 ½ to 2 cups goji berries

Put sesame seeds in a large bowl. Blend in the spirulina well. Mix in the yacon syrup thoroughly by hand. Stir in the goji berries. (You could use raisins.) Spread the mixture about 1/4 inch thick on a teflex sheet. Dehydrate at 105 degrees F for about 10 hours, flip over and dehydrate for 6-10 more hours. Store in a air-tight container. Makes about 4 to 4-1/2 trays

## **Everybody’s Favorite Celery Soup—**

from The Live Food Factor by Susan Schenck

1 bunch celery (about 8 stalks)

1 bunch cilantro

1 bunch fresh dill

¼ to ½ cup unpasteurized olive oil (or substitute ½ cup water and ½ cup nut or seed butter)

½ cup raw almond butter or raw tahini

3 cloves garlic

2-4 tablespoons unpasteurized miso (optional—substitute dulse)

2 tablespoons nama shoyu (optional—substitute dulse)

¼ cup lemon juice (if not available, raw apple cider vinegar)

8 cups water

Blend in a Blend-Tec or VitaMix, until creamy. Serves about 10.

**D**r. Jameth Sheridan (D.H.M.—Doctor of Holistic Medicine) is a hard-core alternative/holistic medicine researcher and one of the early pioneers of the Vegan and raw foods movement. As of 2011, he has been immersed in holistic health for 27 years, Veganism for 25 years, and raw foods for 24 years. He is a ceaseless researcher, experimenter, and inventor. In 1990, he invented the flax tortilla, which, with the help of his wife Kim, became the now famous flax seed cracker. The original recipe was introduced in the 1991 edition of the raw food classic "Uncooking with Jameth and Kim" and has taken the raw and holistic health community by storm ever since. "Uncooking" also introduced and/or expanded upon many other unique concepts such as raw, sprouted-dehydrated nuts, seeds and grains; raw sprouted flour, raw pizza, raw granola, extensive use of carob, raw ice cream sandwiches, hard serve "ice cream", raw veggie burgers, soups, dressings, raw spaghetti, macaroni and "cheese", etc.

He is also the co-founder HealthForce Nutritionals, which has become one of the premier superfood and alternative medicine companies in the world over the past 20 years, providing extreme quality and value bio-compatible nutritional superfoods internationally, including to people with life threatening conditions. Some of his most well known formulas are Vitamineral™ Green, Vitamineral™ Earth and the HealthForce Healing Cleanses™. He is deeply dedicated to empowering people to achieve optimum health and also deeply honored to provide products and information with which to do so. After over two decades of research and experience, he will soon release the book "Raw Warrior™", which will likely be the most eye-opening and controversial book ever released on raw foods, introducing incredible new and updated paradigm shifts.

His philosophy on nutritional products is summed up with the following:

"The quality, therapeutic concentration, and affordability of a nutritional product can, and often does, mean the difference between lethargy and



**My loyalty is to those who want to thrive, and those whose life situation requires them to thrive**

thrive. My loyalty is to the end user. My loyalty... is to you. And in my life now and one day, when I look back upon my life, that has and will still have value to me incomparable to any amount of money, investors, or fame."

Dr. Sheridan is an unusually intense, deep, and passionate person who applies this to virtually everything he does. He is on a never-ending quest for ultimate integrity and excellence. He deeply cares about the people, animals, and the earth that we all live on, and focuses his life on improving the conditions for all. His passion and zeal have been tempered by reason and wisdom from his decades of experience.

Dr. Sheridan strives to excel in all areas of his life, including the realms of physical, emotional and spiritual health. He is a life-long athlete and is unusually fit and muscular, which has won him many a discussion of "where do you get your protein?" He truly walks his talk, and as a result, enjoys a very high level of health.

Dr. Sheridan is a very passionate and outspoken advocate for Veganism... for reasons including earth, health, and compassion. He is also a strong advocate for individualizing one's diet and unique nutritional needs (vata, pitta, kapha, body types, blood types, etc.). His experience and hands-on research over the last 27 years has led him to the conclusion that all of

energy, sickness and health, and, quite literally, life and death. I don't want anyone to be tired, sick or dead because they could not obtain or afford the best possible product. If someone does not feel this same way, they should not be in the nutritional product business. I live and breathe this philosophy in both my personal and professional life and constantly strive to evolve HealthForce products and offer them at the best possible values with a reverence for all life. I would rather die than compromise these values."

"Loyalties can be divided I want to make it clear where mine lies. My loyalty is to those who want to thrive, and those whose life situation requires them to

these individual nutritional needs can be best met within a framework of whole food Veganism.

After being 100% raw for years, and studying countless others who have been, he has determined 2 things:

1. For optimum health, a person simply **must** include a high percentage of fresh, **high water content** raw, whole food Vegan foods in their diet.
2. He also asserts with equal passion that, after 27 years in holistic health, a 100% raw diet is not optimum for most people and that long term adherence to 100% raw is the prime reason that some people eventually develop cravings and deficiencies, and as a result end up consuming processed foods and/or raw meat and other animal products, rather than whole food Vegan foods prepared with fire.

He recommends a diet that is 70-95% raw (depending on genetic constitution, climate, physical activity and phase of life), with the balance to be comprised of whole food Vegan foods prepared with fire (such as whole grains, vegetables, root vegetables, and legumes) and NOT any processed or refined foods (junk foods). He has seen many a raw fooder turn to animal products due to their insistence on being 100% raw for philosophical reasons. He does not want anyone, including the animals, and the earth that we all live on to suffer unnecessarily.

[www.HealthForce.com](http://www.HealthForce.com)

### On a personal note:

I live in Southern California, in a mountainous region called Escondido. I live on a good chunk of land and I take advantage of a year round growing season. I am happily married to my wife Kim. We will celebrate our 21st year together in July of 2011.

As far as pets, we have rats (rescued from labs and other situations) and also rescued Koi fish. It is amazing to interface with these creatures. Each one, even the fish, has their own personality. Just being with our fish has made many people who were eating fish, thinking that they were not animals, realize that fish are sentient, feeling beings, deserving of respect. Rather than eat the fish, we grow food in our garden for them, and then use the pond water to nourish the garden. It's a perfect cycle. We are working on rescuing more animals, such as pigs, horses, etc.

I enjoy working in the garden and orchard/nature;



growing plants and herbs, picking them, working with them and being nourished by them. Being immersed in plant life, especially when a good portion of it is food and/or medicine, is extremely fulfilling to me. I get viscerally enlivened when I pick foods right at the source, including wild edibles and "weeds". To me, nature is sacred. I have really been taken by some of the ideas from the "Ringing Cedars" series of books. I practice my own breed of cruelty-free and more sustainable permaculture.

I love making nourishing food creations, especially when from my own land. I also love to hike and run in natural settings. I will often stray off the path when hiking, and head for rough terrain that involves me using both my legs and arms, with some moderate rock climbing. Every bit as much as the physical aspects, I also enjoy the deep peace that nature brings to me.

I like Sweat Lodges and saunas: The more natural the setting and situation, the better. Sweat lodges made of earthen materials right on the grounded earth and heated with fire and/or stones are incredibly resonant and healing for me.

Renaissance Period, Wizards, Warriors: I love dressing up and going to Renaissance faires with my wife. I love "old world" and ancient things. I could so very easily step into that time period.

Being eco and sustainable: Why the hell not?! Mother Nature Rules! ...And if all of us do not move this direction real fast, the Earth is going to kick us out of here!

Being a Warrior: I enjoy rough and tumble masculine

type stuff. I enjoy working hard physically, and sweating so profusely that it looks like I just came out of the shower! I love working out in the gym, and pushing my body to its limits. I also enjoy martial arts and hitting a large boxing bag. It is a really fun and satisfying way to get a great work-out fast. It also just feels good to hit that bag as hard as you possibly can, over and over, with a "bring it" attitude and "huuah" noises. Zero violence, just something visceral that most men relate to. I love being in shape and muscular, not only for itself, but also because I can display, with living proof, that my Vegan diet and lifestyle can build and maintain an unusual level of musculature (and over a 25 year period).

Standing up for justice and things of consequence is very important to me: This includes causes, people, animals, and earth. I am often one of the few people who will say or do something that others just talk about saying or doing.

Uncovering Hidden Truths: Whether they are the mysteries of nature, mis-conceptions, or conspiracies to hide the truth, I say "let the truth be told".

Striving for Ethics and Honor: I put a lot of thought into this and put it into practice whenever and wherever I can in my life. I feel good about doing things that respect the Earth and all of its inhabitants.

Some of my favorite quotes are:

*"The only thing necessary for the triumph of evil is for good men {and women} to do nothing." – Dante*

*"Some men {and women} see things as they are and say why. I dream things that never were and say why not" – Robert Kennedy*

*Thinking "out of the box":* What box?

Music: I play the acoustic guitar and sing along with it. This is a great joy for me, and it is magnified infinitely when I play and sing together with Kim.

Fire: The physical, emotional and spiritual warmth of it is amazing. My fireplace is made partially out of soapstone (the most heat retentive substance on the planet) so it also greatly contributes to my home's heat.

The thing I enjoy most in life is being with my wife Kim: Working with her, playing with her, and just being with her. There is nothing in life that is more precious than to love and be loved deeply. I am deeply blessed to have this.



Kim and I started **HealthForce** together and worked side by side for over 10 years. She then branched off to other things to make the world a better place. She researched and wrote an amazing book called, **Animals and the Afterlife: True Stories of our Best Friend's Journey Beyond Death**. She is the founder of **Compassion Circle**, with a mission to expand the circle of compassion to all beings. Kim also recently founded **Healthy Chick™**, with an empowering "girl power" mission for people to take charge of their own health and well being. As a hard-core environmental advocate long before it became trendy, Kim has established **Go Green Already!™** as a proactive resource based on her forthcoming film, **Go Green Already!™** She founded **EnLighthouse Entertainment** and has made several other films dealing with environmental, health, and ethical issues.

[www.HealthForceNutritionals.com](http://www.HealthForceNutritionals.com)

[www.AnimalsAndTheAfterlife.com](http://www.AnimalsAndTheAfterlife.com)

[www.CompassionCircle.com](http://www.CompassionCircle.com)

[www.EnLighthouse.com](http://www.EnLighthouse.com)

[www.GoGreenAlready.com](http://www.GoGreenAlready.com)

[www.HealthyChick.com](http://www.HealthyChick.com)

# WHAT JAMETH ATE...

## Sunday

**8:00AM** 3 heaping tablespoons of Vitamineral™ Green, 1 rounded tablespoon of Elixir of the Lake™ Klamath Lake Algae, 1 rounded tablespoon of Spirulina Manna™, 16 ounces purified water, 16 ounces fresh orange juice (oranges picked in my yard)

**9:00AM Juice:** 16 ounces of carrot, celery, lettuce, beet, apple juice

**9:30AM Wild Weed Juice:** Just picked wild nettles, thistles and dandelions (whole plants with roots) mixed with apple and ginger. Make sure you know which greens are edible.

**10:30AM** 16 ounces purified water with 1 tablespoon of Elixir of the Lake™ Klamath Lake Algae in it. 1 container of raspberries. A sauna after the juices/liquids above helped to profusely sweat out toxins and also to make room for more juice!

**12:00PM Earth Tea™:** 2 tablespoons Vitamineral™ Earth added to 1 cup warm water. Shaken and left to sit for 30 minutes. Earth™ is grounding blend of roots, barks, and spices. The Mijuku™ Miso in Earth™ helps to replace the inordinate amount of sodium lost in the sauna.

**1:00PM** Wild Weed Juice

**2:00PM Juice:** 16 ounces of carrot, celery, lettuce, beet, apple juice

**3:00PM Juice:** 16 ounces of carrot, celery, lettuce, beet, apple juice with 1 teaspoon of Mikuku Shoyu™.

**4:00PM Juice:** 16 ounces of carrot, celery, lettuce, beet, apple juice

**6:00PM Mixed Salad Greens:** lettuces, carrots, celery, sunflower sprouts, tomatoes. Wild greens in season. Black olives (packed in water, not oil). Huge handful dulse, soaked and rinsed. Purified water with Elixir of the Lake™ Klamath Lake Algae in it.

**Dressing:** Raw, sprouted, dehydrated, ground and then aged sesame Tahini with OIL POURED OFF. Blended with little apple cider vinegar, Mijuku™ Miso, lots of fresh rosemary, and a very small chili pepper. 1 orange.

**7:30PM** Pre-Workout meal: 20 ounces water with: 1 Tablespoon of Spirulina Azteca™ 1 Tablespoon Elixir of the Lake™, 1 teaspoon cinnamon powder, Pinch celtic sea salt. Serious workout in my garage gym. 4 hours of stretching, weights, aerobics, boxing, martial arts.

**11:30PM Smoothie:** 44 ounces apple cucumber ginger juice mixed with fresh: blueberries, strawberries, Friendly Fats™ EFAs (sprouted, dried, flax and chia seeds). 1 tablespoon Elixir of the Lake™ (straight from spoon—did not want to mix directly with my smoothie. It really alters the taste of the smoothie).

## Monday

**8:00AM** Same as Sunday 8:00 AM except mixed with 16 ounces of very strong herbal tea (for kidneys and liver), 16 ounces fresh orange juice

**10:00AM Juice:** 16 ounces of carrot, celery, lettuce, beet, apple juice

**11:00AM** Earth Tea™: Vitamineral™ Earth. 2 tablespoons made into a tea

**12:00PM Juice:** 16 ounces of carrot, celery, lettuce, beet, apple juice

**1:00PM Weed Juice:** Stinging Nettles Juice—whole plant,. 16 ounces pure juice. If you have never had fresh nettle juice, you are in for a treat. It has kind of a spinach-like flavor. To me, it is perhaps, the most incredible fresh green food to consume (I put it considerably above wheat, barley, or other grass juices). It is serious "nectar of the gods".

**1:45PM Spirulina Salad:** Mixed salad greens, lettuces, carrots, celery, sunflower sprouts, cukes, lots of tomatoes. Wild greens in season: Purslane,

## WHAT JAMETH ATE...

Miner's Lettuce, Lamb's Quarters (this is a PLANT), Dandelion Greens, etc. 5 sheets of toasted nori ripped up (raw nori is poorly assimilated) 4 cloves chopped up garlic. ¼ medium onion. **Herbal Tea** (strong): Whole leaf, ground up peppermint, ginger, fennel, touch of hot pepper and whole leaf green stevia (NOT the refined, saccharin-tasting white extracted stevioside powder) mixed with hot water. **Dressing**: 2 tablespoons of high lignan flax seed oil (packaged in glass). 1 tablespoon apple cider vinegar. 2 tablespoons Mijuku™ Shoyu. 6 heaping tablespoons Spirulina Manna™. 2 tablespoons Friendly Fats™ EFAs .

**6:00PM** 3 Cherimoyas

**7:20PM** Juice: 16 ounces of carrot, celery, lettuce, beet, apple juice with a pinch of powdered Mijuku™ Miso in it.

**9:00PM** **Mixed Salad Greens**: lettuces, carrots, celery, sunflower sprouts. Wild greens in season. Hijiki seaweed. 2 tablespoons Friendly Fats™ . tomatoes. 1 teaspoon Mijuku Shoyu™. **Beverage** of purified water with Alfalfa, Dandelion, Barley, and Oat powdered pure juices added to it. Note: This is a very watery salad, and without actual oil, all the water will sink. However, when you add the Friendly Fats™, it absorbs the water and stick to the vegetables. Whole flax and chia seeds (especially when sprouted) are even healthier than their respective oils, and vastly healthier than any fish or fish oils! I use oil for culinary expression only. Otherwise, I eat the whole food. **Baked Potato** with 1 teaspoon high lignan flax oil and celtic sea salt. Note: Complex carbohydrates (like from potatoes) are nature's natural slow burn energy source that are best for sustaining muscular **energy**. Apple, celery, ginger **juice** with little cinnamon added.

### Tuesday

**8:00AM** 2 rounded tablespoons of Vitamineral™ Green, ½ rounded tablespoon of Elixir of the Lake™ Klamath Lake Algae, 1 rounded tablespoon of Spirulina Manna™  
32 ounces purified water

**8:45AM** **Smoothie**: Apple, cuke, celery, lettuce juice. Strawberries, blueberries, blackberries, banana. 1 tablespoon of Friendly Fats™ EFAs. 8 VeganCaps™ of Nopal Cactus Blood Sugar added directly to blender (capsules and all).

**10:00AM** **Juice**: 16 ounces of carrot, celery, lettuce, beet, apple juice

**11:00AM** **Juice**: same as above

**12:45PM** **Earth Broth™**: 2 tablespoons Vitamineral™ Earth mixed with 2 cups purified water. Brought to a boil and allowed to cool.

**1:30PM** Blackberries

**3:10PM** **Mixed Salad Greens**: lettuces, carrots, celery, sunflower sprouts. Tomatoes (lots). Wild greens in season: Purslane, Miner's Lettuce, Lamb's Quarters, Dandelion Greens, etc'. 2 tablespoons of Friendly Fats™ EFAs. 1 teaspoon of Mijuku™ Miso dried powder (can also use 1 tablespoon of fresh Mijuku Shoyu™-to taste). Friendly Fats™ EFAs. Chlorella Manna™ tabs-great crunchies in salad.

**5:30PM** **Juice**: 16 ounces of carrot, celery, lettuce, beet, apple juice

**6:30PM** Wild Weed Juice

**8:30PM** **Steamed Vegetables**: Broccoli, Cauliflower, Brussels Sprouts, Cabbage, oregano, rosemary. Celtic sea salt. In my view, cruciferous are actually healthier prepared with the energy of fire, unless eaten other than in very small quantities. If you don't believe me, go ahead and juice 4 or more bunches of raw kale and drink it in one sitting. See how you feel. Next day. STEAM, then juice the same 4 or more bunches of kale, and see how you feel. Do not convince yourself you will feel any way or not with either, just experience it. 8 ounces water with ½ tablespoon Elixir of the Lake™ Klamath Lake Algae in it. **Earth Broth™** Right after dinner: Apple, Cherimoya

# WHAT JAMETH ATE...

## Wednesday

**8:00AM Juice:** 16 ounces of carrot, celery, lettuce, beet, apple juice

**8:30AM** See Tuesday 8:00 AM

9:45AM 1 big Fuji apple, 1 tsp cinnamon, oranges

**10:35AM Juice:** 16 ounces of carrot, celery, lettuce, beet, apple juice with 1 teaspoon Mijuku™ Miso (shaken to mix)

**11:50AM** 2 Cherimoyas, 3 tangerines

**1:30PM** Juice: 16 ounces of fresh carrot, celery, lettuce, beet, apple juice. **Flax seed cracker "tortillas"**: soaked whole flax seeds and water, dehydrated. Sometimes I add things like rosemary, oregano, cilantro, and other herbs and spices to these. Please note that Flax Seed dehydrated creations (tortillas/crackers) were NEVER meant to have isolated oils mixed and dehydrated with them! That defeats the purpose of these extraordinarily healthful, tasty, and versatile cracker/tortilla/wrap. I spread with a little Mijuku™ Miso and pile veggies on top of the flax tortillas such as tomatoes, cucumbers, a little avocado, cilantro, onions, etc.

**3:00PM Juice:** 16 ounces of carrot, celery, lettuce, beet, apple juice

**4:10PM** 4 oranges fresh from the tree

**5:35PM Wild Weed Juice:** Thistles mixed with apple and ginger juices

**7:05PM Mixed Salad Greens:** lettuces, carrots, celery, sunflower sprouts, tomatoes. Wild greens in season. Big handful of Arame seaweed, soaked and rinsed. 2 tablespoons Friendly Fats™ Dressing: 1 teaspoon high lignan flax seed oil. ½ teaspoon apple cider vinegar. 1 tablespoon. Mijuku™ Shoyu. Baked Potato with ¼ of an avocado smashed over it and celtic sea salt. Earth Soup (recipe included). Blueberries.

## Thursday

**8:30AM** Same as Tuesday 8:00 AM

**9:15AM** Fuji Apple

**10:05AM** Juice 16 ounces of carrot, celery, lettuce, beet, apple juice

**10:55AM Wild Weed Juice:** Just picked wild thistle and dandelions. I use the entire plant, including the roots. Mixed with apple to sweeten.

**12:20PM Berry Bowl:** blueberries, blackberries, strawberries, raspberries. A touch of ethically harvested whole, raw honey (no harm to the bees) mixed with a little water and 1 teaspoon of friendly fats and a pinch of dried Mijuku™ Miso.

**1:45PM** Earth Soup (see previous day)

**3:25PM Juice:** 16 ounces of carrot, celery, lettuce, beet, apple juice

**4:30PM Juice:** 16 ounces of carrot, celery, lettuce, beet, apple juice with 1 tablespoon. Mijuku Shoyu™ mixed in

**7:00PM Mixed Salad Greens:** lettuces, carrots, celery, sunflower sprouts, tomatoes. Organic iceberg lettuce (it is a myth that is lettuce is NOT good for you!). Huge handful of dulse (soaked and rinsed). 2 tablespoons Friendly Fats™ sprinkled on top. **Dressing:** 2 teaspoons high lignan flax seed oil. 1 apple cider vinegar. 1 teaspoon Mijuku™ Shoyu. **Millet** cooked in water with a big kelp leaf (rinsed), fresh rosemary (including the branch) with chopped raw carrots and celery mixed in after cooking. 1 teaspoon of flax oil and Celtic sea salt added on top of the millet after cooking. Alternates to millet that I use are quinoa, amaranth, teff and brown rice. **Juice:** 16 ounces apple, cucumber, celery, ginger with 1 tablespoon each of Elixir of the Lake™ and pure dried juices of alfafa/dandelion/barley/oat.

**9:20PM** Fuji Apple

# WHAT JAMETH ATE...

## Friday

**7:35AM Vegetable Juice:** 32 ounces of carrot, celery, lettuce, beet, apple juice

**9:00AM** See Monday 8:00 AM

**10:15AM Juice:** 16 ounces of carrot, celery, lettuce, beet, apple juice

**11:00AM Juice:** 8 ounces of carrot, celery, lettuce, beet, apple juice

**12:05PM** 16 ounces purified water with 1 tablespoon of Elixir of the Lake™ Klamath Lake Algae in it. 2 oranges

**1:45PM** Wild Weed Juice

**2:30PM** Purified water with 1 tablespoon of Elixir of the Lake™ Klamath Lake Algae in it.

**3:00PM** Wild Weed Juice

**4:00PM** 3.5 hour intense workout in my garage gym. 16 ounces of carrot, celery, lettuce, beet, apple juice during workout.

**7:45PM** 48 ounces of carrot, celery, thistle, apple juice after workout. 1 tablespoon. Elixir of the Lake™. Blueberries, raspberries, blackberries

**9:30PM Mixed Salad Greens:** lettuces, carrots, celery, sunflower sprouts. Tomatoes. Wild greens in season. Black olives (packed in water, not oil). Huge handful of dulse (soaked and rinsed). Purified water with Elixir of the Lake™ Klamath Lake Algae in it.  
**Dressing:** Raw, sprouted, dehydrated, ground and then aged sesame Tahini with OIL that settled to the top Poured off. Blended with a little apple cider vinegar, Mijuku™ Miso, lots of fresh rosemary, lemon juice, turmeric powder, and a very small chili pepper.

**11:15PM** Fuji Apple. 1 tablespoon Elixir of the Lake™, 1 teaspoon Mijuku Miso

## Saturday

**9:15AM Juice:** 32 ounces apple, cucumber, celery, ginger juice

**9:45AM** See Tuesday 8:00 AM

**10:45AM Juice:** 16 ounces of carrot, celery, lettuce, beet, apple juice

**11:30AM Juice:** same as above

**12:15PM Smoothie:** 44 ounces apple cucumber ginger juice. Mixed with fresh blueberries, strawberries, 2 tablespoons Friendly Fats™, 1 teaspoon Mijuku Miso™ and 6 Nopal Cactus capsules added directly to the smoothie

**1:30PM Earth Broth™:** See Tuesday 2:45 PM. Sauna with sweating.

**3:45PM Wild Weed Juice:** 48 ounces of freshly picked nettles, thistle and dandelion juices mixed with apple, cucumber, and ginger juices.

**5:35PM Mixed Salad Greens:** lettuces, tomatoes, oregano. Huge handful of dulse (soaked and rinsed). Dressing: 1 teaspoon high lignan flax seed oil. ½ teaspoon apple cider vinegar. 1 teaspoon Mijuku™ Shoyu. Apple, celery, cucumber, and lettuce juice with 1 tablespoon. of Elixir of the Lake™ Klamath Lake Algae mixed in.

**7:45PM Homemade soup:** I put whatever fresh vegetables and herbs I have around in a soapstone pot, such as: Broccoli, carrots, celery (always celery), parsley, squashes, cabbage, carrots, burdock root, mushrooms like shitake and portabella, rosemary, oregano, sometimes hot peppers. If I have been working out, I will add higher calorie foods (relatively) like potatoes, or sprouted (ideally) legumes (organic soybeans (NOT GMO), garbanzo beans (chick peas), lentils, black beans, pinto beans, peas). Cooked with a 12" x 3" piece of kelp (adds so many nutrients such as iodine and potassium, greatly facilitates digestion of the legumes (important if legumes are NOT

sprouted), and will thicken when blended). I will often add 1-2 tablespoon of HealthForce Vitamineral Earth™ to this as well. I add purified water to about 2 inches from the bottom of a medium pot. I simmer until tender: 10-30 minutes (depending on what you put in and how big you cut it). If you use a soapstone pot as I do, just bring to a simmer for 5-10 minutes and turn the fire off. This earthen pot's incredible thermal mass will retain so much heat that you can just walk away and it will continue to cook. Come back 10-25 minutes later and you will have soup. Will stay warm for hours. Depending on what I am craving, I may chop some garlic and throw it in. I will usually add a source of sodium at the end. Mijuko Shoyu™, Mijuku Miso™ (organic, NOT GMO), or UNrefined salt such as Celtic sea salt. You can eat just like this. Or, as an alternate (what I usually do) is take 25-50% of the mixture and blend it in a blender. Then add back to the pot with all of the chunks. This is an extremely nourishing, extremely grounding, resonant, healthy soup that can be tailored to your specific needs, and does it taste good and make you feel good! Even better, when eaten in front of the warmth of a fire. Add a loved one to this recipe and life is truly good! **Beverage:** MacaFire™ Dark Mint Choconot™. Maca Root, ginger, yacon root, carob. Tea prepared with fire and served warm.

**10:20PM** Fuji Apple, Cherimoya

## Recipes

**Earth Soup™** - Prepared with the energy of fire.

- 2 tablespoon. Vitamineral Earth™ mixed with
- 2 cups water
- 2 carrots chopped
- 2 stalks celery chopped
- Big sprig of Rosemary, including the branch it came from
- 1 big tomato, chopped
- 1 teaspoon Mijuku™ Miso

Bring to a boil. Wait a 10-20 minutes. Eat when temperature is to your liking. Note: Most things were meant to be eaten raw. However, not everything prepared with fire energy is harmful. Such is the case with the roots, barks, and herbs in the product Earth™. However, you can absolutely do the above Earth Soup™ raw as well!

## Legend:

**Vitamineral Green includes:**

**From the Land:** Nettle Leaf, Shavegrass (Horsetail), Alfalfa Leaf Juice, Dandelion Leaf Juice, Barley Grass Juice, Oat Grass Juice, Barley Grass, Wheat Grass, American Basil, Holy Basil/Tulsi, Moringa Leaf, Yacon Leaf, Nopal Cactus, Chickweed, Ginger Root, Broccoli Juice, Kale Juice, Spinach Juice, Parsley Juice, Carob Pod, Amla Berry. **From the Waters:** Spirulina, Chlorella. **From the Oceans:** Icelandic Kelp, Dulse, Nori, Alaria, Bladderwrack. **Enzymes** (optimum absorption +): Protease, Amylase, Lipase, Cellulase, Bromelain, Papain, Alpha-Galactosidase. **Probiotics:** Massive array of implantable species and Natural Soil Organisms™ (NSOs). Laboratory grown. 10,000,000,000+ hardy probiotics per 2 heaping tablespoons. **Energetics:** Shilajit, Magnetic, Homeopathic, Energetic, Vibrational

**Earth is: Earth Below™:** Astragalus Root, Burdock Root, Nettle Root, Marshmallow Root, Yacon Root, Dandelion Root, Carrot, Ginger, Rhubarb Root. **Earth Above™:** Red Clover Blossoms, Slippery Elm Bark, Watercress, White Oak Bark, Cornsilk, Kelp, Cinnamon Bark, Blessed Thistle, Sheep Sorrel. **Earth Seeds™:** Sprouted Flax Seeds, Sprouted Chia Seeds\*, Milk Thistle Seeds. **Earth Broth™:** Miso, Chili Powder, Paprika, Sage Leaf. Providing essential organic sodium and grounding spices of life. **Earthbiotics™:** Massive array of both implantable lactobacillus species and NSOs™ (Natural Soil Organisms™). Actual Food™ Nutrient Array: (containing 100% organically bound: Chromium, Selenium, Molybdenum, Manganese, B-Vitamins, Beta-Glucans, and all necessary co-factors)\*\*  
\*\*Grown on saccharomyces cerevisia. **Energetics:** Shilajit + Magnetic, Homeopathic, Energetic & Vibrational enhancements.

**Friendly Fats EFA's is:** Sprouted and dried Flax and Chia seeds. Organically and TruGanically™ (higher standard) grown and processed.

**Chlorella Manna is:** Energetically enhanced Organic and TruGanic™ Chlorella tablets (pure chlorella - no fillers or binders).

**Mijuku Shoyu™ is:** Gluten-free, organic, raw Shoyu from Integrity Foods™.

**Mijuku™ Miso is:** Gluten-free, lifeorce rich, probiotic rich, organic miso in glass jars from Integrity Foods™.

I grew up in a Waldorf family, where vegetarian and whole-grain foods supplied the majority of meals. The premise of “healthy food equals healthy planet” was part of my parents’ philosophy. However, in post WWII Germany, vegetables were scarce in the winter, and my mother was “the worst cook.” Therefore, freshly grated carrot salad was the most exciting dish on the menu.

I attended Waldorf School in Germany, played various instruments, excelled in most subjects except competitive sports, and kept salads among my favorite dishes. I attended conservatory for piano and recorder, then spent a year in Paris studying modern dance with Joseph Russillo and took acting and singing lessons. I became an actress/ singer on stage and in film and television in Germany before I moved to Zimbabwe, Africa. The great variety of fruits and vegetables in Africa inspired me to create many vegetarian dishes I hadn’t thought of before. Growing my own food in my backyard and bringing carrots and cucumbers for lunch earned me the name “Rabbit” at my drama and dance school, Stage Studio, in Harare, Zimbabwe.

Subsequently, I attended Columbia University, New York, and became a professor of film with three MFA theses in writing, directing, and producing. I made several short films for German TV and PBS and wrote several feature film scripts, some of which were in contracts for production, while teaching film at the School of Visual Arts, Yale University, and City College, NY. I also taught German at Columbia University and at Steven’s institute of Technology for many years.

Dealing with infertility, I gave up dairy, worked with a Chinese acupuncturist and, finally, as a late mother, raised my children on an organic vegan



## Implementing my new raw lifestyle involved many changes...

diet, adding eggs and the occasional fish to the mix. While raising my kids, partially homeschooling them, partially sending them to Waldorf schools in Germany, Romania, and recently Namibia, she I worked as language consultant and translator of 5 languages for an international law firm and decided to get another masters, this time in Waldorf education.

Six years ago, a medical crisis forced me to reevaluate life (see “**Why Raw?**” below). I had promised my kids that I would still be able to play basketball with them by the time they are in college, and it occurred to me that raw food may be the

only way to get there. Implementing my new raw lifestyle involved many changes in my household. With two young children, au pair girls, and often other exchange students, I allowed vegan cooked meals for everyone else and let them participate in raw creations at their own pace. It did not take long for the children and au pairs to regularly contribute their own new raw recipes to family meals.

Since 2006, I have been developing my center for sustainable living, **Sophia’s Center** (also called SILC, Sophia’s International Learning Center, [www.sophiascenter.com](http://www.sophiascenter.com)), where I teach green living and selling SILC Raw-Fast-Food, SILC Solar hot water and PV systems, composting technologies, and my books, **Freedom-Fun-Genius: Turning Learning Into Adventure** and the very hot **Naked Girls: Claiming Sex and Beauty Beyond 50**. In addition, I have had great success in lifecoaching people of various ages and, over the last few years, have helped special education and special-needs youth gaining self confidence, getting a new start in learning, and redesigning their life. These teenagers mostly come from abroad to live with my family for a few months, to get homeschooled and to sometimes travel with me.

## WHAT SOPHIA ATE...

**Why Raw?** I had known for a long time that raw fresh plants and juices can cure cancer and will heal most anything. But it took a mini stroke to get me to act. The healing effects of my raw food diet were stunning, ongoing and wonderful. No more strokes or seizures, not any of the dizzy spells I had gotten quite frequently. And even my balance improved, by and by. No more colds and flus. And I experienced more serenity than ever.

Now, six years later, I don't regret the experience. Rather, I see the stroke event as my wake-up call. Going raw meant clearing my body and my mind. I began to lighten the relationship with my children, laughing more and feeling unburdened. It also meant that I would produce many inventions in the raw food arena. I have never been one to follow recipes—I only get inspired. I was already juicing, so I made all sorts of things with the remains in my juicer: using the pulp for dehydrated concoctions later named raw burgers, and using my Vita-Mix for the creation of "fruit chocolate mousses" of all kinds. Finally, I figured out how to make "SILC Raw-Fast-Food" in the form of crackers that are more than a snack. I call them "a meal in a cracker." My current favorite is my "**Cranny-Lion Cracker**" with cranberries and dandelion greens.

**For Sophia's Center products and services, contact [SILC@SophiasCenter.com](mailto:SILC@SophiasCenter.com) or call 607-847-6606 and our friendly staff will be glad to assist you.**

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Almost everything I eat is ORGANIC

### MONDAY

**5:30AM** 1 big glass of fruit smoothie: 1 peeled orange (with some peel left on), 1 apple, 1 cup frozen raspberries, ½ cup frozen blueberries, 1 tablespoon agave, water (our own delicious well water) blended until smooth.

**9:00AM** 1 slice of chocolate bread: rolled oats golden flax seeds, raw honey raw cacao powder and water. I spread a little Earth Balance (plant butter, from expeller pressed oils (somewhat raw) and raw honey on top of the bread.

2 "Cranny-Lion Crackers" with cranberries and dandelion greens, made by SILC-Raw-Fast-Food [www.shop.SophiasCenter.com](http://www.shop.SophiasCenter.com) with 2 tablespoons of dandelion pesto: wild dandelion greens, garlic, walnuts, lemon juice, extra virgin olive oil, Celtic sea salt, black and cayenne pepper and a little water. 1 tablespoon sun-dried tomato salsa dried tomatoes, tomatoes, garlic, onion, lime juice, Celtic sea salt, jalapeno pepper, coriander, cumin, 2 glasses of water

**1:10PM** 2 "Cranny-Lion Crackers" with dandelion pesto and salsa, 1 plate of Zucchini Salad: 1 grated zucchini and 1 grated carrot with basil dressing (see recipe) 1 glass of water

**4:40PM** 1 small bag of beet and lemon kale chips (SILC-Raw-Fast-Food) (see recipe) 2 pieces of raw chocolate with Acai (Righteously Raw)

**5:00PM** 1 handful of red grapes

**8:30PM** 1 cup fruit chocolate mousse (see recipe)

### TUESDAY

Unusual day due to taking exchange student to JFK airport, 4 hours away from our home.

**8:00AM** 1 glass of green smoothie: kale stems left over from making kale chips, some dandelion leaves,

## WHAT SOPHIA ATE...

piece of lemon with peel, 2 small bananas, 1 peach, ½ orange with a small piece of peel, few raisins, 1 quart water ½ glass of fruit chocolate mousse (see recipe)

**10:00AM** 2 pieces raw chocolate with Acai (Righteously Raw), more green smoothie while driving

**11:30AM** 2 small local apples while driving

**2:00PM** More green smoothie (on the road to airport)

**3:00PM** At my favorite raw restaurant: Raw Soul in New York City: 1 bowl pick of the day Pilaf, 1 package Lillian's spicy flax crackers: flax seeds, tomatoes sun-dried tomatoes, onion, garlic, red bell pepper, cumin, chili powder, red pepper. 1 raw raisin-cinnamon muffin, 1 apple scone biscuit with apricot icing, 1 glass of alkalized water with lemon

**6:00PM** 1 small bag of curry kale chips, 1 glass of water

## WEDNESDAY

Stayed over with friends in Long Island, near the beach.

**7:00AM** 1 glass of water before running on the beach

**8:00AM** Small glass of green smoothie (rest from yesterday)

**8:30AM** 1 peach (not organic, offered by my hosts)

Throughout the day, driving home, shopping, continuing the drive: 1 bottle of water, 1 bag of curry kale chips, 1 raw Pure bar, Chocolate

**8:00PM** 1 plate of salad: mixed baby greens with 1 grated carrot and ¼ of large avocado, tomato, with basil dressing (see recipe) and additional garlic and olive oil, 1 glass of water

## THURSDAY

**3:00AM** 1 glass of water

**8:00AM** 1 glass of water

**9:00AM** The kids brought me breakfast in bed, I am resting a bit today: ½ apple and ½ banana, sliced, 2 Cranny-Lion Crackers, salsa, 1 small plate of salad from yesterday evening

**11:00AM** 2 Cranny-Lion Crackers with salsa and kale chip 'batter' from curry kale chips

**4:00PM** 2 glasses of pink smoothie: 5 small, very ripe bananas, frozen mixed berries, and 1 orange with a little piece of peel, water

**7:00PM** 2 glasses of fresh green smoothie: kale, bananas, orange, slice of lemon with peel, water

**10:00PM** 1 small piece of fresh ginger, to keep in my mouth overnight



# WHAT SOPHIA ATE...

## FRIDAY

**7:00AM** 1 ½ glasses of water, 2 gulps strong cayenne water: ¼ glass water, ¼ teaspoon cayenne

**8:00AM** 1 glass green smoothie (made yesterday evening)

**8:30AM** 2 Cranny-Lion crackers with salsa, ½ apple, 6 cherry tomatoes

**12:00PM** 1 glass fresh green smoothie: ½ bunch dark green kale, 2 small very ripe bananas, ½ grapefruit, ½ apple, 1 small orange, 1 slice lemon with small piece of peel, 1 teaspoon of raisins, water

**1:30PM** Lunch to go: a quick avocado salad: ½ Florida avocado in chunks, lemon juice, olive oil, chopped garlic, Celtic sea salt, black pepper, cayenne.

On the road: 2 more glasses of green smoothie

**7:30PM** Bowl of salad: romaine lettuce, tomato, handful of pecan nuts, some black olives. Dressing: olive oil, lemon juice, chopped garlic, 1 small carrot, ½ teaspoon mustard, ½ teaspoon raw honey, Celtic sea salt, black pepper, blended

**11:45PM** 2 Cranny-Lion crackers with 'Earth Balance,' kale pesto, and Hass avocado slices, salt, pepper

## SATURDAY

**6:00AM** 1 glass of water

**10:00AM** 2 glasses of citrus fruit smoothie: 1 grapefruit, 2 small oranges, ½ apple, piece of lemon with peel, cup frozen berries, 1 teaspoon really raw honey (local apiary)

**1:00PM** 1 Cranny-Lion cracker with Earth Balance, 1 glass of citrus smoothie, 1 glass of water

**5:00PM** 1 small bowl of leftover salad

**7:00PM** 1 tablespoon of Kale chip batter, 1 glass of water

**7:30PM** 1 Cranny-Lion cracker with 2 table spoons of Kale Pesto, freshly made: kale stems (chopped), garlic, olive oil, walnuts, lemon juice, Celtic sea salt, black pepper, water

**9:00PM** 1 glass fruit chocolate mousse (blueberry) with honey, 1 glass of citrus fruit smoothie with added Goji berries

## SUNDAY

**9:00AM** 1 glass water, ½ glass fruit chocolate mousse

**2:00PM** 1 small bag of curry kale chips, 2 glasses of water

**3:30PM** 3 Cranny-Lion crackers with kale pesto and avocado

**6:00PM** 1 bag curry kale chips, 1 glass of water

**8:00 pm** 1 glass of fruit chocolate mousse

## RECIPES

### **Basel Dressing**

1 small bunch of fresh basil  
2 limes, peeled  
1 orange, peeled and seeded  
¼ apple with peel



## WHAT SOPHIA ATE...



- ¼ cup pecan halves
- ¼ cup extra virgin olive oil
- 2 cloves of garlic (or to taste)
- ½ teaspoon black pepper
- 1 teaspoon Celtic sea salt

Blend all ingredients to a smooth consistency. Store in airtight container in the refrigerator. Keeps for 7–10 days. (The dressing will thicken while stored; stir it up with a little water or additional orange juice).

### **Beet & Lemon Kale Chips**

- 2 big bunches of curly kale
- Remove stems by gently pulling the leaf away from the stem in a motion moving bottom to tip of leaf (stems can later be used for green smoothies or kale stem pesto) and pluck leaves into bite size pieces

### **For the Batter:**

- 1 cup of hazelnuts (also called Filberts)
- 2 medium sized beets
- 2 small lemons, peeled and seeds removed
- ½ orange, peeled and seeds removed
- 1-2 large clove(s) of garlic
- ½ apple with peel
- 1 piece of fresh jalapeno
- ½ teaspoon fresh ground black pepper
- 1 teaspoon Celtic sea salt
- ¼ teaspoon cumin
- ¼ cup water

- 1) Grind hazelnuts in blender, leaving as much 'crunch' as desired. Pour into large mixing dish.
- 2) Put all other ingredients into blender and blend until foamy and smooth. Add this mixture to ground hazelnuts to form a soft batter (you may need to add more water), stir mixture thoroughly.
- 3) Toss and thoroughly 'drench' kale leaf pieces in this batter
- 4) Spread tossed kale on dehydrator trays with Teflon, teflex or parallax sheets and let dry at 105 degrees F for 6 to 12 hours until entirely crisp
- 5) Store in air-tight containers or bags to retain crunchiness and taste

### **Fruit Chocolate Mousse:**

Basic rule: equal parts nuts, dried fruits, and fresh/frozen fruits plus raw cacao powder

- 1 cup of pecans
- ½ cup of raisins
- ½ cup of black mission figs
- 1 cup of frozen blueberries
- 2 table spoons raw cacao powder
- 1 heaping teaspoon cacao butter (optional)
- 1 heaping teaspoon coconut oil (optional)
- 1 heaping tablespoon honey
- ½ teaspoon vanilla extract
- 1 cup water (or more as needed)

Blend all ingredients to a smooth mousse, pour into a nice serving dish, like stem glasses and let set in refrigerator. Decorate with bits of fruit or flowers.



I was born in Santa Barbara, California shortly after World War II. My father was a first generation Californian born to Mexican immigrants and my mother was of European and Jewish descent. My dad was a great cook and made it fun, so I loved being in the kitchen with him. I read cookbooks from cover to cover, the way other kids read fairytales, and won my first cooking contest at the age of 12.



time I was 25, I was teaching vegetarian cooking classes.

When I discovered the raw food diet, I had been teaching vegetarian and vegan cooking for 20 years at various international vegetarian organizations, community colleges, and civic groups.

When I went to study with Dr. Ann Wigmore in Puerto Rico, it was out of curiosity; I had no

idea that it would completely change my life! While I was there, I had fun (after the other students were in bed) making up recipes out of the meager ingredients they used for energy soups and salads and I came up with a lot of delicious foods that no one there knew were possible. It drew the attention of Dr. Ann and she told me I would be a "beacon of light for her teachings". After that, I knew I could not go back to teaching people how to cook and, instead, I made it my mission to create raw living foods that people would enjoy eating. The raw food diet, up until then, was extremely basic and not designed to be tasty, and I knew that people would literally die rather than eat foods they do not enjoy! So, I went home and



I developed a connection to where our food comes from at an early age because we had an orchard with avocados, citrus, figs and other fruit trees, as well as a vegetable garden. In those days, Santa Barbara had many olive, walnut,

and almond groves, so we also cured our own olives and shelled whatever nuts we used in recipes.

I became a vegetarian in my early 20's, as an experiment. My family has a history of heart disease and cancer and I wanted to see if changing my diet would improve my health. Not many people were vegetarians in those days and there were not more than a handful of vegetarian cookbooks, so I learned to be creative and started developing my own recipes. I loved to show off to my friends how delicious vegetarian foods could be and by the



started to develop what we now call gourmet raw vegan cuisine, bringing together my years of experience as a vegetarian chef and what I had learned about creating optimal health with raw living foods.

After teaching gourmet raw cuisine for a couple of years, I met Viktoras Kulvinskas and he convinced me to start a culinary school devoted to teaching chefs and teachers how to make the delicious gourmet foods I was becoming known for. So in 1997 I founded Living Light Culinary Arts Institute. We started teaching workshops at various retreat centers and after seven years of being on the road my husband, Dan Ladermann, and I decide



to take a leap of faith and open a full-time culinary facility with a café, kitchenware's store, and eco-friendly inn for our students.

Since then we have had people travel from over

40 countries to study at our center here on the beautiful coast of northern California. We now have 40 full-time staff and several part-time faculty who come in to teach specialty classes, including raw food nutrition, as well as raw vegan culinary programs of all kinds.

What I love most is helping students become the best that they can be. My goal is to inspire and motivate them to live their highest potential. Thousands of people from all over the world have taken our programs and helped enlighten the world about the benefits of a raw food diet. Of course, everyone who

takes our courses develops more confidence in their ability to make great tasting foods for themselves and their families. Many of our students have gone on to write books, open restaurants, develop products lines, become chefs in restaurants, institutions, retreats, and even on private yachts and for celebrities.



I have written three books so far, including **Angel Foods, Healthy Recipes for Heavenly Bodies** and **Raw Food Revolution**

**Diet, Feast, Lose Weight, Gain Energy, Feel Younger** co-authored by Brenda Davis, RD and Vesanto Melina, MS, RD. My third book is **Comiendo Pura Vida** (Eating Pure Life), co-authored with Rodrigo Crespo. Now in my mid sixties, I am as busy as ever, writing books, articles, travelling, teaching, and co-directing the school and our other businesses. I still practice karate three times a week, walk on the beach with our two dogs, and work out in my home gym. Most of all, I love turning people on to the amazing culinary potential of health promoting foods and connecting with our students. If I did not eat a high raw diet and exercise, it would be a challenge to maintain my busy lifestyle.

Check out my website at [RawFoodChef.com](http://RawFoodChef.com) to see what's not cooking at Living Light. **[www.RawFoodChef.com](http://www.RawFoodChef.com)** or email **[info@RawFoodChef.com](mailto:info@RawFoodChef.com)**. You can also call **707-964-2420** and speak with one of our staff or to request an information packet.

# WHAT CHERIE ATE...

Most foods were from the first week of the 2-week Living Light Culinary Arts Institute Raw Culinary Arts Associate Chef and Instructor Training course, plus some cooked foods, and a few other supplemental foods.

## Monday

- 6:00AM 1 cup warm jasmine green tea
- 7:00AM 12 ounces warm water with lemon
- 8:00AM 3 ounces E-3 Live Brain-on
- 9:00AM 2 ounces wheatgrass juice
- 9:15AM 12 ounces fresh fruit **smoothie**: orange juice, bananas, blueberries, kale and Vitamineral Green, by Healthforce Nutritionals
- 10:15AM 12 ounces **Green Giant juice**: kale, cucumber, celery, apple, parsley
- 1:00PM Full meal **salad bar**: spring mix, sprouts, tomatoes, red bell peppers, root vegetables, veggie kraut, seaweed, pumpkin seeds, vegetarian support formula nutritional yeast, Healthforce Nutritionals Earth, ¼ cup "Not Tuna" pate: almonds, sunflower seeds, minced veggies, dulse, and herbs; flax crackers, vegetable crudité's, sun-dried black olives, Liquid Gold (flax) Dressing: flax meal, flax oil, olive oil, lemon, orange juice, herbs, and spices
- 3:00PM 12 ounces water
- 4:00PM 12 ounces water
- 5:00PM 12 ounces water
- 5:30PM ¼ cup Asian style bloomed wild rice, 1 Vietnamese salad roll with carrot, red bell pepper, cucumber, green onions, and tahini ginger sauce
- 7:00PM 12 ounces water infused with peppermint oil and stevia and a few goji berries

## Tuesday

- 6:00AM 1 ½ cups warm jasmine green tea

- 7:00AM 12 ounces warm water with lemon
- 8:00AM 3 ounces E-3 Live Brain-on
- 9:00AM 2 ounces wheatgrass juice
- 9:15AM 12 ounces fresh fruit **smoothie**: orange juice, bananas, blueberries, kale and Vitamineral Green, by Healthforce Nutritionals
- 10:15AM 12 ounces **Green Giant juice**: kale, spinach, cilantro stems, cucumber, celery, apple
- 1:00PM Full meal **salad bar**: spring mix, sprouts, heirloom tomatoes, root vegetables, veggie kraut, ½ avocado, seaweed, pumpkin seeds, vegetarian support formula nutritional yeast, Healthforce Nutritionals Earth, Dijon dressing
- 3:00PM 12 ounces water
- 4:00PM 12 ounces water
-  This is a karate night, so dinner is early or not at all! (soup will be perfect – easy to digest)
- 4:30PM **Garden Blend Soup**: kale, cucumbers, orange, avocado, herbs, topped with chopped tomatoes
- 6:30PM 12 ounces water
- 9:00PM 12 ounces water infused with peppermint oil and stevia and a few goji berries

## Wednesday

- 6:00AM 1 cup warm jasmine green tea
- 7:00AM 12 ounces warm water with lemon

# WHAT CHERIE ATE...

8:00AM 3 ounces E-3 Live Brain-on

8:45AM 2 bananas, 1 large mango

9:00AM 2 ounces wheatgrass juice

10:30AM **Green juice:** parsley, romaine, cucumber, celery, apple, carrot



11:30AM Spouted oatmeal with almond milk and sliced bananas

1:00PM **Large salad:** spring mix, sprouts, purple cabbage, carrots, beets, 1/2 avocado, seaweed, pumpkin seeds, Liquid Gold (see recipe), 1/2 sandwich (onion-sprouted sunflower bread, "Not Tuna" pate, sprouts, tomato)

3:00PM 12 ounces water

4:00PM 12 ounces water

4:30PM 2 bites of lemon tartlets in macadamia almond crust, prepared by students in class

5:00PM 12 ounces water

5:30PM Dinner at our favorite Japanese restaurant: vegetable sushi with brown rice, seaweed salad, and mixed green salad. Also split a small bottle of unfiltered sake.

7:00PM 12 ounces water

9:00PM 12 ounces water infused with peppermint oil and stevia and a few goji berries

## Thursday

6:00AM 1 cup warm jasmine green tea

7:00AM 12 ounces warm water with lemon

8:00AM 3 ounces E-3 Live Brain-on

9:00AM 2 ounces wheatgrass juice

9:15AM 12 ounces fresh fruit **smoothie:** orange juice, bananas, blueberries, kale and Vitamineral Green, by Healthforce Nutritionals

10:00AM **Green juice:** kale, cucumber, celery, apple, parsley

1:00PM Full meal **salad bar:** spring mix, sprouts, tomatoes, root vegetables, veggie kraut, 1/2 avocado, seaweed, pumpkin seeds, vegetarian support formula nutritional yeast, Healthforce Nutritionals Earth, sun-dried black olives, 1 tablespoon each of six different dressings designed and prepared by students (each one different)

3:00PM 12 ounces water

5:30PM 1/4-cup servings of 6 varieties of soup designed and prepared by students (all different). This is a karate night, so no dinner (I feel satisfied by the amazing soups prepared by the students, anyway!)

6:30PM 12 ounces water

9:00PM 12 ounces water infused with peppermint oil and stevia and a few goji berries

## Friday

6:00AM 1 cup warm jasmine green tea

7:00AM 12 ounces warm water with lemon

8:00AM 3 ounces E-3 Live Brain-on

9:00AM 12 ounces fresh fruit **smoothie:** orange juice, bananas, blueberries, kale and Vitamineral Green, by Healthforce Nutritionals

10:15AM **Green juice:** kale, cucumber, celery, apple, parsley

11:30AM Student prepared brunch: almond toast with sweetened coconut butter and raspberry jam, sprouted kamut scones, buckwheat granola, strawberries, cashew milk

I was born and raised in Chicago, Illinois. I grew up in a traditional Italian family in a close knit Italian neighborhood. Back then it was safe for children to play outside and run around the neighborhood because everyone kept an eye on everyone else's kids and children had so much perceived freedom.

My childhood home was surrounded by my mother's prized rose bushes with a huge organic vegetable garden taking up half our family's backyard. Like most Italian households there was always a pot of gravy (that's what 'real' Italians called tomato sauce, according to Mom) or soup on the stove for the many visitors who would pass through. The kitchen was the center of everything in our house!

We'd come home from school and do our homework at the kitchen table while Mom served us something to eat. We played games, did our hair, ate, cooked, and talked around that big old kitchen table when we were small.

I always loved the kitchen and have fond memories of watching my mom prepare the family meals. My mother was one of those cooks who never measured anything. She would just add a pinch of this and a handful of that, tasting everything until it reached perfection. Eventually I became my mother's favorite assistant chef. I was fascinated by the incredible meals she would create with no recipes. I would ask her how much salt or sugar to add and her response would always be: 'just add a pinch at a time until it tastes good.'

My first exposure to the raw foods lifestyle came through a detoxification program at Karyn's (Karyn Calabrese) in Chicago. A friend suggested I learn what Karyn had to offer as I'd been suffering with debilitating ovarian and uterine cysts and tumors and had been told that a hysterectomy was my only option. I figured I'd have nothing to lose and possibly



### A healthy body produces a healthy mind

everything to gain. Well, that turned out to be a life-changing experience and just the first step to an exciting whole new beginning!

I'd tried every western drug and test available to womankind. It never occurred to me it could be my diet causing such havoc in my body! I was so amazed at how good I felt after that first detox that I decided a raw diet was definitely worth pursuing.

The change from the Standard American Diet to raw veganism not only cured me of the ovarian cysts and tumors, but

seemed to be just what I needed to free myself from a history of emotional eating which had led to recurring bouts of anorexia and bulimia for a decade.

I believe it was through the power of living foods that I learned to nourish my body, mind and spirit rather than just feeding emotions, allowing me to finally lay my food addictions to rest. I knew in my heart that a diet of primarily raw vegan whole foods was right for me...

But I got bored with salads and eating the same old thing. I was Italian for goodness sake and although my body felt great, my palate was looking for that variety and spice from Mom's kitchen! And it wasn't just about eating the food; I missed the fun in preparing the food too!

After having spent my entire life in Chicago, I moved to California on a whim in 2000. I went to visit a friend and when I first laid eyes on the Pacific Ocean, it was love at first sight.

I literally went back to Chicago, gave notice at work, packed my bags, and headed back west settling in coastal northern California close to the Oregon border. Great things just kept on happening to me and I firmly believe it all started when I became a raw vegan. A healthy body produces a healthy mind and only then could I really live my life to its absolute fullest!

## TINA JO STEPHENS

**M**y passion for nurturing through food (and fond childhood memories) eventually led me to the halls of Living Light Culinary Arts Institute in Fort Bragg, California where I was able to merge my creative passion with raw vegan foods. Thus another exciting new beginning for me was emerging! A few years after arriving in California I met my spouse and I quickly learned this was a match made in Heaven. It was a long distance relationship at first with many hours on the phone and airplanes before I packed up once again and this time headed south of the border!

I fell in love with the laid back lifestyle of Baja California (Mexico). Living in the moment had never let me down, so I decided to move to Baja and follow my dreams! I got married in 2008, started ChefTinaJo.com in 2009, and the ChefTinaJo.com Enterprise was in full swing by 2010!

Life in Baja has been good to me. I have become a well-respected gourmet raw vegan chef as well as joining my partner in setting up a non-profit foundation to fund our continuing horse rescue operation. We have been rescuing dogs, horses, and even a family of goats since our arrival in Baja. We recently lost a rescued horse named Promise whose injuries proved to be fatal. This loss inspired us to create "Promised Land Horse Haven," a horse sanctuary where we hope to build a state of the art medical facility so desperately needed by the local poverty stricken farming community. We have so much on our plates. Our friends think we are crazy, but we just had to do it! It was a vow made to Promise before she died and I just know it's what we are supposed to do!

I am one busy woman, but I still make time for myself and my family every day! I wake up at 4:30am, meditate, feed the furry family, walk the beach with my spouse and 7 dogs (a sit-com in itself), drop them at the barn and visit with the horses before getting in a quick workout, breakfast, and hunkering down to work on books, recipes, videos, etc. And all this is going on before 7:00am. I also love acupuncture and am thankful to have a best friend who is a skilled acupuncturist who makes sure I get at least one

treatment a week. I have a standing date every weekday at 4:00pm to watch Oprah with my 93 year-old father-in-law and I am a closet Martha Stewart fan, which isn't such a secret when you see my home. I am a mom to 22 year-old Matthew whom I affectionately refer to as my 'little man.'

Of course my 'little man' is now 6'2" tall with a beautiful bigger-than-life personality and recently married the best daughter-in-law a mom could ask for!

Today, I am a Gourmet Raw Vegan Chef, Author, Speaker, and Coach known internationally for my humor and down-to-earth approach to raw veganism. Along with my TV show, I have been awarded Top 10 Best Show, Best Chef, and Best Website in the Best of Raw 2009 Awards and Top 6 Best Show, Best Chef in the 2010. Through my book series **Real Life Raw** (now also available in multimedia form at [www.vook.com](http://www.vook.com)), DVDs, and coaching programs, I'm teaching people how to make healthy lifestyles delicious, bringing living whole foods back to the dinner table - one plate at a time. I've made it my life's mission to bring super delicious, fresh, simple, fun and affordable raw vegan food to the mainstream.



[www.ChefTinaJo.com](http://www.ChefTinaJo.com)

## WHAT TINA JO ATE...



### Sunday

**4:30AM** 32 ounces of water

**7:30AM** Approximately 32 ounces of **juice**: 10 large carrots, 8 medium kale leaves, 2 small red delicious apples, 1 small lime, one bunch of celery, two medium cucumbers. I have a fresh quart of juice every morning. I love carrot, apple and lime or ginger as my base, then I'll add whatever else is handy or available at the time. Every once in a while I'll look down at my hands or feet and note this pretty orange glow to my skin and know it's time to pull back on the carrots!

**10:00AM** A handful of raw almonds with 32 oz. water

**1:00PM** 32 ounces water mixed with 2 tablespoons wheatgrass juice powder (Green Kamut from Pure Planet) Salad recipe makes 8 cups. Consumed 3 ½ cups: 2 packages frozen organic edamame, 14 ounces each, 2 cups organic yellow corn, ½ cup green onion minced, 1 whole red pepper, diced into ¼" pieces, 1 ½ teaspoons Himalayan pink salt, 1 pinch white pepper, 1 ½ cups grape or cherry tomatoes halved, ½ cup cilantro minced. Place all ingredients into a mixing bowl, toss with **Mexican Tahini Dressing** (makes 2 cups), 2 tablespoons Artisan raw organic tahini, juice of 1 lime, 1 tablespoon flax oil, 1 tablespoon olive oil, 1 cup freshly squeezed orange juice, ¼ teaspoons cayenne pepper, ½ teaspoon cumin. Add all ingredients into blender and blend until smooth.

**3:00PM** 32 ounces water with 3 small tangerines

**5:00PM** 3 cups Wild Rice with Acorn Squash, Walnuts and Ruby Red Pomegranates (recipe on website)

**6:30PM** 32 ounces water, one piece Chocolate Peanut Butter Goji Berry Fudge (recipe on website) I better come clean right now, I have a sweet tooth

### Monday

**4:30AM** 32 ounces of water

**7:30AM** Approximately 32 ounces of juice: 12 large carrots, 3 big handfuls of spinach leaves, 3 large tomatoes, 1 small lime, one bunch of celery, two medium cucumbers, one hand full of cilantro

**10:20AM** 1 Granny Smith apple and two small tangerines with 32 ounces water

**1:00PM** 2 cups Tzatziki salad (recipe on website) with one medium avocado topped with a pinch of Himalayan salt and a dash of Braggs Liquid Aminos, 32 ounces of water mixed with 2 tablespoons wheatgrass juice powder (Green Kamut from Pure Planet) This seemed like the best avocado I've ever eaten! I guess I'm just really craving some extra fat today.

**3:00PM** 1 piece Chocolate Peanut Butter Goji Berry Fudge (recipe on website)

**5:30PM** 2 cups Thai Coconut Soup (recipe on website) with Spinach Salad, Coconut Cheese, Pecans and Beet Cubes (recipe in Real Life Raw: 30 Days To Raw) with 32 ounces water

**7:00PM** 2 BIG handfuls of BBQ Kale Chips (recipe in Real Life Raw: Kids in the Kitchen)

### Tuesday

**4:00AM** 32 ounces water

**7:30AM** Approximately 32 ounces of juice: 8 large

## WHAT TINA JO ATE...

carrots, 1 head of romaine lettuce, 2 handfuls of spinach leaves, 2 large tomatoes, 1 small lime, one bunch of celery, two medium cucumbers, one handful of cilantro

**9:30AM** 2 Granny Smith apples with 4 tablespoons Chocolate Hazelnut Butter and 32 ounces water (there's my sweet tooth again;) 2 cups hazelnuts, soaked 6 hours, drained, rinsed and dehydrated, 1 ½ cups agave nectar, ½ teaspoon Himalayan pink salt, 1 teaspoon cinnamon, ½ cup coconut oil, liquid, ¾ cup cacao powder. Place hazelnuts, salt and cinnamon into a food processor. Process until nuts become butter. Add coconut oil and cacao to nut butter and process again until all ingredients are well combined. Place in airtight glass container. Will keep for one month. It NEVER lasts that long in my house, not with me around!

**12:00PM** 32 ounces water with juice of two limes

**4:30PM** 32 ounces water mixed with 3 scoops Sun is Shining (Sunfood, green superfood supplement powder)

**7:00PM** **Leftovers:** 3 cups Wild Rice with Acorn Squash, Walnuts and Ruby Red Pomegranates, 16 ounces Yogi organic ginger tea and one large red delicious apple (Starving... shot videos all afternoon, no time to eat)



## Wednesday

**4:30AM** 32 ounces water

**7:30AM** Approximately 32 ounces of **juice:** 8 large carrots, 4 handfuls of spinach leaves, 2 large beets, 1 thumb size piece of ginger, ½ head of purple cabbage, 6 celery stalks

**12:00PM** 2 **Asian Salad Rolls with Spicy Peanut Sauce** with 32 ounces water

**2:00PM** 1 cup Pomegranates seeds, 32 ounces water mixed with 2 tablespoons wheatgrass juice powder (Green Kamut from Pure Planet)

**5:30PM** 3 cups **Carrot Salad with Spinach, Feta Nut Cheese and Oranges** (salad recipe on website), 2 cups Kahlua Chocolicious Pudding and 32 ounces of water (pudding recipe makes 6 cups), ¾ cup almond nut milk, ½ cup Kahlua (Kahlua is vegan, however not raw.), 2 teaspoons vanilla powder, ½ teaspoon Frontier organic apple pie spice, ¼ teaspoon Himalayan pink salt, 2 large avocados, 1 cup dark agave nectar, ½ cup cocoa powder

**7:00PM** 16 ounces Yogi organic ginger tea (perhaps... I had too much pudding)

# WHAT TINA JO ATE...

## Thursday

**4:30AM** 32 ounces water

**7:30AM** Approximately 32 ounces of juice: 8 large carrots, 2 handfuls of spinach leaves, 8 large kale leaves, 1 large red delicious apple, 4 celery stacks, one red pepper, one lime

**12:30PM** 32 ounces water with 2 tablespoons wheatgrass juice powder (Green Kamut from Pure Planet and 1 Crazy Berry Crepes (recipe in Real Life Raw: Kids In The Kitchen)

**2:00PM** 2 cups **Fennel, Tangerine and Pomegranate Salad** with 32 ounces water (recipes makes approximately 8 cups); 2 large fennel sliced on the thinnest setting on Mandoline Slicer, 4 green onion minced, 6 tangerines peeled and sectioned, ½ cup cilantro minced. Toss ingredients in bowl add Pomegranate Vinaigrette; 1 cup pomegranate juice, ½ teaspoon dark agave, ½ teaspoon Himalayan pink salt, 1 teaspoon balsamic vinegar (Lucero) 1 teaspoon extra-virgin olive oil

**6:00PM** 1 slice of **Manna Bread** (fruit and nut) with 2 tablespoons Chocolate Hazelnut butter (recipe attached) and 32 ounces water

## Friday

**4:30AM** 32 ounces water

**7:30AM** Approximately 32 ounces of juice: 8 large carrots, 3 handfuls of spinach, one head of romaine, 1 cup alfalfa sprouts, 2 medium red delicious apple, 4 celery stacks, ½ red pepper, ½ cucumber, one lime

**10:00AM** 16 ounces Yogi organic ginger tea

**12:00PM** 1 cup **Kahlua Chocolicious Pudding** with 32 ounces water (Come on, it's Saturday after all!)

**2:00PM** 3 cups **Carrot, Raisin, Walnut Salad** with one slice of Manna Bread (Multi-Grain) and 32 ounces water mixed with 3 scoops Sun is Shining (Sunfood, green superfood supplement powder)



**6:00PM** 2 cups Creamy Celery Root and Spinach Soup with 32 ounces water (recipe in Real Life Raw:30 Days To Raw)

## Saturday

**4:30AM** 32 ounces water with 3 enzymes (Sunfood Beauty Enzymes)

**7:30AM** Approximately 32 ounces of juice: 10 large carrots, 5 handfuls of spinach, one head of romaine, 1 cup sunflower sprouts, 1 celery bunch, 1 red pepper, 1 cucumber, one thumb size piece of garlic (One day a week, every week, I do a juice feast. Today is that day.)

**10:00AM** 32 ounces water mixed with 3 scoops of Sun is Shining (Sunfood, green superfood supplement powder) and 2 enzymes (Sunfood Beauty Enzymes)

**12:00PM** Approximately 32 ounces of juice: 2 cups freshly squeezed orange juice, 10 large carrots, 4 large beets with greens

**3:00PM** Approximately 32 ounces of juice: 8 large carrots, 5 kale leaves, 2 handfuls of watercress, large pears, 1 celery bunch, 2 cucumbers

**4:30PM** 32 ounces water mixed with 3 scoops Sun is Shining (Sunfood, green superfood supplement powder)

**6:30PM** Approximately 32 ounces of juice: 8 large carrots, 5 kale leaves, 2 handfuls of spinach, 4 large tomatoes, 1 celery bunch, 2 cucumbers

I am a long-term raw vegan mother to five raw vegan, home-birther, home-schooled children. I am the author of **The Garden Diet**, **The Daily Raw Inspiration**, and **Pear Magazine** Online. I also conduct the 21 Day Raw Cleanse and the 28 Day Transition to Raw Program online. I enjoy reading, writing, hiking, and playing music. I live with my family in the mountains of Southern California. You can read my blog at <http://www.JinjeeTalifero.com>

I created **The Garden Diet** to help spread awareness that heat destroys nutrients and creates carcinogenic toxins in our food.

The Garden Diet is focused on fresh raw foods, a balance of a large variety of fruits, vegetables, greens, nuts, seeds, sprouts, and sprouted lentils. The Garden Diet is a raw diet that was designed to be simple, delicious, and effective on a long-term basis. It was designed to be family-friendly. As such, it had to taste good to get past the palates of six kids. Kids tend to be picky. We had to come up with universally accepted dishes or end up



preparing six different meals at a time. We had to create meals that were not only delicious, but also provided balanced nutrition to support growing bodies! As adults we simply need to maintain our bodies, but children are actually building their bodies! All the building blocks have to be there in the

food. All the nutrients and micro-nutrients have to be there in an easily absorbed form. Our oldest is now 16 and thriving, I believe, due to The Garden Diet.

The Garden Diet also had to work long-term for a man and an athlete. My husband, Storm, has been raw for 38 years, and is still going strong at 61 years old! The Garden Diet has passed the long-term-raw-diet test.

The Garden Diet also had to work for a pregnant and nursing Mother. Over the last 18 years, I've had five pregnancies, five home-births, and nursed each child for three years. And rather than taking a toll, I have only seen my health improve over time on this diet.

So what is The Garden Diet? On top of all the raw vegan food groups mentioned, we use raw honey (which is not vegan), unrefined Celtic Sea Salt which is full of minerals, extra-virgin cold-pressed olive oil, and flax oil. We use raw carob powder, dried herbal seasonings and spices such as marjoram, sage, cumin, coriander, cinnamon, etc. On occasion we buy wild black rice and eat it after soaking it. Also on occasion we use raw steel cut rolled oats which we soak before eating. In the past we've eaten soaked grains like buckwheat, wheat



germ, and oat groats. We also eat olives. And we eat some fermented foods including pickles, sauerkraut, kim-chi, and mustard.

We eat a lot of seaweed, mostly laver, dulse, wakami, arame, and nori. I believe we get our B12 from the honey, bee pollen, fermented foods and seaweeds. I think we get a little through the dirt on our veggies too. I purposely don't wash them too thoroughly, especially the ones from our most revered

organic farmers, so that we can consume this bit of dirt. I started this practice after learning that some people were popping dirt-capsules to get B12. Someone told me that just working in a garden can give you B12 through breathing the earth and getting it through your skin and under your fingernails.

We believe that soaking nuts makes them more viable and easily digested, however we also use un-soaked raw nuts.

We don't dehydrate any foods, but will eat dehydrated packaged or raw restaurant food on occasion. We don't

use any concentrated soy products like Braggs Liquid Aminos, nama shoyu, soy sauce, miso, tempeh, seitan, etc... due to their MSG-like effects. Nutritional yeast, which we recently got into turned out to have similar MSG-like effects on some of the kids, making them moody. We also don't do any "superfoods" such as chlorella, spirulina, raw cacao, green drink powders, maca, lucuma, etc...

I think Storm's motto "Fresh Is Best" really sums up our dietary philosophy. This is the whole reason we live in Southern California; to have access to farm-fresh just-picked produce

year-round! It seems to make a big difference in the nutrient levels of the food. We are able to get all our nutrients from our food, and therefore we don't take any supplements.

Although we learned that some supplements can prevent our body from creating or absorbing the

nutrients from food, we still hear about people in places where fresh food isn't always available improving their health through taking supplements. We are not against supplements but our family has shown over time that, if desired, it really is possible to get all one's nutrients from fresh raw vegan foods!

I love the idea of eating locally, but significant raw fat sources are limited to avocados,

durian, coconut, olives, olive oil, flax oil, hemp oil, purslane, okra, nuts and seeds. To ensure we are eating a

sufficient amount of fat necessary to run the body and brain, we do eat durian and young coconuts, which come from Thailand. Without really trying to eat locally, I just realized that about 80% of our food is grown within the surrounding 100 miles. Most of our food is bought at farmers' markets and directly from farms. The grocery stores we shop at carry mostly local produce.



**I created The Garden Diet to help spread awareness that heat destroys nutrients and creates carcinogenic toxins in our food.**

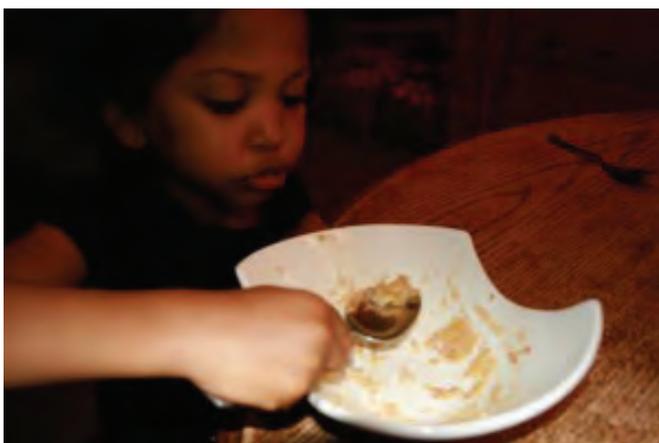


As far as eating a percentage of this or that, it really varies. We just make sure we eat a variety of foods. There are rumors that Storm is a fruitarian. I think this is because

he'll now and then do a couple of weeks on just fruits, as a cleanse. My favorite cleanse is similar, just eating whole foods for a time... fruits and vegetables. The kids don't do these cleanses.

Dark leafy greens are like a raw vegan food group in themselves. With incredible health benefits and healing properties, they are also the best source of protein in the world. In fact, when we eat meat for protein it is the building blocks of the greens that the animal ate that provide this protein second-hand.

Frozen food retains 50-90% of its nutrients, and freezing does not generate toxins, so we will freeze fruit and make ice cream and smoothies with it.



Our 21 Day Raw Cleanse follows The Garden Diet principles above. Weeks One and Three are full of our favorite recipes, like sushi, nut burgers, falafels, tacos, nut-milks, seed patés, nut-cheeses, desserts, ice cream, carob balls, apple pie, kelp noodles, salads, veggie juices, fruit smoothies, etc... Week Two is the deep-cleansing week which is more of a whole foods fast with lots of liquids and greens. The 28 Day Transition-to-Raw Program is also a 100% raw vegan program which is based on the 21 Day Cleanse but with an additional week's worth of recipes to help launch a person in to a raw vegan lifestyle easily and safely.

I don't believe one diet is right for everyone. But I enjoy sharing what has worked for us, and I hope that you may benefit from our experience and take from it the parts that make sense and feel right to you!

In Joy!  
Jinjee

[TheGardenDiet.com](http://TheGardenDiet.com)

# What Jinjee Ate...

## Monday

- Breakfast Orange juice
- Snack 1 date and 2 kiwis
- Lunch Kale salad
- Snack **Notmilk:** soaked, peeled almonds blended with water, dates, and honey
- Dinner Kelp noodles with cashew cheese: cashews blended to flour, with lemon, paprika and salt added
- Dessert Raspberry torte

## Tuesday

- Breakfast Orange juice
- Lunch Soaked sunflower seeds with tomato and lemon
- Snack Warm peppermint tea with honey
- Dinner Spinach carrot vinaigrette
- Dessert Almond carob cookie

## Wednesday

- Breakfast Orange Juice, Guava smoothie
- Snack Almond milk, chamomile tea
- Lunch Apple Pie with Orange pineapple ice cream
- Snack Celery sticks
- Dinner Avocado with chopped celery and laver seaweed

## Thursday

- Breakfast Hibiscus Honey Tea
- Snack 3 bananas
- Lunch Green juice
- Dinner Raw burgers, jicama fries, and marinated veggies

## Friday

- Breakfast Orange juice
- Lunch **Raw tacos:** almond/coconut blend wrapped with veggies in iceberg lettuce
- Snack Avocado
- Dinner Taco salad (from lunch leftovers)
- Dessert Almond-butter milk: raw almond butter blended with honey, dates, raw carob powder and water

## Saturday

- Breakfast Durian
- Lunch Avocado/tomato/sundried tomato paste wraps
- Snack Carob coconut balls/snow balls: made with almond butter, honey, carob powder and coconut shreds
- Dinner Microgreens salad with tahini dressing
- Dessert Apple

## Sunday

- Breakfast Orange juice banana smoothie
- Snack Macadamia nuts and raisins
- Lunch **Tabouli:** herb salad with parsley, cilantro, tomatoes, hemp seeds, avocado, olive oil, salt, honey
- Dinner Celery soup
- Dessert Raspberry torte



I grew up in a military family, and lived overseas, moving throughout Europe every 2-3 years. My childhood consisted of being exposed to all kinds of cultures and their eating habits. We always shopped at small local markets and farmer stands where freshly picked produce was abundant, grown right outside of town. Our meals were from scratch and the breads we consumed were all stoneground, whole grains ones, baked at home. Though we did regularly partake in dairy products and eggs, they were unpasteurized from our own neighbor's backyard livestock.

I was raised to recognize only colorful, high quality, foods as nutritious while processed foods would remain somewhat of a mystery to me until I moved back to the states in my late teens. That is when I witnessed the need for the majority of Americans eating a rather SAD diet, to experience enlightenment in the area of snacking!

I attended college at Lipscomb University in Tennessee, where I worked part-time at Whole Foods in Nashville. Music stars and those that aspired to be, would come into our store to inquire about cleanses in order to look fresh and glowing for photo shoots and performances. It was so much fun learning about and teaching everything from the master cleanse to macrobiotics, to liver flushes and the raw food diet.

Our department ordered educational books on fasting and juicing to fill the demand, and I read them as they were stocked. I started ordering fresh vegetable juices and wheatgrass shots on my breaks and loved how they made me feel so vibrant and energetic. Soon I bought my first juicer, and I have been juicing ever since. I also followed several cleansing programs and started experimenting with eating only raw and living foods.

After getting a job in the vitamin industry at GNC, I became disheartened by the number of customers coming in to look for quick-fix pills for anything from obesity to insomnia. I could not seem to help people understand how much of a difference diet and exercise can really make!



I am excited to show by example the beauty of true health.

Eventually, I moved to California, to see where the organic crops grow and so I could interact with the rather large raw food community. I went to potlucks, meet-ups and talks given by the raw food leaders amongst us and attended the **Living Light Culinary Institute** before continuing my education with a more simple food approach.

I worked for an online raw food company and ultimately wound up with as the volunteer

co-ordinator for the annual RAW HEALTH EXPO, which I have done for the past two years. I also demonstrate juicers at the Health Expos East and West every year.

I now live in Sonoma County, California and besides my passion for raw foods, I also work in dog rescue and have fostered and placed many dogs in danger of being euthanized. I work on improving their health with juice pulp and other canine friendly living foods.

I believe in improving lives with antioxidant rich, enzyme loaded, fiber-full, good-for-you foods in the state nature intended them for both humans and canines. I am excited to show by example the beauty of true health.

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See my YouTube channel at [www.youtube.com/enovalee.com](http://www.youtube.com/enovalee.com) and on Facebook as [novalee truesdell](#) or contact me at [enovalee@aol.com](mailto:enovalee@aol.com)

## WHAT NOVALEE ATE...

### Monday

**9:00AM** 16 ounces water

**11:00AM** 12 ounces **green juice**: ½ cucumber, ½ bunch parsley, 3 collard leaves, 1 medium beet, 1 Granny Smith apple

**1:30PM** 1 whole papaya

**3:30PM** 12 ounces water

**7:00PM** **Salad**: 3 cups thinly chopped collards with 2 handfuls baby spinach with tahini lemon dressing: ½ cup sesame seeds, 1 clove garlic, juice of two large meyer lemons, 4 raw black olives, pitted and chopped

**9:30PM** 1 Maca Roonies raw macaroons, ¼ cup organic tart cherry juice with 6 ounces Pellagrino

### Tuesday

**9:00AM** 12 ounces water

**11:00AM** 2 carob pods

**11:30AM** 16 ounces **green juice**: 1 English cucumber, 1 inch knob ginger, unpeeled, 4 stalks celery, 1 Granny Smith apple, ½ bunch parsley

**3:00PM** 2 pint sized containers blueberries

**8:00PM** **Butternut Squash Salad**: 1 cup shredded butternut squash, 1 small bunch Italian flat leaf parsley, ½ English cucumber, chopped, 1 Florida lo-cal avocado, diced, 1/3 cup Wills Valley organic unpasteurized sauerkraut, 1 blood orange to squeeze on top

**10:00PM** 12 ounces Pellagrino

### Wednesday

**8:30AM** 11 ounces POM pomegranate juice

**9:00AM** 1 8 ounce bag mini carrots

**12:00PM** 1 whole papaya

**2:30PM** 12 ounces water

**5:00PM** **Guilt-Free Dinner Smoothie**: 1 red bell pepper, 3 peeled tangerines, 2 sheets raw nori, 1 romaine lettuce heart, 1 clove raw garlic, 1 heaping tablespoon Wills Valley organic unpasteurized sauerkraut

**7:00PM** 11.2 ounces Zico brand coconut water

**8:40PM** 1 Pink Lady apple, 1 Trader Joe's individual Go Raw Trek Mix, 1.5 ounce packet: walnuts, raisins, hazelnuts, almonds, cashews

## WHAT NOVALEE ATE...



**9:15PM** 11 ounces Pellagrino sparkling water, ½ cup organic tart red cherry juice

### Thursday

**10:15AM** 2 mugs Yogi brand detox tea with organic dandelion

**12:00PM** 16 ounces fresh honeydew melon juice: skin, seeds and all through the juicer

**6:00PM** 5 ounce container Earthbound baby arugula salad plus 1 chopped romaine heart with Mac Nut Dressing: 1 cup cara cara orange juice, 1/3 cup raw macadamia nuts, 4 inch length piece of dulse seaweed

**9:10PM**  **pudding Dessert** with 2 tablespoons fresh pomegranate seeds, 2 tablespoons chia seeds, 1 9.5 ounce coconut water (REAL coconut water by Happiness In A Bottle), 1 fuyu persimmon

**9:45PM** 10 ounces Pellagrino sparkling water

### Friday

**9:20AM** 8 ounces Pellagrino sparkling water with 4 ounces fresh squeezed orange juice

**11:45AM** 1 whole papaya

**3:00PM**  **Veggie Juice**: 2 large red bell peppers (hothouse), 4 roma tomatoes, 4 carrots, 2 celery stalks, ½ lemon

**8:00PM**  **Cabbage Boat Tacos**: 4-5 purple cabbage, inner leaves that curl like little cups, ¾ cup shredded cucumber, ½ cup shredded carrot, 4 tablespoons Muir Glen Garlic Cilantro Salsa, 5 tablespoons guacamole, 5 black olives, pitted and sliced

**9:40PM**  **1 Maca Roonie raw macaroon**, ¼ cup organic tart cherry juice with 6 ounces Pellagrino

### Saturday

**11:00AM**  **Pineapple Beet Juice**: ½ an organic pineapple, 1 medium red beet, 1 English cucumber, one inch knob of unpeeled ginger

**1:30PM**  **Spinach Salad**: 5 ounce bag Earthbound baby spinach with one blood orange squeezed on top, and ¼ cup Wills Valley Organic Raw Sauerkraut

**7:20PM**  **Soup**: 1 cup coconut water (REAL coconut water by Happiness In A Bottle), 1 cup carrot juice, 1 avocado, 1 large slicing tomato, 1 red bell pepper, wakame seaweed and 3 tablespoons Muir Glen Garlic Cilantro Salsa stirred in

**9:30PM** 10 ounces water

### Sunday

**10:00AM** 2 mugs Yogi brand detox tea with organic dandelion

**11:00AM** 2 carob pods

**1:00PM** 2 pint-sized containers fresh blueberries

**3:00PM** 12 ounces water

**5:00PM** Salad with orange raspberry dressing: put two oranges and a 6 ounce container of raspberries through the juicer and pour it over a 5 ounce container of Earthbound baby romaine lettuce

**8:30PM**  **Nori Rolls**: mung bean sprouts, avocado, yellow bell pepper, Wills Valley Organic Raw Sauerkraut

**10:00PM** 10 ounces water

If you could sum up my message in a simple phrase, it would be: Respect for all life. Devoted to cultural healing and awakening, my Ph.D. degree from the University of California, Berkeley, focused on educating intuition and altruism in adults. Subsequently I taught college courses in philosophy, religion, mythology, humanities, music, and creativity, and I also created seven CD albums of original piano music. My presentations are intended to inspire and often include evocative animal paintings by my wife, Madeleine, a visionary artist from Switzerland.



gatherings, and for yoga, meditation, vegetarian, environmental, peace, and social justice communities.

Born in Emerson Hospital in 1953 in Concord, Massachusetts, I learned to swim in Walden Pond, attended Thoreau School, Alcott School, and from an early age was semi-consciously immersed in the spiritual aura of the Concord Transcendentalists.



I've been vegan since 1980, and am a Dharma Master in the Zen Buddhist tradition. As an educator, author, pianist, and composer, I have lectured and performed widely throughout North America and Europe, and am a recipient of The Peace Abbey's "Courage of Conscience Award." Many people know me from my #1 Amazon best-selling book, **The World Peace Diet**.

Living in our solar-powered "rolling home", Madeleine and I have been travelling full-time for the past 15 years. I present around 100-150 lectures yearly. I also offer retreats, workshops, and concerts through colleges and university groups, progressive churches, conferences, spiritual

**"I've been vegan since 1980..."**

I was the oldest child in our family. My father was a writer, newspaper publisher, pianist, and outdoor adventurer; my mother was an artist and writer. I grew up with a love of nature, animals, sports, books, and music and was a church organist in high school. Attending Colby College in Maine in the early 1970s, I discovered the poetry of Walt Whitman, the progressive writings of Noam Chomsky and the spiritual teachings of Emerson and Thoreau, as well as Zen, Vedanta, Taoism, and mystical Christianity.

Following my graduation from Colby, I was inspired to go on a spiritual pilgrimage. I left home in September, 1975, with my brother Ed, heading west toward California in a dedicated search for cosmic consciousness.

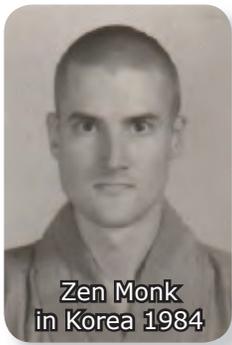


Our many months of walking brought us west as far as Buffalo, and then we headed south, walking about 20 miles daily on small country roads; eventually arriving in Tennessee, practicing meditation and non-attachment as we went. After several months, we arrived at The Farm, the largest

hippie commune in the world at that time, with about 900 people, and it was there that I became a vegetarian. We continued on, walking to Huntsville, Alabama, where we took up residence in a Korean Zen Center, and devoted 8-10 hours daily to Zen meditation.

Eventually, I moved to San Francisco where I lived in a Tibetan Buddhist meditation center for about two years. In Oakland I continued studying Zen with Zen master Donald Gilbert. I also became involved in peace, animal rights, and environmental activism.

In 1984, I completed my M.A. degree in Humanities at San Francisco State University, focusing on Zen arts, and was the first person ever at S.F.S.U. to use the language of music to fulfill the foreign language requirement for my master's degree. I had a 4.0 GPA and received the Graduate Student Distinguished Achievement Award.

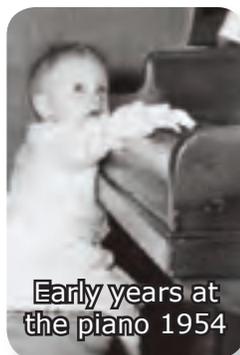


Zen Monk  
in Korea 1984

Shortly after this, I shaved my head and headed to Korea to live as a Zen monk in Songgwang Sa Zen temple, one of the largest and most respected Zen centers in Korea. At the temple I undertook a traditional 90-day silent intensive meditation retreat. Upon returning to the States, I began teaching college

courses in philosophy, humanities, and religion and enrolled at U.C., Berkeley, where I studied in the Graduate School of Education and received my Ph.D. in 1988, focusing on educating intuition. I had a 4.0+ GPA at Berkeley, and my pioneering dissertation on educating intuition in adults was nominated for the Best Dissertation Award.

After several years of teaching college full-time, I decided to focus on music composition and performance. I spent the next fifteen years creating albums of original uplifting piano music and performing extensively throughout North America and Europe. I met my spouse, Madeleine, in Switzerland in 1990, and we have been traveling full-time since 1995, presenting lectures, concerts, and workshops.



Early years at  
the piano 1954

In late 2005, I published a groundbreaking book, **The World Peace Diet**, which was the first book to

give the big picture of the consequences of eating animal-sourced foods. I now focus much of my time on spreading the vegan message through lectures and through training people to be World Peace Diet Facilitators, so they can more effectively and confidently spread the message of compassion for all life in communities throughout the world.



As a 30+ year vegan, I am delighted to be sharing life with my wife, Madeleine, a Swiss artist and long-time vegan, carrying out our mission to help veganize North America and the world. We don't go to doctors or carry medical insurance, and haven't

taken a pill or had a TV in over 35 years. I haven't missed a day of meditation (or a scheduled presentation) in 35 years, and most days we enjoy taking a swim and a nature walk somewhere in North America as we travel around the continent in our rolling home putting on events.

Besides giving piano concerts throughout North America, I present seminars on developing spiritual intuition and on the importance of transitioning to a vegan diet. Madeleine is a gifted artist, and all of the concerts, lectures and seminars include her evocative paintings of animals. In addition, she plays the silver flute and accompanies my piano music, and is a talented chef, craftsperson, Waldorf school educator, and spiritual healer.

Together, we also offer something that is unique on the planet: we take appointments and meet with individuals (and couples), tune into their energy, and create piano music and watercolor art that are inspired by the unique essence of the individual or couple. There are now thousands of people throughout the world who treasure the individualized CDs and paintings that we have created in musical and artistic meditation. We also work through photographs, and people can give these healing music and art sessions to others (and themselves) this way.

I am often recognized for bringing the spiritual dimension into veganism through **The World Peace Diet**, as well as through articles, lectures, radio, TV, and print interviews, trainings, and online seminars.

The annual World Peace and Yoga Jubilee, noted for combining veganism and spirituality, is inspired by The World Peace Diet, and is held every October in Cincinnati. I offer an annual World Peace Diet facilitators training there, as well as an online teleseminar, for people interested in more fully understanding, living, and articulating the vegan message.

My perception of veganism is as a modern expression of "ahimsa," the ancient core of all spiritual teachings, which is non-violence. Whatever we sow, we will inevitably reap, and the key to happiness lies in blessing others and being loving and kind to all beings. Violence in word, thought, and deed harms oneself more than it does others.



Will and Madeleine and their rolling home

I believe that we are all born into a culture that forces us to participate in rituals of violence (meals) from infancy. We are injected with a mentality of reductionism, exclusion, privilege, and might-makes-right: seeing others as mere instruments to be used for one's own pleasure and gain. I teach that veganism is coming home into one's true heart,

and seeing beings as beings, and respecting them as equally sacred manifestations of divine life.

My message is that veganism is a philosophy and practice of radical inclusion, and that going vegan is the most positive, uplifting, and transformative action any human being can make in our culture today. I see it as a profound and effective questioning of the core violence of our culture. I believe that veganism is a loving response that makes us part of the solution to the crises that beset us, rather than being part of the problem.

**"...switching to a plant-based diet for ethical reasons is the first step in a spiritual adventure that blesses the world."**

For me, questioning our culture's food choices and switching to a plant-based diet for ethical reasons is the first step in a spiritual adventure that blesses the world. Choosing a vegan path can lead us to ever-higher states of spiritual awareness, leading to liberation and the fulfillment of our purpose on this Earth.

I feel that the greatest gift we can give others is the gift of sharing the vegan message, and living it as deeply as we can. It is the message of the interconnectedness of all life, and the message that love is the ultimate power, that life is a blessing, and that our greatest joy comes from authentically contributing to the welfare of others.

May you who read these lines be happy, free, and at peace!

## WEB SITES

Music and art:  
<http://willtuttle.com>

The World Peace Diet book:  
<http://worldpeacediet.org>

Circle of Compassion and the Worldwide Prayer Circle for Animals:  
<http://circleofcompassion.org>

Daily Veg Inspiration for the Day:  
<http://worldpeacediet.com>

Facebook:  
<http://worldpeacediet.net>

Tour schedule  
<http://willtuttle.com/schedule.htm>

# WHAT WILL ATE...

All ingredients are vegan and organic

## Sunday

5:45AM 16 ounces water

9:30AM **Green Smoothie:** 1 large leaf of kale, 1 apple, 1 banana, ½ grapefruit, 2 tablespoons flax seeds (pre-ground in coffee mill), ½ inch piece of ginger root, 1 teaspoon kelp, ¼ cup raisins, dash of ground cinnamon and clove. Water added as needed. Made with a VitaMix-all raw. Lasts until lunch—love it

12:30PM **Whole wheat organic tortillas** (usually Garden of Eatin' or Alvarado Street brand). Together, they are filled with: 1 cup alfalfa/clover/radish sprouts, and the following chopped veggies: 4 leaves green-leaf lettuce, ½ tomato, 1/3 cucumber, 2 spring onions, 1 grated carrot, ¼ cup walnuts, 4 sundried raw black olives, 1 teaspoon grated horse radish, 1 teaspoon dried mixed Italian herbs, and a few dashes of cayenne pepper. Also 2 tablespoons Vegenaize (1 tablespoon per tortilla)

3:30PM **Green drink:** 1 teaspoon Vitamineral Green drink plus ½ teaspoon Sequel Health/Performance Optimizer drink mixed in 8 ounces water. ¾ cup home-made raw nut milk (made from sunflower seeds, hazel nuts, pumpkin seeds, and almonds in Soyabella machine) with 2 teaspoons carob

6:00PM **Buckwheat with miso soup:** ¾ cup buckwheat groats (about 2 cups cooked), 1 tablespoon miso, 2 sundried tomato halves, 1 tablespoon seaweed (arame or dulse), 1 teaspoon grated ginger root, plus the following steamed chopped veggies: 1 cup red cabbage, 1 large leaf of kale, and 1 cup kabocha squash

## Monday

5:45AM 16 ounces water

9:30AM **Green Smoothie:** 1 large leaf of kale, 1 apple, 1 banana, 1 orange, ¼ lemon with peel, 5 almonds, 2 tablespoons flax seeds (pre-ground in coffee mill), ½

inch piece of ginger root, 1 teaspoon kelp, dash of ground nutmeg and cinnamon. Water added as needed. Made with a VitaMix-all raw.

12:30PM **Whole wheat organic tortillas** (usually Garden of Eatin' or Alvarado Street brand). Together, they are filled with: 1 cup alfalfa/clover/radish sprouts, and the following chopped veggies: 4 leaves green-leaf lettuce, ½ tomato, 1/3 cucumber, 2 spring onions, 1 grated carrot, ¼ cup walnuts, 4 sun-dried raw black olives, 1 teaspoon grated horse radish, 1 teaspoon dried mixed Italian herbs, and a few dashes of cayenne pepper. Also 2 tablespoons Vegenaize (1 tablespoon per tortilla)

4:00PM 1 cup "**Nokara**"—the remaining pulp from the above raw nutmilk, with 1 teaspoon mesquite powder and 2 tablespoons goji berries

6:00PM **Polenta** with green beans: ¾ cups medium-ground corn meal (about 2 cups cooked), 1 cup lightly steamed green beans. ½ raw diced red pepper added on top at the end, plus 1 tablespoon olive oil, 1 teaspoon nutritional yeast, 1 teaspoon tamari, and 1 teaspoon dried Italian herb mix

## Tuesday

5:45AM 16 ounces water

9:30AM **Green Smoothie:** 1 large leaf of kale, 1 stalk celery, 1 apple, 1 banana, 1 orange, ½ lemon with peel, 1 cup grapes, 5 almonds, 2 tablespoons flax seeds (pre-ground in coffee mill), ½ inch piece of ginger root, 1 teaspoon kelp. Water added as needed. Made with a Vitamix-all raw.

12:30PM 3 steamed potatoes mixed with raw salad made with chopped veggies: 3 lettuce leaves, 2 celery stalks, ½ tomato, 1/3 cucumber, ¼ red pepper, plus 1 grated carrot, ¼ cup chopped cilantro, ½ cup clover/radish sprouts, juice of ½ lemon, 1 tablespoon Vegenaize, 2 teaspoons olive oil, 1 teaspoon dried basil, and several dashes of cayenne.

# WHAT WILL ATE...

- 3:30PM **Green drink:** 1 teaspoon Vitamineral Green drink plus ½ teaspoon Sequel Health/Performance Optimizer drink mixed in 8 ounces water. 1 handful of raw seed, nut and raisin mix (basic mix of sunflower seeds, pumpkin seeds, raisins, hazelnuts.)
- 6:00PM 5 ounces whole spelt noodles with the following steamed veggies: 1 cup kabocha squash, 1 cup broccoli, and ½ diced onions. Topped with 2 tablespoons Provamel soy cream, 1 teaspoon dried peppermint, pinch Celtic salt and ¼ teaspoon fresh-ground black pepper

## Wednesday

- 5:45AM 16 ounces water
- 9:30AM **Green Smoothie:** 1 large leaf of kale, 1 apple, 1 banana, ½ grapefruit, ½ cup raspberries, ¼ cup raisins, 2 tablespoons flax seeds (pre-ground in coffee mill), ½ inch piece of ginger root, 1 teaspoon kelp, dash of ground cinnamon and clove. Water added as needed. Made with a Vitamix-all raw
- 12:30PM Same as Sunday, except substitute 1½ strips of tempeh (1 ounce) for the walnuts.
- 3:30PM **Green drink:** 1 teaspoon Vitamineral Green drink plus ½ teaspoon Sequel Health/Performance Optimizer drink mixed in 8 ounces water. ¾ cup home-made raw nut milk (made from sunflower seeds, hazel nuts, pumpkin seeds, and almonds in Soyabella machine) with 1/8 teaspoon raw vanilla powder and pinch stevia.
- 6:00PM **Lasagna:** 5 strips of rice pasta steamed with 1 ¾ zucchinis and ½ onion, together with 2 tablespoons nutritional yeast, 3 tablespoons Provamel soy cream, ¾ cup 365 brand organic pasta sauce, 1 teaspoon Italian herb mix, 1 teaspoon sage, a few dashes of cayenne pepper and Celtic salt.

## Thursday

- 5:45AM 16 ounces water

- 9:30AM Same as Sunday - **Green Smoothie**
- 12:30PM Same as Sunday - **Whole wheat organic tortillas**
- 4:00PM **Green drink:** 1 teaspoon Vitamineral Green drink plus ½ teaspoon Sequel Health/Performance Optimizer drink mixed in 8 ounces water. 1 cup "Nokara"—the remaining pulp from the above raw nutmilk, with 1 teaspoon mesquite powder and 2 tablespoons goji berries.
- 6:00PM **Rice with veggie ragout:** ½ cup uncooked rice, yielding 1½ cups rice, with the following lightly steamed veggies: 2 leaves green cabbage, 1 cup chopped kabocha squash, 1 carrot, 2 leaves of kale, ½ eggplant, 1 cup snow peas. Topped with ½ cup raw diced cilantro, 2 tablespoons olive oil, 1 teaspoon tamari.

## Friday

- 5:45AM 16 ounces water
- 9:30AM Same as Monday - **Green Smoothie**
- 12:30PM **Rice salad:** 4 cups cooked rice mixed with raw salad consisting of 4 cups mixed greens, 1 grated carrot, ½ cup clover sprouts, ¼ chopped green pepper, ¼ cup chopped parsley, and a tahini dressing made of 2 tablespoons raw tahini, juice of ½ lemon, ½ cup tomato sauce, 1 teaspoon dried cilantro, and water as needed to mix.
- 3:30PM **Green drink:** 1 teaspoon Vitamineral Green drink plus ½ teaspoon Sequel Health/Performance Optimizer drink mixed in 8 ounces water. 1 handful of raw seed, nut and raisin mix (basic mix of sunflower seeds, pumpkin seeds, raisins, hazelnuts).
- 6:00PM Steamed bulgur with turmeric and cumin: ¾ cup uncooked bulgur, yielding 2 cups bulgur cooked with 1 tablespoon turmeric and 1 tablespoon cumin, topped with raw veggie sauce consisting of 2 cups finely diced greens, 1/3 diced yellow pepper, 2 chopped spring onions, 1 grated carrot, 1 tablespoon olive oil, 1 teaspoon dried peppermint, 1 teaspoon tamari.

## WHAT WILL ATE...

All ingredients are vegan and organic

### Saturday

5:45AM 16 ounces water

9:30AM Same as Tuesday - **Green Smoothie**

12:30PM 2 whole wheat organic tortillas (usually Garden of Eatin' or Alvarado Street brand). Together, they are filled with: 1 cup alfalfa/clover/radish sprouts, and the following chopped veggies: 4 leaves green-leaf lettuce, ½ tomato, 1/3 cucumber, 2 spring onions, 1 grated carrot, ¼ cup walnuts, 4 sun-dried raw black olives, 1 teaspoon grated horse radish, 1 teaspoon dried mixed Italian herbs, and a few dashes of cayenne pepper. Also 2 tablespoons Vegemise (1 tablespoon per tortilla)

3:30PM **Green drink:** 1 teaspoon Vitamineral Green drink plus ½ teaspoon Sequel Health/Performance Optimizer drink mixed in 8 ounces water

6:00PM **Quinoa with mixed steamed veggies:** ¾ cup quinoa, yielding 2 cups

cooked quinoa, plus the following lightly steamed chopped veggies:

1 cup cauliflower, 1 cup green cabbage, 1 carrot, ½ onion, 1 cup peas.

Topped with 1 teaspoon dried dill, 1 teaspoon paprika, 1 ½ tablespoons toasted sesame oil, and pinch of Celtic salt and ¼ teaspoon black pepper.

Times are quite punctual. Madeleine prepares the meals, and she does it as a meditation of love and creativity. I am deeply blessed to be able to partake of her cuisine! A watercolor painter, she likes to "paint the meals," making them visually beautiful arrangements of the appealing colors and shapes that plant-foods offer. Our meals are sacred times where we sit together and enjoy the food, offering a silent prayer before, and chew the food long and well (at least 30 chews). We typically brush our teeth after each meal. Most of our meals are eaten like picnics, in the sense of being outside in the sunshine, rather than indoors. Since we migrate south in the winter and north in the summer, we can do this year-round.



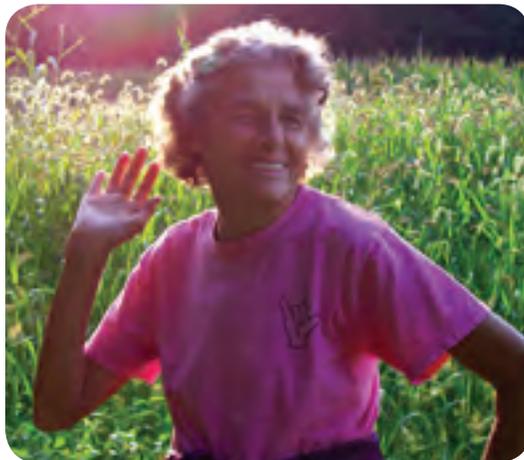
Photo courtesy of Jinjee Talifero

**A**t the age of 70, I am proud of who I am and how much I have achieved in my long life. I have been a vegetarian for 37 years, a vegan for 21 years and raw food person for 8 years. So far the raw food diet has brought me more energy, joy, peace and happiness than ever.

I was born in South Africa on May 10, 1939. At the age of 4 years, I was found to be deaf. I grew up, got married and brought up 4 deaf children in South Africa. In 1988 I immigrated to the United States with my children.

The first book I read in the United States was **Diet For A New America** by John Robbins. It made such a powerful impact on me that I decided to switch over to a vegan diet out of my compassion for the suffering of factory-farmed animals in the factories.

My naturopathic physician, Dr. Jim Sharps recommended that I read **The Raw Gourmet** by Nomi Shannon. All the beautiful pictures of her recipes appealed to me and that made me to go raw immediately.



## A raw food diet has brought me more energy, joy, peace and happiness than ever

I was very fortunate to meet Nomi Shannon in person. For two weeks we stayed together in Sedona, Arizona. I learned so much from her about how to prepare raw food dishes, crackers, and best of all Sunny Pate, which for several years I have used with crackers, cucumber wheels, stuffed red or orange bell peppers, even in sushi instead of white rice, and in many more dishes.

I felt so honored when Nomi asked me to assist her in her raw food class in Scottsdale, Arizona. I missed her when I moved

to Maryland, but our friendship remains strong.

My loving parents instilled in me a love for beauty. To my parents beauty is a joy forever! Now with raw food, I love to decorate any of my dishes whether it be soup, crackers, entree dishes or desserts. My sons and friends have complimented me on my food preparations. They even encouraged me to become a chef.

For the past two or three years I have written a monthly newsletter to educate the deaf community on the benefits of natural health, self-healing, raw food and "green" environment.

Sometimes I wish I had known the benefits of raw food many years ago. However, I realize it is never too late to go raw to enjoy life. I was 60 years old when I started!

The raw food movement has sprouted so fast and I hope it will continue to grow all over the world. It will be a paradise when every person eats raw fruits, nuts, seeds and greens!



[maywille@yahoo.com](mailto:maywille@yahoo.com)

# WHAT MAY ATE...

## Monday

**7:00AM** Glass of 1 pint warm Alkaline Artesian Evamor water with juice of ½ a lemon

**9:00AM Green Oatmeal:** 1 cup spinach, ½ cup cilantro, 1 apple and 1 banana (pulsed with Cuisinart food processor)

**1:00PM Cucumber Wheels:** 20 slices of 1 medium-sized cucumber, ¼ inches covered with Sunny Pate (Nomi Shannon's book: **The Raw Gourmet**) topped with black Mediterranean Organic Kalamata Organic Olives and pieces of red bell pepper. David and I enjoyed all the cucumber wheels with relish

**6:00PM Berry Smoothie:** ½ lb. strawberries, ¼ lb. of raspberries, ¼ lb. blueberries and 2 tablespoons of Artisana Raw Organic Coconut Butter

## Tuesday

**7:00AM** Glass of 1 pint warm Alkaline Artesian Evamor water with juice of ½ lemon

**9:00AM Green Oatmeal:** 1 cup spinach, ½ cup cilantro,

1 large pear from the orchard nearby, and 1 large banana

**1:00PM** Taco Meat from, **How We All Went Raw** by Nungesser and Malachi. It was made with soaked walnuts, cumin powder, coriander powder seasoning and fresh cilantro. May's Cous Cous made with cauliflower and curry paste. David and I consumed half of the Taco Meat and the cous cous.

**6:00PM Berry Smoothie:** ½ lb. strawberries, ¼ lb. raspberries, ¼ lb. blueberries and two tablespoons Artisana Raw Organic Coconut Butter

## Wednesday

**7:00AM** Glass of 1 pint warm Alkaline Artesian Evamor water with juice of ½ lemon

**9:00AM Green Oatmeal:** 1 chard, ½ cup of cilantro, 1 pear, and 2 small bananas

**1:00PM May's No-Meat Loaf:** sunflower seeds, pumpkin seeds, walnuts, red bell pepper, tomato, sundried tomatoes, garlic, onion, mushrooms and

dulse flakes. Tahini Sauce: Artisana Raw Organic Tahini, lemon juice, fresh cilantro and garlic. Spanish Rice from *How We All Went Raw*, by Nungesser and Malachi with cauliflower grated in food processor, tomatoes, orange bell pepper, lemon juice, cilantro, chili powder and celtic salt. David and I ate up half of the no-meat loaf but David ate up all the rice!

**6:00PM** Berry Smoothie. **Banana ice cream:** 4 small bananas topped with strawberry sauce made of strawberries, 2 tablespoons of Artisana Raw Organic Coconut Butter and 1 tablespoon of pure maple syrup

## Thursday

**7:00AM** Glass of 1 pint warm Alkaline Artesian Evamor water with juice of ½ lemon

**9:00AM Green Oatmeal:** 1 cup of spinach, ½ cup cilantro, 2 small bananas, and 1 pear from the orchard

**1:00PM: Butternut Squash Patties** from Alissa Cohen's *Living On Live Foods*: sunflower seeds, walnuts, butternut squash, tomato, sundried tomatoes, onion, lemon juice, celery, Bragg Liquid Aminos, jalapeno and garlic powder. Pasta made with long peeled strips of zucchini

**6:00PM Banana ice cream:** 4 small frozen bananas and strawberry sauce: strawberries, Artisana Raw Organic Coconut Butter and 1 tablespoon pure maple syrup

## Friday

**7:00AM** Glass of 1 pint warm Alkaline Artesian Evamor water with juice of ½ lemon

**9:00AM Green Oatmeal:** 1 cup red chard, 1 large banana, and 1 large pear from the orchard

**1:00PM** Curried Yam Bisque from Alissa Cohen's *Living On Live Foods*: yam, cashew milk, green apple, mint, and curry powder. **Kale Salad:** kale, tomatoes, Spectrum Organic Extra Virgin Olive Oil, pure maple syrup, lemon juice and Celtic salt.

**6:00PM** 1 lb. red grapes

Saturday and Sunday I went to a retreat for the Deaf, held at Berkeley Springs, West Virginia where I also offered massages!

# WHAT MAY ATE...

## Saturday

**6:00AM** ½ liter 1 pint warm Alkaline Artesian Evamor water

**8:00AM** Bowl of fruit salad with bananas, grapes and dates

**12:00PM** Gazpacho and bowl of salad with romaine lettuce and sliced cucumber

**3:00PM** Gazpacho with cucumber slices

**7:00PM** **Lasagna:** spinach, zucchini and homemade herb sauce

## Sunday

**6:00AM** Glass of warm water with juice of ½ lemon

**8:00AM** Bowl of fruit salad with bananas and grapes

**12:00PM** Gazpacho and bowl of salad with romaine lettuce and sliced cucumber

**5:00PM** 1 lb. red grapes

## Recipes

### May Wille's Cous Cous

1 cauliflower, grated finely with food processor to resemble cous cous  
Curry Paste: 2 tablespoons Spectrum Organic Extra Virgin Oil, 2 tablespoons curry powder, 1 teaspoon pure maple syrup, 1 teaspoon Celtic salt. Warm the olive oil and add curry powder, maple syrup and salt. Add this mixture to the cauliflower cous cous and mix thoroughly.

### May's No-Meat Loaf

1 cup sunflower seeds  
½ cup pumpkin seeds  
½ cup walnuts  
1 red pepper  
1 medium-sized tomato  
½ cup sundried tomatoes, soaked  
1 clove garlic  
1 small white or red onion  
5 button mushrooms  
2 tablespoons dulse flakes

In a food processor, process the sunflower seeds, pumpkin seeds and walnuts until ground to a fine powder.

Set this mixture aside in a big bowl. Process the remaining of the ingredients until the mixture resembles finely chopped salsa.

Add the second mixture to the ground nut/seed powder in the bowl.

Mix thoroughly and place in a Pyrex loaf pan.

Refrigerate it for 30 minutes.

Turn the loaf upside on a platter and surround it with cous cous or Spanish rice.

Decorate the loaf with tomato cherries, nuts or bell pepper slices.

### Ice Cream with Strawberry Sauce

4 small frozen bananas

In a food processor or blender, process ½ lb. strawberries, 2 tablespoons Artisan Raw Organic Coconut butter and maple syrup to taste.

Slice the frozen bananas finely and process with food processor until it becomes soft ice cream, or you can push the frozen bananas through a juicer with using a blank plate (juicers that have a blank plate: Champion, Green Star and some others), or you can cut up the bananas and blend in a Vita Mix or K Tec blender to make ice cream as well.

Pour the strawberry sauce over the ice cream.



Hello my name is "Abeba", the Crazy Kracker Lady. This week was really crazy for me. I have been a retail boutique owner for over 25 years, and this particular week, is always the week of my Big Fashion Show. So I ate when I could and it was basically whatever I had available in my fridge.

This week is not typical, but what is typical for a Raw Foodist? We are all different, and I keep it pretty simple now. This week may be pretty boring, but in reality there is no perfect food plan for any Raw Foodist in my opinion. You don't have to be fancy, but do enjoy what you eat. I also take vitamin and herb supplements.

I just want to keep it real and say, if you're not eating processed, GMO, dead food, you're way ahead of the game. Be conscious of what you're eating, love your body and discover the exciting world of raw and living food.

For a little personal background, my journey to Raw Food began in January, 2000. I had no idea this was going to be a lifestyle I would choose. I became a vegetarian at the age of 25, which was pretty easy because I never really ate much meat as a child anyway, so giving up meat was easy. I became vegan in my mid 30's and that was pretty easy also. Then in my 40's I was introduced to raw.

I went to the Optimum Health Institute in Lemon Grove CA, near San Diego, to do a detox cleanse; this was recommended to me by the owner of the Natural Health Center in Oakland, CA. I went hesitantly because I was having a couple of health challenges but I didn't want to do the medication route.

Through much prayer and some fasting and going to Optimum for two weeks, the Lord brought back optimal health to my body. I was having some mild blood pressure issues and lymphatic issues; both dissipated after the detox and much prayer.

I am Christian and I know God can heal your body. I am a living witness to that. I realize I can't just work on the food I eat. It is a three-fold thing. I must work on my spiritual, physical and mental self. You can't work on only one and leave off the rest. After coming back from Optimum, I decided I wanted to go raw.



**May God bless you  
abundantly with good  
health and peace of mind**

However, the food there was not something I could eat the rest of my life. Those were cleansing foods, what was I going to do now at home?

Three months after returning from Optimum, I met Victoria Boutenko and the rest is history. I took a five-week introduction to raw food class with her and she changed my life. I became a certified raw food chef from Victoria and have gone on to be an international bestselling author of three books.

My books are: **Absolutely Abeba's Crazy Krackers: Learning the Secret to a**

**Good Kracker, Absolutely Abeba's Edible Treats, including more Crazy Krackers and Kookies without Nuts, and, Absolutely Abeba's Lip Smackin' Favorites**, which has my world-famous "Kut the Cheez" recipe, along with the winners of my Crazy Kracker Contest, held in Molalla, Oregon, at the Raw and Living Spirit retreat.

I am a graduate of the Ann Wigmore Institute, in Puerto Rico, where director Leola Brooks has endorsed my books as well as Victoria Boutenko wrote the forward for my second book.

I also contributed eight of my most popular recipes to **The Complete Book of Raw**, a compilation book with 50 Raw Food Chefs from around the world. I've been a featured speaker/presenter at several Raw Food Festivals, showing people how to make Crazy Krackers. There is a technique, you know; there is a way to make a good kracker.

I was also blessed to be a featured chef on the **Raw for Life**, two part DVD showing—you guessed it, "How to Make Crazy Krackers." So many good things have come out of being a Raw Foodist: the people I've met, and the opportunities I've received to share this gift of Crazy Krackers with people who love krackers like I do. I thank my Lord and Savior Jesus Christ for allowing me to share this gift with you.

[www.AbsolutelyAbebasCrazyKrackers.com](http://www.AbsolutelyAbebasCrazyKrackers.com)  
[www.AbsolutelyAbeba.com](http://www.AbsolutelyAbeba.com)  
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# WHAT ABEBA ATE...

## Monday

**8:15AM** 8 oz glass of water; 1 banana and 2 handfuls of pistachio nuts, unshelled

**10:15AM** 1 banana

**2:00PM** 10 slices dehydrated mango. I was out and about and needed a quick snack before getting home to prepare a quick lunch.

**2:45PM** Sunflower pate wrap (recipe included)

**3:00PM** 3 small green chard leaves filled with ½ cup of pate, divided among the three chard leaves, then topped with carrot and bell pepper julienne strips, then folded in half.

**5:00PM** About 15 unshelled pistachios and small bunch of grapes.

**8:00PM** Handful of grapes (red)

**9:15PM** Handful of grapes (black)

## Tuesday

**7:45AM** 8 ounce glass of water; 1 banana

**9:45AM** 1 tablespoon sunflower pate; 4 carrot sticks (ate while making lunch)

**1:00PM** 3 small green chard leaves with pate, like Monday's lunch

**3:00PM** 1 peach

**7:00PM** 2 medjool dates; 6 unsoaked walnuts

**10:00PM** **Smoothie:** 1 peach, 1 frozen chopped nectarine, 1 tablespoon soaked sunflower seeds, 1 frozen banana, ½ cup water, blended

## Wednesday

Today was the start of making some Crazy Crackers for my fashion show. Everyone expects me to make them for any event I attend. So, again my week is getting krazier with more things to do. I will be tasting my cracker batter to make sure the taste is right, so I will count that as food eaten.

**8:00AM** 8 ounce glass of water and 1 banana

**9:00AM** 1 tablespoon "**Kut the Cheez Cracker**" recipe. This recipe is in my "**Lip Smackin Favorites**" recipe book. [www.krazycrackerlady.com](http://www.krazycrackerlady.com) or [absolutelyabebaskrazycrackers.com](http://absolutelyabebaskrazycrackers.com)  
1 tablespoon "Barbecue Chip" recipe. Recipe found in "**Absolutely Abeba's Crazy Crackers Book**"

**4:00PM** **Salad:** 1 cup mixed greens, 1 chopped carrot, 1 tomato, last of sunflower pate on top of salad. Dressing: 1 ½ teaspoons apple cider vinegar, ¾ teaspoon lemon juice, squirt agave nectar, 1 tablespoon flax oil. Mix dressing in small bowl and pour over salad. \*Note: Models were coming in to try on clothes, so my lunch was very late and when I'm busy like that, food is not that important.

**5:15PM** 1 nectarine

**7:30PM** Handful of unsoaked almonds, soaked nuts or seeds are always better nutritionally.

**8:00PM** 1 bunch of black grapes

## Thursday

**8:00AM** 8 ounce glass of water with ½ lemon, juiced

**9:15AM** **Green Smoothie** (recipe included)

**12:30PM** 1 peach

**2:00PM** 1 cup mixed greens, ½ avocado, ¼ cup chopped red bell pepper, 1 celery stalk, 1 carrot, with salad **dressing:** 1 tablespoon lemon juice, squirt of agave, 1½ teaspoons flax oil, ½ teaspoon dulse flakes. I watch my sodium intake (to keep my blood pressure under control). By using sea veggies, celery and other herbs my food tastes good to me. Learning to eat food in its natural state, and not eating only seasoned food is so good for the body. Most of us don't even know what real food tastes like, because we cover food with salts, sauces and so many other things.

**4:00PM** Fuji apple

**7:00PM** Handful of unsoaked almonds; Smoothie: 1 chard leaf, ¼ Fuji apple, 2 celery stalks, 1 frozen banana, 1 chopped frozen nectarine, 1 cup water, blended.

# WHAT ABEBA ATE...



## Friday

**8:00AM** 8 ounce glass of water

**8:30AM** 1 peach

**9:40AM** 4 "Kut the Cheez Krackers"...OOH YUMMY!

**11:30AM** 1 peach

**1:00PM** Salad: mixed greens, 1 carrot, 1 celery stalk, ½ avocado, salad dressing as on Thursday at 2:00

**4:00PM** 1 Fuji apple, 1 peach

**7:00PM** 2 celery stalks

**8:00PM** 10 Flax Krackers (Recipe in "Krazy Kracker Book." Recipe is called 'Flax appeal')

**9:00PM** Handful of black grapes

## Saturday

### Fashion Show Time

**8:00AM** 8 ounce glass of water

**8:30AM** Almond pate for fashion show (recipe included)

**5:00PM** Yes, I said 5:00PM, I can't eat when I'm doing a show. But after the show, it's on baby... it's time to eat!  
10 cherry tomatoes, 12 baby carrots, 1 red bell pepper,  
1 bunch black grapes, ½ Fuji persimmon

**6:00PM** 4 "Kut the Cheez Krackers" and 6 Barbecue Chips

**9:00PM** 10 Barbecue Chips, 8 Sunflower Power Krackers (recipe included)

## Sunday

**7:00AM** 8 ounce glass of water

**11:30AM** 2 handfuls unshelled pistachios, 15 slices dehydrated mango

**12:30PM** 1 handful unshelled pistachios

**1:00PM** 1 bunch red grapes

**6:00PM** 1 bunch green grapes  
Well that's my Food Week; not too exciting, but that's what I ate

## Recipes

### Sunflower Pate

1 cup soaked sunflower seeds  
1 tablespoons raw tahini  
1 tablespoons fresh lemon juice  
6 soaked raisins  
1 teaspoon kelp powder  
1 chopped carrot  
½ half red bell pepper  
1 garlic clove  
1 celery stalk

Rinse and drain sunflower seeds. When rinsing sunflower seeds be sure to pour off husks that float to the top. Put all ingredients in food processor and mix well, adjust seasoning. This recipe yields 1 ½ cups pate.

### Almond Pate

2 cups soaked almonds,  
¾ red bell pepper  
1 garlic clove  
1 tablespoon mellow white miso  
2 tablespoons lemon juice  
2 tablespoons red onion  
3 carrots,  
1 celery stalk  
2 green onions, chopped  
optional: ½ teaspoon sea salt (Real Salt Brand)  
optional: chopped red bell pepper and 1 celery stalk, chopped

Mix everything except green onions in food processor. You can add a little water to keep mixture moving. You want it creamy, not dry. Put mixture in bowl and add chopped green onions for more color. you can add chopped red bell pepper and 1 chopped celery stalk.

Here are three cracker recipes from my books, which I mentioned in the food diary. The barbecue chip is always requested because it's so thin and looks and tastes like a barbecue chip, I always demo that one because the consistency of batter has to be just right.

## WHAT ABEBA ATE...

### Barbecue chips

1 ½ cups water  
2 carrots,  
1-2 dates or 12 raisins, soaked 30 minutes  
¾ teaspoon chili powder  
1 celery stalk  
2 tomatoes,  
½ cup sundried tomatoes soaked 30 minutes  
Dash cayenne pepper  
¾-1 teaspoon Nama Shoyu or Celtic sea salt (to taste)  
2/3 cup flax seeds soaked overnight,  
¼ to ½ beet (optional)

Put all ingredients in a blender except flax seeds. Blend well and check taste. Add flax seeds and blend well. Mixture should look slimy and a little thick, but still runny. Drop by spoonfuls onto a teflex sheet. I use a teaspoon, not a measuring teaspoon, but the silverware size teaspoon to drop chips or crackers by spoonfuls. I don't flatten them, they spread a little on their own. Dehydrate for 10 to 12 hours at 105 degrees. Flip crackers and remove the teflex sheet. Continue dehydrating 8-10 hours or until desired crispness is obtained  
Yields 4-5 trays or approximately 100 to 200 crackers

### Flax Appeal

Flax appeal is good because it has pumpkin seeds and sunflower seeds which make it a great chunky cracker which people love.

1 ½ cups water,  
2 carrots  
1 garlic clove  
1 tomato  
½ cup sundried tomatoes soaked 30 minutes  
Habanero pepper to taste  
¾ teaspoon Nama Shoyu to taste  
1 teaspoon dried basil  
½ teaspoon dried dill  
½ cup soaked pumpkin seeds  
½ cup soaked sunflower seeds  
1 cup ground flax seeds

Blend all ingredients in blender except, pumpkin seeds, sunflower seeds and flaxseeds. Put pumpkin and sunflower seeds in food processor and pulse to a chunky consistency. Pour liquid mixture from blender into a bowl. Add pumpkin and sunflower seed mixture and the flax seeds and stir well.  
Spread on teflex sheets and score crackers. Dehydrate for 10 to 12 hours at 105 degrees. Flip crackers and remove teflex sheet, continue dehydrating for 8 to 10 hours or until desired crispness.

**Variation:** leave pumpkin and sunflower seeds whole, add an extra tomato and ½ cup more water to the

liquid mixture; blend mixture well, pour into bowl, add all seeds then drop by spoonfuls for a great chunky cracker. Follow dehydrating instructions above.

### Sunflower power

Sunflower power is another great cracker because it's inexpensive to make and people really like it.

2 cups sunflower seeds soaked overnight  
1 tomato  
¼ onion  
½ teaspoon cumin  
1 teaspoon Celtic sea salt to taste  
¼ cup fresh dill  
1 date, soaked 10 min  
½ red bell pepper  
½ to 1 cup water  
1/3 cup ground flaxseeds  
Put all ingredients in food processor except flaxseeds. Add a little water to keep processor running. The mixture should be slightly chunky. Gradually add flaxseeds. Spread on teflex sheet and score. Dehydrate for 10-12 hours at 105 degrees, flip crackers and remove teflex sheet. Score into 2 inch squares or larger. Continue dehydrating for 8-10 hrs or until desired crispness is obtained.



# PAT WRIGHT

Jamaica • West Indies

I'm Pat Wright, a Jamaican living in Montego Bay, Jamaica West Indies. I am a woman on a journey, far from reaching her destination. I'm a wife, a mother, and a grandmother. A hairdresser for 40 years, I graduated from Wilfred's Academy when I was 17. I'm now 57, and have been a spa director/hairdresser for the past 10 years, In 1991 I added designer to my title and currently manufacture and sell a line of 100% linen clothes. I believe in ease and elegance when dressing.



"Jenkins Furniture Establishment", building my business.

A woman with a strong group of friends, I always follow that old Jamaican saying, "Good fren betta than pocket money." I have 2 beautiful sons: one is 32 and an "Apple genius", living in New Jersey, and the other is 20 and lives with me. After my last bout with cancer, he chose to be a raw food chef instead of preparing cooked food which he was studying at the time, hoping it would support my health. I believe that for us

to stay healthy we need to keep our bodies alkaline by eating the right food.

My life has been wonderful, even with my bouts of cancer because they have made me stronger. We are being

Why am I always in a constant state of thankfulness? I have had a lifetime of fighting to stay alive: Cancer of the colon at ages 24 and 53, and cancer of the bone in my right leg at age 26. I believe poor diet was the major cause of the problem. In my early salon days, 7 Pepsis a day (with nothing else) kept me going. Combine that with anything fatty or oily and you have a disaster waiting to happen!

**My life has been wonderful, even with my bouts of cancer because they have made me stronger.**

I was the second legal adoption in Jamaica at 10 months old to parents that showed me love at all times and in all ways. I had a great school life, and I knew at 12 that I wanted to be a hairdresser, so I walked around with my haircutting scissors in my pocket. I set up my first salon at 18, courtesy of my father who wanted me in his building. So there I was, located over

really need to equip ourselves with all the information we can find. I believe in moderation in all things and if you can't pronounce it, leave it alone. Better yet, eat what you grow!

**My blog helps people learn from my mistakes. You can view my blog at: [www.cancersurvivorx2.blogspot.com](http://www.cancersurvivorx2.blogspot.com)**

## WHAT PAT ATE...

### Monday

**7:00AM** 4 medium slices watermelon

**8:00AM** 1 large bunch guineps

**10:00AM** 3 slices papaya

**12:30PM** 1 cup guinea hen weed tea, 1 liter bottled water. Spicy greens: arugula and basil, with cayenne pepper, thyme, garlic, vinegar, chives, celery and onions and broken pieces of onion bread sprinkled on top

**3:00PM** 1 pint bottle calaloo juice with Mannatech's AdvancedAmbrotose in it

**5:00PM** Sweet potato chips (dehydrated)

**6:00PM** **Tomato salsa:** 4 small tomatoes, a few sprigs of cilantro, 1 scotch bonnet pepper, 1 onion. 1 liter water

### Tuesday

**6:30AM** 2 glasses water

## WHAT PAT ATE...

**8:00AM** 1 bunch of grapes (always soaked for 3 hrs). 2 plums

**12:00PM** Sunset pasta yellow squash and sweet peppers with nut sauce. 1 plum, 1 liter water

**4:00PM** Sencha green tea

**6:00PM** 1 8 ounce bottle beetroot juice

### Wednesday

**6:30AM** 3 glasses water

**7:00AM** 1 small papaya

**12:00PM** 1 huge Tip-Top Turnip Salad: **The Raw Gourmet** Recipe

**2:00PM** 2 huge bunches of seedless grapes

**4:00PM** 1 cup guinea hen weed tea

**6:00PM** **Ackee**: 1 dozen pods prepared with jerk seasoning, escallion and nori. 1 16 ounce bottle purified water

**7:00PM** Green tea

### Thursday

**7:00AM** 3 glasses water, 1 papaya, 1 kiwi

**1:00PM** 1 medium sized **salad**: cucumber, romaine, lettuce, shredded carrot, with olive oil and balsamic dressing

**3:00PM** Wormwood and black walnut tea

**5:00PM** 3 8 oz. glasses water

**7:00PM** **Cauliflower Cous Cous: The Raw Gourmet** Recipe

### Friday

**6:15AM** 1 glass water

**8:00AM** Papaya

**10:00AM** 1 bunch of grapes

**12:30PM** 2 carrot burgers with 4 pieces of onion bread

**2:00PM** 1 cup of guinea hen weed tea

**5:00PM** 1 huge grapefruit

**7:00PM** Carrot beetroot juice

**8:00PM** 1 cup valerian root tea

### Saturday

**6:00AM** 3 slices watermelon

**8:00AM** 1 huge grapefruit

**11:30AM** 1 cup of sencha green tea (I am very hungry—not a good morning of food)

**1:15PM** 1 medium sized salad: romaine, lettuce, shredded carrot, purple cabbage with balsamic and olive oil dressing, 3 uni, 3 salmon sashimi, cranberry juice and lime

**3:00PM** 1 huge grapefruit

**5:00PM** Chocho juice

**7:00PM** 1 large bag eggplant dehydrated chips

### Sunday

**7:00AM** 3 glasses water, 2 medium grapefruits

**8:00AM** 3 slices watermelon

**9:30AM** 1 cup raspberry leaf tea

**11:00AM** 1 papaya

**2:30PM** 1 bottle of calaloo juice with an asparagus salad with sweet pepper onions and Asian sauce

**4:00PM** 1 8 ounce beetroot cucumber carrot juice

**6:00PM** 1 huge grapefruit

**8:00PM** 1 16 ounce bottle water

I only drink purified water. My calaloo juice also has cane juice in it. Other juices I listed were prepared straight with my Champion Juicer. I eat this way because I am a 3-time cancer survivor: colon cancer twice and bone cancer once, so I don't eat too much.