

# Raw Challenge - End of Summer 2015

*Join us for a 7-day raw challenge with online support!*



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## Welcome

Congratulations for taking on the goal of improved health and well being! I'm so glad you will be joining us for the [End of Summer - Raw Challenge](#). Please read this guide and request to [join our online Facebook support group](#).

## About Your Cleanse Coach - Kathy Peterman

I have been exploring the question "What is health and how do I get more of it?" my whole life. I've been a Registered Nurse for more than 30 years which gives me a great respect and deeper understanding of the human body. I have been raw cleansing for more than three years and see it as an important practice in gaining and maintaining health. I am happy to partner with [Portland Juice Co.](#) and share my favorite recipes and tips to make your own raw cleanse a success. My plan is progressive, offering you the variety that many people need while providing new things to look forward to as a way to stay motivated. I'm here to guide you on your healing journey. My email is [kathypeterman@the3rdchapter.me](mailto:kathypeterman@the3rdchapter.me) if you have questions or need to reach me at any time.

## What is a Raw Cleanse?

A raw cleanse is when someone who eats cooked foods intentionally increases their raw food intake. Ideally, this would involve consuming 100% raw foods for a set period of time. Raw cleanses can release toxins in the body, relieve inflammation and offer a number of other benefits which are listed below. Some people will do a "juice fast", a "juice feast", a "detox", a "Master Cleanse" or some

version of these, and while they do share some similarities, I find the raw cleanse plan I have created to be superior. A raw cleanse is all about super charging nutrition without limiting caloric intake and boosting your vitamin and mineral consumption, while reducing foods that you may have negative reactions to. This is not just a juice fast - there are meals and a variety of recipes for you to explore and enjoy!

### Raw foods include:

- All fruits
- All vegetables
- Berries
- Raw nuts that have not been pasteurized or roasted
- Raw herbs and spices
- Raw seeds
- Sea vegetables (that have not been toasted)
- Sprouts
- [Superfoods](#)

### What a raw cleanse excludes:

- Alcohol
- All cooked foods (with the exception of using a dehydrator at 118 degrees F or less)
- All processed foods
- Baked goods
- Caffeine (coffee and black teas)
- Genetically modified organisms ([GMO](#) foods, when possible)
- Processed sugars and most sugar substitutes

By keeping food as close to its natural state as possible, we can preserve 70-90% of its nutritional content. Enzymes - which are kept alive by not overheating the foods - provide an active life-force, as a raw seed will sprout and grow, but a cooked seed's growth potential has been destroyed.

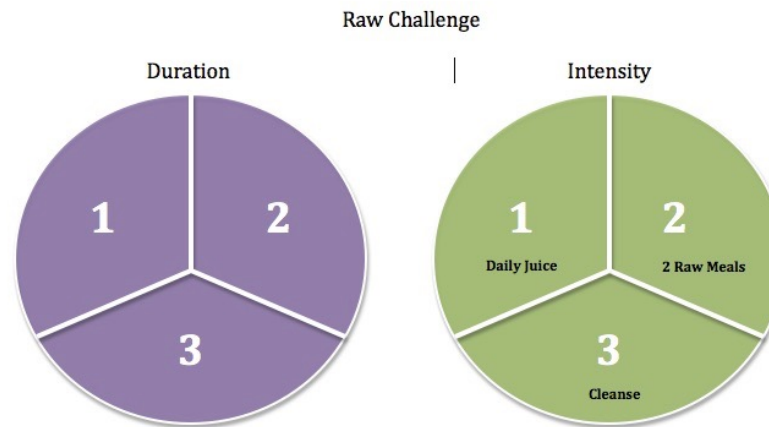
### Potential benefits of raw cleansing:

- |                         |                                      |                               |
|-------------------------|--------------------------------------|-------------------------------|
| • Improved energy       | • Feeling connected with life        | • Improved hydration          |
| • Clear, glowing skin   | • Enhanced creativity                | • Slowed aging                |
| • More mental clarity   | • Being more "in the flow" with life | • Reduced symptoms of disease |
| • Stronger intuition    | • <a href="#">Less inflammation</a>  |                               |
| • More radiant presence | • Weight loss                        |                               |

Who doesn't want some of these changes in their life? Over the past several years I have done raw cleanses and introduced more raw foods into my life, thereby reaping many of the benefits above. I usually aim to do a cleanse with the change of seasons. I sometimes skip winter, as I find it's more of a challenge for me to stick with a 100% raw diet in cold weather.

## Details for the Raw Challenge:

This time you get to pick the intensity of your cleanse which can be 1, 2 or 3 raw meals a day, and the duration of your cleanse as 1, 2 or 3 weeks. So you can make a plan that works specifically for you! It can be as simple as a juice a day, or it can be two raw meals, then dinner with your family, or it can be a 100% raw meals for a deeper cleanse. *Circle the numbers for your plan below.*



- Begins September 5th, but you can do your cleanse anytime between September 5th and 25th.
- Daily support and information via private online Facebook group
- Access to an Registered Nurse to help you adapt the cleanse to your own unique health needs and to help trouble shoot challenges along the way
- Menu plans to guide you
- Healthy raw recipes for the non-juice meals
- Plans for before and after your cleanse to foster healthy habit success

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*For those doing the 100% Raw Plan, I suggest starting with 7 days if this is your first time.*

**Day 1:** Miracle Juice (recipe provided on pg. 7)

**Day 2-4:** Juices - Make your own or Portland Juice Co. Cleanse or DIY Detox

**Day 5-6:** Start day with juice, then have a smoothie or salad for lunch and salad or smoothie for dinner along with raw snacks

**Day 7:** Same as Day 5-6 and now add in nuts and seeds (see pg. 6 for menu plan).

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## Keys to Success

- **Pick the time wisely.** Look at your calendar for a period of time when you can be free to eat differently without social pressure.
- **Start on the weekend.** Or take an extra day off and make it a 3-day weekend to support your efforts.
- **Take your baseline measurements** for sure, and possibly do baseline photos.
- **Participate in an online community** (such as Raw Food Rehab or my Facebook group) for support. You will [find our Facebook Group here!](#)
- **Clean out your cupboards and refrigerator** to avoid tempting foods and to represent a clean slate.
- **Consider who you want to ask for support.** If you have friends or family who will support you, inform them of what you are doing. I have sometimes chosen not to share my plans with those who might worry or not understand.

- **Get the freshest, healthiest organic fruits and vegetables** to start your cleanse. Go by what is in season and then look for recipes in this guide or follow your intuition.
- Look for [farmers' markets](#) and [food co-ops](#) in your area.
- **Make a list of all the raw food places you can eat in your community.** Where are the juice bars? What restaurants make raw food or have a raw salad? I've got a Portland list I can share with you in our support group! Carry this list with you, so when you need a pick-me-up or a friend invites you out, you're prepared.
- **Read books on raw foods and cleansing** while on a cleanse.
- **Watch free YouTube videos** to learn more and keep the fires of inspiration going. I offer a long list of resources in my "[Raw Cleansing as a Pathway to Health](#)" E-book PDF described on page 14.
- **Consider reducing your exposure to TV, magazines, internet** and other places where food ads will be.

• **Plan ahead for what your food needs will be.** Have more than enough on hand.

• **Don't be out and about without a plan for your next meal.** Bring food with you or have a place in mind that offers healthy choices that fit your plan.

• **Avoid hunger by juicing or eating frequently** (usually every 2-3 hours).

• **Don't worry about having too much.** While juicing you want to have 32-64 ounces of juice 3-5 times a day. If you are under 110 pounds, you can reduce that amount to 24 ounces of juice 4-5 times a day.

• **If your appetite reduces, make sure you are getting at least three meals a day.** Less is not better.

• **Shop once or twice a week to keep enough fresh, raw, alive foods on hand.**

• **Journal during your cleanse** to document what you ate, how you feel and what you are experiencing.

• **Don't be afraid to have fun!**

• **Consider posting to Facebook** as a way to hold yourself accountable. By sharing photos of what I was eating and reporting to others, I was able to stay strong on many days when I was tempted.

• **Listen to your body.**

• **Enjoy the journey.** Life is an adventure of ups and downs. It is by paying attention to how we respond that we learn.

• **Be gentle** with yourself. Go for love and learning, versus perfection!

*While I share my own plan and provide structure for how you can do a raw cleanse, I'd like you to make sure it will work for you. Feel free to adapt it to fit your life and your favorite foods or ask for help in adapting your plan via our online [Facebook support group](#).*

*Zesty Raw Tacos (page 11)*





## During the week prior to your cleanse, here are seven things you can do to prepare:

1. **Cut down on your caffeine intake** and, if possible, wean yourself off of coffee, sodas and/or caffeinated tea. This will help reduce the intensity of those first few days during your cleanse.
2. **Avoid alcohol starting 2-3 days prior** to your cleanse to help the detoxification process begin. The liver is a key organ for removing wastes from the body, so getting a head start here is a plus.
3. **Clean out your refrigerator** and remove or separate out any foods that are old, not on the cleanse or that will tempt you. I know this is easier if you live alone, but putting some thought and time here will pay off later. I actually take everything out of my refrigerator, clean all the shelves and drawers, toss old items and isolate any “off-cleanse” items and put them out of view or easy reach. This gets my environment and mind set up for the cleanse.
4. **Shop for wonderful fresh healthy alive foods** from your farmers' markets, food co-op or grocery store. You have this wonderful clean refrigerator that is ready for your fresh start and now you want to buy foods that support your health. I buy organic where possible and reference the [Dirty Dozen Plus](#) list when organic choices are not available. I like to shop locally and seasonally for the freshest, best produce choices. For anyone not familiar with what a CSA ([Community Supported Agriculture](#)) is, it's buying a direct share of the crops from your local farmer. They select the items you will get that week and how many weeks the shares will run. To give you an idea of what it's like, you can watch this [video of me taking a trip to the Hollywood Farmers' Market in Portland, Oregon](#), to pick up my weekly share from [Winter Green Farms](#). This is a great way to have fresh organic produce at a good price and to support local farmers. They send me an email each week telling how the week has gone on the farm, sharing what our delivery will be and offering recipes to use for the week's crops. [Check here](#) for a list of CSAs near you.
5. **Unplug your toaster** and any other appliances you won't be using (if you live alone or if others won't be using them). Get out your blender or juicer to put it within easy reach.
6. **Print up your meal plan** to follow during your cleanse.
7. **Consider spa treatments** you may wish to do at home to pamper yourself along the way.

*Fresh berries make  
an awesome snack!*



# 1-Week: Raw Cleanse Meal Plan

Day	1	2	3	4	5	6	7
<b>Date</b>							
<b>Phase</b>	1	1	1	1	2	2	3
<b>Start of Day</b>	Hot Lemon Water	Hot Lemon Water	Hot Lemon Water	Hot Lemon Water	Hot Lemon Water	Hot Lemon Water	Hot Lemon Water
<b>Breakfast</b>	Miracle Juice	PJC Juice	PJC Juice	PJC Juice	PJC Juice	PJC Juice	PJC Juice
<b>Lunch</b>	Miracle Juice	PJC Juice	PJC Juice	PJC Juice x 2	Purple Grape Smoothie	Strawberry Pecan Smoothie	Mango Banana Smoothie
<b>Dinner</b>	Miracle Juice	PJC Juice	PJC Juice	PJC Juice x 2	Spinach with Oranges & Sprouts	Mandala Salad	Zesty Raw Tacos
<b>Snacks</b>	Miracle Juice	PJC Juice x 2	PJC Juice x 2	Frozen Banana Ice Cream	Chocolate Almond Pudding Cups	Kale Chips	Massaged Kale with Tahini
<b>Beverages</b>	Water	Coconut Water	Nettle Leaf Tea	Coconut Water	Nettle Leaf Tea	Kombucha	Hemp Milk
<b>Preparation</b>			Freeze bananas		Soak nuts for milk	Soak nuts for tacos	

If there is a recipe you don't like, simply look at other recipes in this guide to substitute. I've put more recipes than you need in here to give you choices to please your palate.

Anyone with medical issues or concerns should talk with me prior to starting a cleanse, so we can adapt things for your own unique situation. Examples are someone with GI issues, thyroid disease, cancer, diabetes, etc. [kathypeterman@the3rdchapter.me](mailto:kathypeterman@the3rdchapter.me)

I've included a shopping list that goes with this menu plan on page 13 to make shopping easy. You will need to adjust it if you select different recipes or if you are doing the DIY detox you will need to add your own daily raw meal items.

## DAY-1

### Miracle Juice Recipe:

1 gallon water  
2 inch piece of fresh ginger (sliced)  
1 tablespoon cinnamon (ground)  
1/4 teaspoon nutmeg (ground)

1 quart of unsweetened cranberry juice ([Starvation Alley](#) or [Knudsen](#) are good brands)  
3 lemons (juiced)  
4 oranges (juiced)  
Stevia to taste (usually 2-4 packets)

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Bring water to a boil and add the spices. Boil for 15-20 minutes, then cool for 20-30 minutes. Juice the lemon and oranges. Add all juices (cranberry, lemon, and orange) to the cooled liquid. Add Stevia to taste. Don't use too much stevia - just enough to cut some of the pucker from the tart juices. Drink 1-2 cups of the Miracle Juice every hour throughout the day. You want to finish it all prior to 8 p.m. to allow you to sleep without frequent trips to the bathroom. [Cranberries](#) are a strong diuretic, so do stay close to a restroom, as you will be urinating frequently. Know that it is flushing out the toxins and it does a really good job of curbing hunger too.

Be sure to use unsweetened cranberry juice, as regular cranberry juice is sweetened with lots of sugar and is NOT what you want. I love [Starvation Alley's raw cranberry juice](#) or [Knudsen's brand of unsweetened cranberry juice](#), but Trader Joe's and Mountain Sun are also good. These juices are not raw, as they are pasteurized in the bottling process.

I've included the Miracle Juice recipe as it is GREAT at curbing hunger and helping you transition into this cleanse. You will notice the diuretic effects within 1-3 hours of starting the Miracle Juice. You may notice a headache the next morning. This is usually a sign of dehydration, so drink up to 1 quart of water with lemon as soon as you get up.

Day one is a good day to avoid TV and magazines with all their ads and commercials for food. It is also a good day to read about cleansing or watch YouTube videos about raw food. This will help keep your motivation and dedication high!

## Day 2 and Beyond

### There are three key things to keep in mind as you begin juicing:

1. Keep nutrition high and don't let calories drop too low
2. If you're hungry, drink more juice
3. Should you get stuck somewhere without enough juice, eat a banana, apple and an orange

You want an abundance of juice. I tend to call it a "juice feast" versus a "juice fast" to help you keep in mind that this is all about super charging your vitamins, minerals and live enzymes via healthy vegetables and fruits. It is not about restriction. The goal is to maintain a normal calorie intake, ranging from 1,500 to 2,000 calories a day depending on your size and activity level. Think of this as 500 calories for breakfast, lunch and dinner, with snacks contributing the remaining 300 to 500 calories you need.

Here is a great [YouTube video](#) by Fully Raw Kristina, who goes over various raw foods and how much it takes of each to hit those calorie targets. I share this to give you a visual. I personally take in far more greens and veggies and less fruit, while Kristina's diet is mostly fruit. *Kristina has a lot of other very inspiring and beautiful videos on her YouTube channel, so you may wish to subscribe to her channel if you like what you see.*

I think where a lot of people go wrong - and I'm guilty of this myself - is they reduce their calories too much, leaving them hungry, unsatisfied and weak. As a general rule, you want to drink 4-6 quarts or more of juice a day to hit your target calories. This will vary widely based on what you put in your juice. I encourage you to actually [track calories](#) for the first day or two to help train yourself to see how much juice it takes. Typically, you will need to juice about every 2.5 to 3 hours and have 4 to 6 juice meals a day, or more if you are hungry. Many recipes in books will say 2 to 3 servings, but when you are juicing, a quart is about 1 serving.



### Purple Grape Smoothie

4 cups of frozen purple grapes  
2-3 bananas  
2 cups of coconut milk (see page 12 for recipe)

Combine all ingredients in a blender, and blend until smooth. (Yield 64 ounces)

### Strawberry Pecan Milkshake

4 cups of frozen strawberries  
5 cups of pecan milk  
1 1/2 cups deglet noor dates

Combine all ingredients in a blender, and blend until smooth. (Yield 64 ounces)

### Mango and Banana Smoothie

4 cups of frozen mango  
5-6 frozen bananas  
4 cups of coconut water

Combine all ingredients in a blender, and blend until smooth. (Yield 64 ounces)

The three recipes above are from Chemese who has been an inspiration to me. Check out [her Facebook page here](#).

### Turmeric Smoothie

1 cup coconut water  
1/2 cup frozen pineapple or mango chunks  
1 fresh banana  
1 tablespoon coconut oil  
1/2 teaspoon turmeric (can be increased to 1 teaspoon)  
1/2 teaspoon cinnamon  
1/2 teaspoon ginger  
1 teaspoon chia seeds  
1 teaspoon maca (optional)

Add all ingredients into a blender and process until smooth. It's a solid way to start your day and pack your body full of antioxidants.

### Chocolate Smoothie

1 can of coconut water or juice (10 ounces)  
1 cup frozen blueberries  
1 large handful fresh spinach  
1 avocado (remove skin and pit)  
1 banana (fresh or frozen)  
1 cup ice  
1 heaping teaspoon maca (optional)  
1 teaspoon lucuma (optional)  
1 packet of Power Pak (orange plus flavor)  
1 heaping scoop of Sun Warrior raw vegan protein powder  
2 teaspoon raw cacao

Blend well using the tamper to get all items mixed smoothly in a high speed blender. Top with fresh pomegranate seeds and enjoy!

### Peanut Butter Maca Smoothie by Blissful Basil

2 large frozen bananas  
1 cup plant-based milk  
1 tablespoon natural peanut butter  
1 tablespoon maca powder  
1 teaspoon pure vanilla extract

Add all ingredients to a high-speed blender and blend on high until smooth.

As you enter phase 2, you'll likely want to continue having a juice each day to keep that super nutrition going, but now you can grab a piece of fruit to take on the run if that's more convenient.

Tip of the Day: Cleaning your blender is simple. After you've poured out all of your smoothie, simply fill the blender two-thirds full of water, put in a small squirt of dish soap, then run the blender again. This will do about 90% of the cleaning. Wash as usual.



## Spinach with Oranges & Sprouts

1 bunch spinach  
1 orange, cut into chunks  
3 stalks celery, chopped fine  
1/2 cup of sprouts  
1/2 avocado diced  
Ground pepper to taste

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Clean, spin and break spinach into bite-size pieces. Peel and section an orange, then cut each section into thirds. Finely chop the celery and combine all ingredients. Sprinkle with the sprout mix gently breaking it apart as you add it to the salad. Top with avocado and finish with the basic salad dressing found below. Toss, top with ground pepper and enjoy!

Serves 1

## Simple Salad Dressing

3 tablespoon flax oil  
3 tablespoon apple cider vinegar  
1 teaspoon salt

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Put all dressing ingredients into a small jar and shake vigorously. Lightly dress the any salad with this dressing, then toss, top with cracked pepper and enjoy! Serves 1-2

There are lots of [great dressing recipes](#) out there to make your salads more enjoyable to you.

Heart, Mind & Seoul has an awesome [Strawberry Ginger Dressing](#) to try as well.

## Green Salad with Apple & Sprouts

1 head of green leaf lettuce (cleaned, spun and ripped into bite-size pieces)  
3 celery stalks, chopped fine  
2 tablespoon onion, minced (any type that you like)  
1/2 cup sprouts  
1 Pink Lady apple, cubed

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Wash and prepare lettuce, then put it in a large bowl. Top with other ingredients while arranging them in a way that looks appealing. I sometimes top it with a pansy, as they are edible and add a nice touch and flavor. Add Simple Salad Dressing, toss and serve. Serves 1

## Fruits & Greens Salad

*Recipe and dressing shared with permission from Fully Raw Kristina Carrillo-Bucaram*

2 heads leafy greens (romaine, spinach, or kale are great options)  
1 red bell pepper  
1-2 ripe mangos, sliced  
1 cup cherry tomatoes  
2 Roma tomatoes  
A few handfuls of strawberries to taste

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In a large, shallow bowl, layer first with the greens, then all other ingredients on top. Arrange in a beautiful display of the various colors in sections. Bring to the table, then toss with the dressing below and enjoy! Serves 1

### Tomato Tahini Dressing

*You can use this dressing or [any of four others](#) from Kristina's repertoire.*

4-5 cups cherry tomatoes or 4-5 large beefsteak tomatoes  
1/2 cup raw sesame seeds or 1/4 cup raw tahini  
1 inch piece fresh ginger  
1 cup celery, diced  
2 tablespoon lemon juice  
1 garlic clove

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Combine all ingredients in a blender for 1-2 minutes, then serve on salad above.

## Massaged Kale with Tahini Dressing [\(Video\)](#)

By massaging kale for a good 2-3 minutes, you remove the bitterness while retaining the nutrition. This is one of my favorite recipes with tahini and sesame seeds. It is simple but packs flavor and nutrition, which will help fill you up and keep you satisfied.

1 bunch kale  
2-3 tablespoons tahini  
1/2 teaspoon salt  
Pinch of cayenne pepper  
1 teaspoon sesame seeds  
1/2 apple, chopped (optional)

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Wash and de-stem kale, then rip or cut into small pieces and put in a large bowl. Drizzle with tahini and add the salt and cayenne. Massage by hand for 2-3 minutes, compacting it down to about 1/2 to 1/3 its original volume. Top with sesame seeds. You can eat as is, or to add some chopped apples for a little sweet taste.



Mandala Salad with green lettuce, celery, tomato, broccoli, beets, carrots and avocados (page 11)





## Zesty Raw Tacos [\(Video\)](#)

Recipe shared with permission from Dan “The Life Regenerator” McDonald. I found [Dan's YouTube channel](#) back in early 2011 and was turned on to the amazing flavor in simple, healthy, raw foods by this recipe. Dan shares a lot of great recipes, and even has [DVDs](#) available. Note that this recipe requires prep time for soaking the pecans.

### Taco Filling

2 cups pecans, soaked (*can substitute walnuts*)  
1 head romaine lettuce  
3 cloves garlic  
1 zucchini  
1/2 teaspoon paprika  
1/2 teaspoon cumin  
Pinch sea salt

### Toppings

2 green onions, finely chopped  
1/2 bunch cilantro  
1 tomato, chopped  
1 jalapeno, diced  
1 lime, cut into wedges  
1 avocado, diced

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Soak pecans in water for 8 hours, then drain. Grind all taco ingredients except the romaine lettuce in a food processor until chunky like oatmeal. Wash the romaine leaves and put on a plate to use in place of taco shells. Add 2-3 tablespoons of the taco mixture to each lettuce leaf. Top with onions, cilantro, tomato, jalapeños, and avocado. Serve with lime wedges which can be squeezed over each taco to add some extra flavor.

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## Mandala Salad with Broccoli & Beets

1 head red leaf lettuce  
2 carrots  
2 celery stalks  
1/2 red bell pepper  
2 stalks of green onion  
1/3 cup broccoli florets  
1 avocado, diced  
1 tomato  
1 small beet

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Wash, rip and spin lettuce, then line a large bowl with the lettuce pieces (a shallow bowl is best for displaying the beautiful colors). Peel and grate the carrots, then layer around the salad to create it's own unique [mandala design](#). Fine chop the celery, green onions and red bell pepper and layer as you did before. Add tomatoes wedges around edges, broccoli florets in the center, and sprinkle with the chopped beet slices. Dice the avocado and layer on top. Toss with Simple Salad Dressing (page 9) and enjoy! I sometimes add a sprinkle of nutritional yeast for a bit of the umami flavor I crave or add some hemp seeds and/or sunflower seeds for extra protein.

## Gazapacho Soup

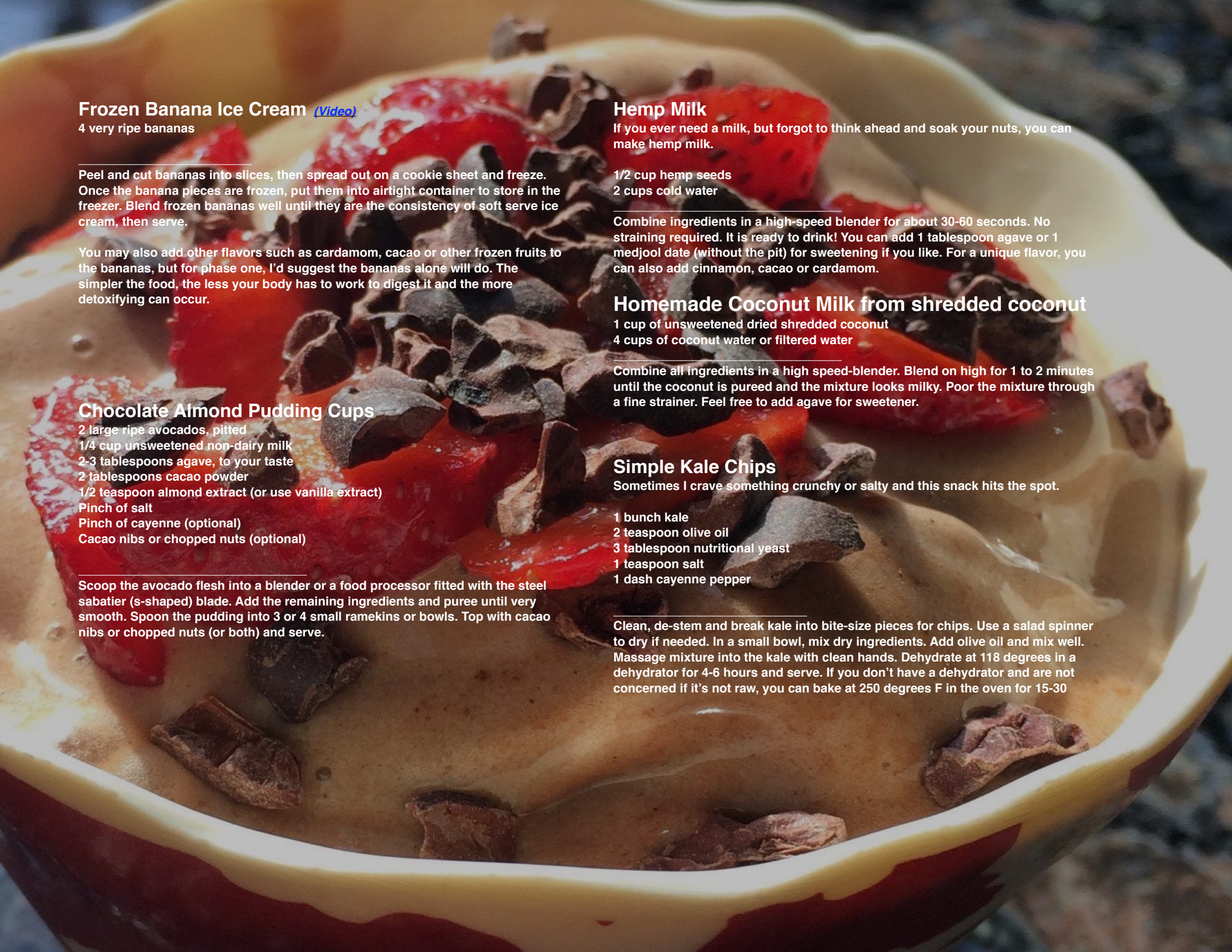
5 ripe heirloom tomatoes, cut into chunks  
1 cucumber (peeled, halved, de-seeded and cut into chunks)  
1 green bell pepper  
2 garlic cloves, smashed  
1/3 cup extra virgin olive oil  
2 tablespoon apple cider vinegar  
A splash of tamari or nama shoyu  
Salt to taste  
Black pepper to taste  
Dash of cayenne pepper

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You can also add some carrot, corn, and basil into this if desired or substitute a red bell pepper for the green. I like to put any hard items into the blender or food processor first (such as garlic, carrot, and bell pepper) as a way to avoid over processing once you put the juicer vegetables in.

In a blender or food processor, combine all ingredients and process until coarsely pureed. Season with salt and refrigerate until chilled. Serve with hot sauce. You can make it ahead and refrigerate overnight.





## Frozen Banana Ice Cream [\(Video\)](#)

4 very ripe bananas

Peel and cut bananas into slices, then spread out on a cookie sheet and freeze. Once the banana pieces are frozen, put them into airtight container to store in the freezer. Blend frozen bananas well until they are the consistency of soft serve ice cream, then serve.

You may also add other flavors such as cardamom, cacao or other frozen fruits to the bananas, but for phase one, I'd suggest the bananas alone will do. The simpler the food, the less your body has to work to digest it and the more detoxifying can occur.

## Chocolate Almond Pudding Cups

2 large ripe avocados, pitted  
1/4 cup unsweetened non-dairy milk  
2-3 tablespoons agave, to your taste  
2 tablespoons cacao powder  
1/2 teaspoon almond extract (or use vanilla extract)  
Pinch of salt  
Pinch of cayenne (optional)  
Cacao nibs or chopped nuts (optional)

Scoop the avocado flesh into a blender or a food processor fitted with the steel sabatier (s-shaped) blade. Add the remaining ingredients and puree until very smooth. Spoon the pudding into 3 or 4 small ramekins or bowls. Top with cacao nibs or chopped nuts (or both) and serve.

## Hemp Milk

If you ever need a milk, but forgot to think ahead and soak your nuts, you can make hemp milk.

1/2 cup hemp seeds  
2 cups cold water

Combine ingredients in a high-speed blender for about 30-60 seconds. No straining required. It is ready to drink! You can add 1 tablespoon agave or 1 medjool date (without the pit) for sweetening if you like. For a unique flavor, you can also add cinnamon, cacao or cardamom.

## Homemade Coconut Milk from shredded coconut

1 cup of unsweetened dried shredded coconut  
4 cups of coconut water or filtered water

Combine all ingredients in a high speed-blender. Blend on high for 1 to 2 minutes until the coconut is pureed and the mixture looks milky. Poor the mixture through a fine strainer. Feel free to add agave for sweetener.

## Simple Kale Chips

Sometimes I crave something crunchy or salty and this snack hits the spot.

1 bunch kale  
2 teaspoon olive oil  
3 tablespoon nutritional yeast  
1 teaspoon salt  
1 dash cayenne pepper

Clean, de-stem and break kale into bite-size pieces for chips. Use a salad spinner to dry if needed. In a small bowl, mix dry ingredients. Add olive oil and mix well. Massage mixture into the kale with clean hands. Dehydrate at 118 degrees in a dehydrator for 4-6 hours and serve. If you don't have a dehydrator and are not concerned if it's not raw, you can bake at 250 degrees F in the oven for 15-30



## 7-Day: Cleanse Shopping List (items for Menu Plan recipes on page 6, please adjust if you prefer other recipes)

### FRUITS

Apples 3 (for a snack as needed)  
Avocados 4  
Bananas 12  
Dates, delget noor 1.5 cups  
Frozen strawberries 1 bag (4 cups)  
Grapes, purple (4 cups)  
Lemons 8  
Limes 1  
Mangoes 4 (or 4 cups frozen)  
Oranges 5

*Buy more fresh, in season fruits for snacks*

### VEGGIES

Beet, candy striped 1  
Broccoli florets 1 small bunch  
Carrots 2  
Celery 1 bunch  
Green onions 1 bunch  
Kale 2 bunches  
Lettuce 2 heads (1 Romaine, 1 red leaf)  
Red bell peppers 1  
Spinach 1 bunch  
Sprouts 1 container  
Tomato 1  
Zucchini 1 large

### NUTS & SEEDS

Almonds 1 cup (if you want to make your own milk, or you can buy 1 carton)  
Coconut flakes, unsweetened 1 cup  
Hemp seeds 3/4 cup  
Pecans 4 cups  
Sesame seeds 2 tablespoons  
Tahini 3 tablespoons

### HERBS & SPICES

Black pepper 2 tablespoons  
Cayenne pepper 3 tablespoons  
Cilantro 1 bunch  
Cinnamon 2 tablespoons  
Cumin 2 tablespoons  
Fresh ginger 2 inch clump  
Garlic 1 bulb  
Jalapeño pepper 1  
Nutmeg 2 tablespoons  
Paprika 1 tablespoon  
Salt (Himalayan or Celtic Sea)  
Vanilla or almond extract 1 small bottle

### MISC

Agave ¼ cup  
Almond milk 1 (can buy in container or make your own)  
Apple cider vinegar ½ cup  
Cacao powder 4 tablespoons  
Cacao nibs 2 tablespoons  
Coconut water 6 cans  
\*Coconut oil or olive oil 4 tablespoons  
Flax oil 1 bottle  
\*Kombucha 1 (or more)  
\*Nettle tea 1 box  
Nutritional yeast 1/4 cup  
Stevia 5-10 packets  
Unsweetened cranberry juice 1 quart

**IF DOING THE PJC DIY DETOX,  
PUT INGREDIENTS FOR 3 RAW  
MEALS HERE.**  
*(list here)*

\* I recommend buying organic whenever possible. It is one way to avoid genetically modified foods, while also avoiding pesticides. You will sometimes see these altered foods referred to as genetically engineered (GE), genetically modified organisms (GMO), or genetically modified foods (GM foods). Here is [a guide by Environmental Working Group \(EWG\)](#) to support your food choices.

*A big thank you to Portland Juice Co. for working together to offer this End of Summer - Raw Challenge!*

## Other cool things happening at The 3rd Chapter

**Raw Cleansing As A Pathway To Health** E-book PDF complete with 164 pages, 60 recipes, 90 photographs and 200 links (including links to 12 videos). This book goes into depth about raw cleaning and is full of tips, hints, pantry guides, links to other references and recipes. The photographs are beautiful and inspiring. Great primer on raw cleansing. Now only \$4.99.

**Annual Declutter & Simplify Group** on Facebook. This group is free and is open to anyone who wishes to simplify their home and surroundings.

**The 3rd Chapter blog** with entries on ways to simplify and enhance your life.

**The 3rd Chapter Facebook Page** daily inspirational posts on a simple, intentional life.

**My Best Year** online Facebook support group. This group explores new topics each month, to allow you to be conscious in creating a life that you love. Near daily postings on the topics in our group, an accountability buddy to help you achieve your goals, monthly webinars with expert interviews. Topics include intention, health, gratitude, relationships, work/life balance, simplifying and decluttering, creativity, daily habits, abundance, finances and play. Price is \$10 for first month and \$20 thereafter. Cancel whenever you wish.



My Best Year ongoing Support Group





**Portland Juice Co.**

1212 SE Powell Blvd.  
Portland, OR 97202  
503-913-3367

**Firebrand Sports**

500 NW 14th Ave.  
Portland, OR 97209

*Mon-Thur 8 AM-6 PM*

*Fri-Sun 9 AM-5 PM*

**Industrial Barre**

1911 NE Broadway  
Portland, OR 97232

*See our PJC website for new locations  
& hours for each site*

16 OZ Juices \$6.50

16 OZ Nut Mylks \$8

*Raw.*

*Cold Pressed.*

*Delivered Daily.*