



# Raw Cleansing As A Pathway To Health

By Kathy Peterman

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## Introduction

I initially became interested in raw cleansing a few years ago with the goal of losing weight, but within the last few years of experimenting, I've found the benefits far exceed dropping pounds. I'm excited to share what I have learned about cleansing, and how you can do your own cleanse when you are ready. My hope is that this book will help guide anyone who wants to know more about raw foods and how to help the body cleanse. I also hope that others will be encouraged to try their own cleanse after reading over the information and resources included in this book.

*I have included links to products that I use and like. I have no association with any companies for endorsing their products. I am an Amazon affiliate, so using the links provided helps to support my blog.*



## About the author

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 share my favorite recipes and tips to make your own raw cleanse a success. I have taken information from more than 20 books and resources, and I’ve created a raw cleanse plan that I am confident works. 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.

## What we will be covering:

- What is a raw cleanse?
- How long should I do my cleanse?
- How do I prepare for a raw cleanse?
- Getting started, those first few days
- Recipes for juices, smoothies, raw salads, soups and more
- Staying motivated and tips for success with cleansing
- Creating your own spa day at home as a way to nurture your soul
- Resources to expand your knowledge



# Chapter 1 - 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, such as improved eating habits, weight loss, clearer glowing skin, improved energy levels, clearer mental function, improved intuition and feeling connected and alive.

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!

## **So what exactly are raw foods?**

Raw food is any food that has not been heated above 118 degrees Fahrenheit or denatured by chemicals, pasteurization, or irradiation. A dehydrator is the main way people heat up raw foods, but that is not required for this raw cleanse.

## **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](#)

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.

**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

Some people will consume sprouted beans and grains on a raw diet, but I do not include these on a cleanse. By going with simple, more healing foods, and gradually adding in more complex raw foods, I believe you will get the most healing benefits.

\* 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.



### **Potential benefits of raw cleansing:**

- Improved energy
- Clear, glowing skin
- More mental clarity
- Stronger intuition
- More radiant presence
- Feeling connected with life
- Enhanced creativity
- Being more “in the flow” with life
- Less inflammation
- Weight loss
- Improved hydration
- Slowed aging
- Reduced symptoms of disease

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.

## **Ready to Start?**

If this is your first cleanse, I usually suggest doing a 6-day cleanse. The first three to four days are usually the hardest, so if it's possible, aim for six days when you can. This will allow you to also enjoy the benefits of increased energy, clearer skin, a clearer mind and feeling more connected and alive! After you have success with a 6-day cleanse, the next time you can try extending your cleanse for two to three weeks. Each time you do a raw cleanse, you will learn more about your own body and how it handles a cleanse. This will boost your confidence in your own intuition and ability to create a plan that works best for you.

## Chapter 2 - Why Do a Raw Cleanse?

In 2013, I did a 28-day raw cleanse. It got me thinking about my journey with cleansing and detoxifying and how much I have learned over the years. I'm excited to share this journey with you.

When I was in college back in 1975, I wanted to lose weight and see if I could possibly fast for a week. I don't know what started this idea. Perhaps it was my friend Carol who was known to try some interesting things. At the time I had heard about the [Master Cleanse](#), which involved only drinking water with lemon, cayenne, and molasses. So, I set out to fast for a week, drinking only the Master Cleanse-prescribed drink and consuming no solid food.

The first three days were hell. I was hungry, had a headache and cravings, and felt weak while keeping a full college schedule. But on day four, there was a dramatic shift, and I felt much better. My energy increased and I noticed more ideas floating through my head. I also noticed how much more time I had without having to plan meals, cook or clean up after meals!

The rest of the week was wonderful, as my energy went up, my appetite waned, and I felt a new sense of mastery of my own body. At the end of the week I had lost 10 pounds, and I broke the fast by drinking the recommended diluted grape juice. A few hours later I had the desire to bake some bread. (For me there is something about not being involved with food for a time that puts me more in touch with food and wanting to cook.) Well, that didn't go well. Before I knew it, I ate most of the loaf of bread with lots of butter.

**FIRST LESSON:** Extremes breed extremes.

I am grateful that I could see the folly of my ways, and that I didn't develop any eating disorders. I vowed not to repeat this rebound event, which basically meant not doing an extreme fast again.

In 2002, I wanted to lose weight again (notice a theme here). At that time I read about Ann Louise Gittleman and her book *[“Fat Flush Plan”](#)*. I promptly went and bought a copy and studied with a highlighter and post-its in hand. She is all about supporting a healthy liver through nutrition as she believes this will support health and weight loss. It was in reading, *“Fat Flush Plan”* that I learned about the [glycemic index](#). She has you avoid caffeine, sugar, alcohol, yeast-based foods and fried foods. She has you start the day with [hot lemon water](#) and she uses a lot of unsweetened cranberry juice diluted in water. I followed her recommendations and got results losing about 5 pounds in the first 10 days. I also received a wonderful compliment, with someone telling me “Wow, you have such beautiful skin.” I have dealt with acne most of my adult life, so this came as a total shock to me. In fact, I wondered if they were talking to someone other than me, but no one was behind me, so I took the compliment.



Skin changes before and after a cleanse

**SECOND LESSON:** Clear skin is my barometer of a balanced, healthy life and I can use that to help guide my dietary choices.

**LESSON THREE:** What we eat really affects us in more ways than we realize. Some foods contribute to inflammation and cause stagnation in the body, while [other foods can do the opposite](#). Here is a list of [foods that are low in inflammation](#) and a great video that explains why we want to avoid inflammation. I have always said that “nutrition is more controversial than religion” as we get bombarded with opposing opinions and dietary suggestions everywhere we turn.

**LESSON FOUR:** While studying to understand the theories behind various diets, I decided to experiment with my own body to see which diet was best for me.

In January 2011, I saw a post on Facebook from “[Dan the Man](#)”, who was making his [Zesty Raw Tacos](#). This was my first exposure to raw foods. His YouTube channel led me to [Dara Dubinet](#), which then led me to [Raw Food Rehab](#), an online community for raw food recipes, support, information and periodic group challenges.

In July 2011, I did my first raw food challenge with Raw Food Rehab. It was an 11-week program called “Raw Results – 11 Weeks to Get the Glow” by Penni Shelton and Dara Dubinet. For this challenge I ate a high raw diet for most of the 11 weeks. They sent us handouts and posted videos online and I soaked up what they had to share. Much of the information was also about self-care and good habits beyond just eating raw.

Raw Food Rehab offered online access to tons of recipes, forums, videos, peoples’ photos and blogs, etc. During those 11 weeks, I only lost five pounds, but significantly more in inches. I also got that “glow” that Dara and Penni had which I wanted, so I considered it a big success!

**LESSON FIVE:** Raw food is great for reducing inflammation in the body and allowing a natural healing to occur.



Before 2011 Cleanse



After 2011 Cleanse



Before side view



After side view

*Lost only 5 pounds, but lost multiple inches from waist & hips*

**LESSON SIX:** Always take baseline and ending measurements, as sometimes the scale doesn't tell the whole story.

In Spring 2012, I participated in another online program called [Cultivating The Sweet Life](#) by Natalia KW and Melissa Geiger. This was a 4-week program that focused on health, self-care, balance, support, nutrition and raw food. This was a very powerful experience for me as I had just returned from India and

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it began on the first day of spring, which symbolized new beginnings for me. In fact, I had planned to start a cleanse on March 21 prior to hearing about this program. It seemed like it was meant to be, when I found out this program began on March 21! To prepare for this program, I re-read all my past materials on raw cleansing and I began to design my own eating plan. I came up with something that has worked well for me which I've outlined below.

### **KATHY'S RAW CLEANSE STEPS:**

**Phase 1:** Juice only

**Phase 2:** Juice, plus salads, smoothies and whole fruits and vegetables

**Phase 3:** Juice, salads, smoothies, whole fruits and vegetables, plus raw nuts and seeds

As I said earlier, over time I have come to focus far less on weight loss and more on clear skin, less inflammation, more clarity of thought, clearer intuition and a sense of being more connected to myself and life. I now do a raw cleanse three to four times a year with the change of seasons.

Because I have started out small and worked my way up, while also adding in good habits that have stuck with me, I do not usually experience many symptoms of detoxification during a cleanse. That is why I encourage others to start small and gradually work their way to cleansing for more days or to do a gradually deeper cleanse.

I want to say that everything I share is a guide, not a firm and fast rule. I really encourage you to look at what will work for you and create your own plan. You will learn new things from each cleanse that you do, and you know, that is what life is all about!

Between cleanses, I aim to eat 50% raw while continuing with hot lemon water to start my day, having a juice or smoothie each day and a large salad most days. I am grateful for improved health and a sense of well-being from these raw cleanses. I continue to use cleanses as a way to gradually adopt healthier habits for every day and to learn about my own body and how it responds to food.

**Reflection on This Chapter:**

- What is your personal barometer of living a balanced, healthy life?
- What other diets or cleanses have you tried and what did they teach you?

## Chapter 3 - Tips for Designing Your Own Raw Cleanse

When doing a cleanse, one of the most important steps is to stop and take an honest look at your calendar. You want to find a time frame that is at least six days (or longer if this is not your first time). It should be a time without huge temptations, and with the ability to lie low and stay close to home and relax, especially at the beginning. So don't do it when you have that big birthday party where you know you will want a drink or cake, when you're doing a marathon, or during events that will sabotage your success. I often aim to start during a 3-day weekend when possible, as that gives me those first few days without thinking about other commitments.

You want to pick a time when you feel physically and mentally ready. There are times in our lives when we have a lot of stress or we are facing challenges and feel vulnerable. These are probably not the times to add a raw cleanse to your plate.

### 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.
- Select the length of time that feels right to you, preferably longer than those initial three days, which can be more difficult. If this is your first cleanse, I suggest doing it for six days.
- Take your baseline measurements for sure, and possibly do baseline photos.
- Consider joining an online community (such as Raw Food Rehab or my Facebook group) for support.
- Clean out your cupboards and refrigerator to avoid tempting foods and to represent a clean slate.
- Consider how you want to ask for support. If you have friends who will support you, inform them of what you are doing. If you don't have the support of your friends and family, consider keeping

your plans to yourself, so you won't be bombarded with their worries and fears. You have enough of your own negativity to work through during this time, so you don't need other peoples' added to the mix!

- Get the freshest, healthiest organic fruits and vegetables to start your cleanse. Go by what is in season and then look for recipes 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? 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. There's a list towards the end of this book for you to check out.
- Consider reducing your exposure to TV, magazines 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.

**1. How long will you cleanse?** If this is your first time I highly recommend doing six days. The first three days can be the hardest, so going a bit beyond that is important so that you can also experience the benefits. Going longer than six days your first time is not something I'd recommend. It is best to gradually learn how your own body responds, which will allow you to adapt and plan for success the next time.

**2. What foods will you consume?** Are you willing to go 100% raw? If that scares you, try something more gradual, such as eating raw until dinner, then having a big salad with dinner. You will do better if you go gradually, but you will also want some clear structure. Otherwise, you might slip back into your regular everyday diet and you won't enjoy those benefits we've talked about.

**3. Will you juice, make smoothies, or both?** This is mostly determined by your access to equipment. If you have a juicer and a blender, then by all means, do both, and follow the plan I have set up. If you only have a blender and you really prefer smoothies over juices, then you may choose to adapt and forego the juice. Or you can strain the blended ingredients as [one way to make juice](#) by removing the pulp. If you can borrow a juicer, even for a couple of days, I'd recommend it, as juicing gets nutrients in large doses into your bloodstream with little effort. It also allows your gut to rest, which is another benefit of a cleanse. Here is a good overview of the differences and benefits of [juicing and smoothies](#). And here is a nice graphic that compares [juicing and smoothies](#). If your budget is tight and you don't have a juicer or blender, you can do a raw cleanse that consists of salads, and whole fruits and veggies. Or you

can purchase fresh made juices from a local store. It is nice to have a wider variety, but don't let lack of equipment keep you from the benefits of raw foods! Lots of fresh raw foods and a good knife are truly the only absolute requirements.



## Raw Cleanse Personal Preparation Sheet

*Write your own personal plan here*

My raw cleanse will be for \_\_\_\_ days starting on \_\_\_\_/\_\_\_\_/\_\_\_\_ and going until \_\_\_\_/\_\_\_\_/\_\_\_\_

☐ I know my schedule is clear and I have put it on my calendar.

I plan to follow the phases in this book, or make these adaptations. \_\_\_\_\_

\_\_\_\_\_

☐ I will be using juices as part of my cleanse.

☐ I will be using smoothies as part of my cleanse.

☐ I am clear about which foods/drinks I want to consume during my cleanse.

People who will support me and hold me accountable are \_\_\_\_\_

The next step is to figure out what your goal is in doing this cleanse. I say this because at times you will face challenges during the cleanse and remembering what your goal is can help you refocus and get through the challenges. For me, my goal is always to have “improved health”, which helps guide me when I have a craving. Instead of seeing things as “black and white” or “succeed or fail”, I can ask myself what is in the best interest of my health and trust that answer. For one of my friends, her goal is “balance”, so her answer might be different.

My goal for doing this cleanse is:

## Chapter 4 - Stocking Your Raw Pantry

### Preparing to Shop

I love to shop for fresh raw foods. I buy organic whenever possible, but when organic is not an option, I refer to the [Clean Fifteen](#) and [Dirty Dozen PLUS](#) guides put out by the Environmental Working Group (EWG) to help me avoid the worst pesticide offenders. This guide is updated annually and there is a lot of great information on their website. There are also apps put out by EWG to help shoppers make conscious choices. Here is the [EWG pocket card](#) for easy reference (though it is slightly older). By shopping at farmers' markets, local co-ops and grocery stores with lower prices, I can get organic without a huge price difference. If anyone is faced with no choice other than commercial produce, it is still far better for your health to consume more fruits and vegetables of any kind.

For those who would like more information on buying produce, [\*“Fresh Produce Guide”\*](#) is a great book that goes over produce varieties, nutritional content, selection tips, storage and usage. And here are some great general [tips and tricks for storing produce](#).



You'll want to fill your fridge and cupboards mostly with fruits and vegetables so you have lots of healthy options for juicing, smoothie-making, and eating raw. In particular, I always make sure to have a nice supply of avocados and bananas in various stages of ripening on my counter. I also buy 5-10 lemons a week for use in juicing and for the morning warm lemon water. Ginger is another staple I like to have on hand.

I start my shopping by getting what is fresh and healthy first. When produce is in season, it will look its best and it will often be less expensive. Then I get items I need

for specific recipes. I have created a shopping list of items that are raw and healthy. Aiming for these foods as part of your own cleanse will help you on your path to success.

## BASIC RAW SHOPPING LIST

### Veggies:

Beets  
Bok choy  
Cabbage  
Carrots  
Celery  
Chard  
Cucumber  
Dandelion greens  
Greens  
Onions  
Jicama  
Kale  
Lettuce  
Onions (Red)  
Radishes  
Red bell peppers  
Spinach  
Tomatoes

### Herbs/Spices:

Basil  
Cayenne  
Cilantro  
Cinnamon  
Dill  
Garlic  
Ginger root  
Jalapeño pepper  
Mint  
Nutmeg  
Parsley

### Fruit:

Apples  
Apricots  
Avocados  
Bananas  
Berries  
Dates  
Figs  
Grapes  
Grapefruit  
Goji Berries  
Lemons  
Limes  
Mangoes  
Melons  
Nectarines  
Oranges  
Pears  
Peaches  
Pineapples  
Plums  
Pomegranates

### Nuts/seeds:

Almonds  
Cashews  
Flaxseeds  
Hemp seeds  
Macadamia nuts  
Pine nuts  
Poppy seeds  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Walnuts

### Miscellaneous:

Apple cider vinegar  
Coconut water  
Cranberry juice (unsweetened)  
Flaxseed oil  
Herbal tea  
Himalayan or Celtic sea salt  
Kombucha  
Raw Vegan Protein Powder  
Seeds for sprouting:  
    Alfalfa  
    Broccoli  
    Fenugreek  
    Lentils  
    Mung Beans  
    Pumpkin  
    Sunflower  
Stevia

## Description of Raw Pantry Items

**Frozen fruit:** If you don't already know, you will soon learn the power of the frozen banana when making ice cream and wonderful smoothies. I buy a bunch of bananas, allow them to nicely brown and then peel and slice them, spreading the slices out on cookie sheets to freeze them. Then I store them in an air tight container in the freezer so I have frozen bananas on hand at all times. I also love to buy big flats of local blueberries or raspberries from the farmers' market, following the same freezing method before transferring the berries to zipper-sealed freezer bags. Frozen berries keep well and hold their nutritional content.

**Nuts and seeds:** Raw nuts and seeds are packed with nutrition, protein and healthy fats. Avoid pasteurized or roasted nuts as they have been cooked. I usually buy mine in the bulk section at my local co-op, but they are also available at Trader Joe's or [online](#). I wait until phase 3 of the cleanse to buy my nuts, so I am not tempted to eat them when they are not on my menu plan. I often store my nuts and seeds in the freezer to keep them from going rancid.

- **Sprouting seeds and legumes** is easy. I love to have lentils, garbanzo beans, mung beans, sunflower seeds, fenugreek seeds, and alfalfa sprout seeds on hand for sprouting. There is a whole section on sprouting your own seeds later in the book.
- **Hemp seeds** are packed with nutrition. They are a great addition to salads and fruits, and they make a creamy milk or base for smoothies or salad dressings.



- **Flax seed** is a great source of omega-3 fatty acids and can be added to smoothies, raw desserts, and salad dressings.
- **Flax oil** is a light oil derived from flax seeds and high in omega-3 fatty acids. Flax oil is great for making salad dressings, though it doesn't tolerate heat, so be sure to keep it refrigerated.
- **Chia seeds** also contain omega-3 fatty acids, along with protein, fiber, calcium and antioxidants. When soaked in water or other liquid (such as soy or almond milk), chia turns into a gel. It's great in smoothies, as a pudding, or sprinkled on fruit or salad.
- **Almonds** are usually pasteurized, so focus on buying those that are not roasted or look for raw options in your area or via the Internet.
- **Cashews** add a creaminess to many of the recipes we will be using in phase 3. Buy them raw (not roasted). Sometimes buying them as pieces (versus whole) will be less expensive.

**Superfoods** are those high in nutrition and health benefits. If you are new to raw or health foods, don't get bogged down here; just think of it as something to know for the future. Many of these are optional ingredients in the recipes used in this book. They do, however add flavor as well as health benefits for those who want to explore raw foods in depth.

- **Apple Cider Vinegar** (or ACV for short) is a fermented apple product that helps prolong the sensation of satiety after eating. It is used in our recipes and sometimes in water to add flavor and health benefits.
- **Cacao nibs** are crunchy, unsweetened pieces of cacao. They are a nice topping on banana soft-serve ice cream, or as an ingredient in fruit and nut bars and crusts. Do not confuse cacao with cocoa.

- **Cacao powder** is a wonderful way to indulge in something rich and chocolatey. The above nibs ground into a powder are great in smoothies and raw desserts.
- **Coconut oil** is great to have around for recipes, as well as for skincare use. See the spa chapter for more ideas, but for now, you'll want to buy at least one small jar. I like Dr. Bronner's Magic "All-One!" fair trade organic coconut oil, but there are a lot of other good brands out there.
- **Ginger root** is best bought fresh from your co-op or grocery store. Works well in juicing and has healing qualities.
- **Lucuma** is a subtropical fruit grown in the Andean Valley of Peru. It has a sweet flavor similar maple or sweet potato and I use it in smoothies for a gentle sweetness. It is rich in carotene, niacin (B3) and other B vitamins.
- **Maca Powder** is from a crop grown in the mountains of the Andean region of South America. It is a medicinal herb that contains vitamins, minerals, amino acids and plant sterols. In the powder form, it tastes like vanilla/butterscotch, which is a nice addition to smoothies. It provides an energy boost without the shakes of caffeine.

**Sweeteners:** We all do better with fewer sweeteners in our lives. For the raw cleanse, you will be going off processed sugar. I don't use any other processed sweeteners in phase 1. Once you get into phases 2 and 3, however, it's nice to add in a small amount of sweet flavor. It is better to have a raw sweet to satisfy your cravings, than to go off your cleanse and eat something cooked or baked. Below are the best choices for raw sweeteners.

- **Agave nectar** is a very sweet, raw liquid sweetener. It has a higher glycemic index which can lead to blood sugar spikes and drops. And when blood sugar drops, cravings can easily occur. Pay attention to how your own unique body handles this.

- **Dates** are a great sweetener in recipes and **dried fruit** is a good sweetness-satisfying snack. Medjool dates are my favorite and can be found in the refrigerated bulk section at many food co-ops. Just be sure to cut the pits out prior to throwing them in any recipe or blender! For dried fruit, try to find it without sulphur used in the drying process and go light on the amounts you eat, as your body still processes it like sugar.
- **Maple syrup**, while it's not a raw food, it is a good sweetener if you're unable to use dates or agave.
- **Stevia** is a white powder or liquid that comes from the stevia plant. It is quite potent and is best used in small quantities in smoothies or some herbal teas. It does not cause blood sugar spikes.

### Supplements & Miscellaneous Raw Pantry Items:

- **Nama shoyu or tamari**: There are five cooking ingredients that are similar in flavor: soy sauce, nama shoyu, tamari, Bragg's liquid aminos and coconut aminos. Here is a bit more on comparing their health benefits. Of the three healthier options (coconut aminos, nama shoyu and tamari), I prefer the flavor of tamari, which is gluten-free, but not raw. Many raw foodists use nama shoyu (not technically raw either) or coconut aminos. Any one of these three can be substituted one for one in any recipe.
- **Nutritional yeast** is also called "nooch" by the vegan community, it is a de-activated yeast that is sold as a powder or in flakes. It has an umami flavor that adds a nutty or cheesy taste to salads, sauces, and many other dishes. It is rich in protein and vitamins, especially/particularly B vitamins. The brand I buy is Red Star, as they fortify their nutritional yeast with vitamin B12.

- **Protein powder** such as [Sun Warrior Raw Vegan Protein Powder](#) go well in my smoothies. I buy vanilla, as it mixes with more flavors. And, if you want chocolate, you can just add some cacao powder to it. It is a big investment, so you can omit this ingredient. It boosts protein, but is not essential.
- **Spices** help add flavor to recipes. I like to buy mine in bulk from the local food co-op so I can get them in small amounts to save money, have them be the freshest possible, and reduce packaging.
- **Vitamin C powder** is available in the bulk section of food co-ops or pre-packaged as [Power Pak](#) orange flavor packets. Adds vitamin C nutrients and has a bitter flavor that helps balance some sweeter recipes out a bit.

# Tools for the Raw Kitchen

I tried to limit the recipes in this book to those that can be easily prepared with just a few pieces of equipment. I will go over the basics, and then the nice-to-have items, so you can prioritize what you need to begin your raw journey. I will include the brands of appliances I use so you have them as a reference. I will also share alternatives when I can. Note: Items I am suggesting are from my own personal experience, not related to any company sending me their product to endorse.

## Basic Tools

**Sharp knife:** On a raw diet, you're going to be doing a lot of chopping, slicing, and cutting of vegetables and fruits. Having a nice, sharp knife makes all the difference. Many grocery stores, kitchen supply stores and even some farmers' markets offer knife sharpening services for just a few dollars if your current knives could use a tune-up. I have a nice [santoku knife](#) and a [ceramic knife](#) that are my personal favorites, but any sharp chef's knife will do.

**Blender:** I originally had a basic blender and wondered why anyone in their right mind would buy an expensive Vitamix. But, after using a Vitamix and seeing how it liquefies things and goes way beyond an average blender, I will never go back. I use a [Vitamix 5200](#) that I purchased on Amazon four years ago. Many friends say their Vitamixes have lasted 10 years or more without any issues. These blenders are guaranteed for seven years by the manufacturer, and you can even buy [refurbished ones](#) at a discounted price on the companies website. Sometimes Costco sells them at a discount. [Blendtec](#) is another well liked high-speed blender brand near the same price.

**Peeler:** You can use a regular vegetable peeler for ribbon-like noodles. I like the [ceramic peeler](#) best and it costs about \$10, but any peeler will do.

**Grater:** You can use a [regular grater](#) for carrots, cabbage and other vegetables.

**Juice Squeezer:** I have a [lemon squeezer](#) and use it daily. I can use it for lemons, limes or smaller oranges. They also make a separate lime and orange squeezer. Cost is about \$10 each.

## Nice-to-Have Tools

Here are some additional items that are a nice addition for your raw kitchen. If you find you are enjoying raw foods, and you can afford more kitchen tools, then consider purchasing them.

**Juicer:** There are tons of juicers out there that work great and will fit any price range. The one I use is the [Breville Juice Fountain Elite](#) (available for around \$300, or less for refurbished models). I've been happy with this juicer overall. You can get by without a juicer on this cleanse, but you will enjoy having this kitchen tool even if you borrow one for a few days from a friend or family member.

## Juicers 101

*There are three types of juicers: Centrifugal, masticating and vertical.*

**Centrifugal** juicers have a large hole to put your fruits and veggies into, juice fast and are pretty easy to clean. However, they don't extract as much liquid from the produce and it won't work for wheatgrass. It is a good first juicer for those who are busy. [Jack LaLanne sells a juicer](#) for about \$90 that is in this same juicer category. I don't know if it is as solid or will last as long, but it is less expensive and will get you started juicing.



**Masticating** juicers have a smaller hole for putting the produce in, so you need to do more cutting and work, as well as feeding the produce through the juicer. They extract the maximum juice from the produce and with that comes the vitamins, minerals and enzymes. Examples of masticating juicers are the [Omega](#), [Champion](#) and [Green Star](#).

**Vertical** juicers are the marriage of the previous two and seem to be preferred among raw foodists. However, they cost about double of the previous juicers mentioned. [Hurom](#) is one that Fully Raw Kristina recommends.

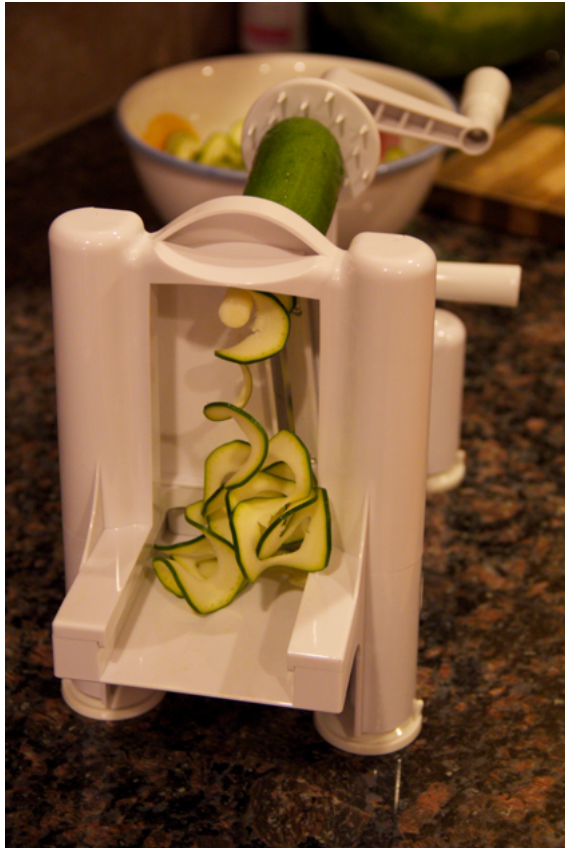
Here is a link to [an introductory video](#) and [a secondary video](#) on juicers to give you an idea of which one might work best for you. Note: The Breville extracts a bit more than the Jack Lalanne based on her demo and my own experience.

**Food processor:** If you have a Vitamix, you can get by without this. Personally, I do also have a [Cuisinart 14 cup](#) food processor. It does work a bit better for some recipes, but again you can use a blender for many recipes and do just fine. I've seen Black & Decker and Hamilton Beach food processors used in a class I took, and I was not at all impressed at all with their performance. The chef had to remove the lid and scrape the container way more than he would have had to do with a better quality food processor. I would recommend putting your money into a good blender before getting a food processor.

**Dehydrator:** Like juicers, there are many different dehydrators out there to fit any budget. Dehydrating can be a great way to preserve fruit, vegetables and other foods for winter. You can also make great snacks (like kale chips) and wraps for raw burritos, tacos, sandwiches, etc. with a dehydrator. I have the [Excalibur 9-tray dehydrator](#), which is top of the line and costs just over \$200. Dehydrating takes planning

ahead, as many recipes require 8-48 hours of dehydrating time. I am including a couple of dehydrating recipes in my book for those who already have the equipment, but it's not required for the cleanse.

**Mandolin and Spiralizer:** I consider these both to be luxury items, but they can each be purchased relatively inexpensively (at around \$35-40 each). The [mandolin](#) is nice for getting uniform cuts of vegetables or fruits and it offers a number of different slicing options, while the spiralizer has different noodle-making options. I have the [Paderno World Cuisine Spiralizer](#), which works well.



**Microplane:** These come in various sizes and help with zesting lemons, as well as fine grating nutmeg, ginger and other items and works much better than the fine side of my box grater. Here is [my favorite](#).

**Silicone Spatula:** I've had a lot of spatulas in my life, but this [Le Cruset silicone spoon spatula](#) is amazing for scraping out a blender, bowl or food processor. If you turn the spoon backwards, you'll find it scrapes ingredients from any surface as well as licking a plate clean.

**Cake/tart pans:** Tart pans are nice to have if you plan to experiment with sweet and savory tarts. This book is a more simplified raw food introduction, so it is not necessary to buy tart pans if you don't already have them.

I am sure there are more fun raw kitchen tools, but start with the basics and go from there based on your budget and interest in raw foods.

## Chapter 5 - Preparing For A Cleanse

I think I can hear some of you saying, “Quick, get on with information about the cleanse!” I am here to tell you that the energy you put into preparing for your cleanse is so worth it. Putting the effort in at the beginning will make things much easier as you go along and set you up for success. I would tell you to trust me, but I hate it when people say that!

### **During the week prior to your cleanse, here are twelve things you can do to help ensure your success:**

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-cleanses” 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. Take your “before” measurements. This one is important. As I mentioned before, I only lost only 5 pounds during an 11 week raw food challenge, but my disappointment turned to delight when I compared by before and after measurements and realized I lost 5.5 inches from my waist and 3.0 inches from my hips. It is amazing how much mild inflammation can be going on in the body. Had I not taken those measurements, I may not have keep up with the challenge long term.



7. Another to measure and observe your progress is to take before photos so you can see how your body looks from the front and side before and after your cleanse. I say do it with your clothes on as you never know, you may wish to share it with others someday.
8. Rally friends and family who can truly be supportive. Let them know what you are doing, why you are doing it, and how they can support you. If you have people who will worry about you, cut you down, or interrogate you, then you may want to keep it to yourself.
9. Start a journal to record your progress, challenges, feelings, dreams and thoughts while on the cleanse. It doesn't have to be a fancy journal - scrap paper or a simple spiral notebook will do.



10. Make a list of places to get juice or raw foods during your cleanse. So when a friend invites you out for a drink or meal, you have places you know you can go and get something on your plan. I know, I have it easy living in Portland, Oregon, the mecca for all things green. I sometimes wonder if I would be vegan if I hadn't moved here. Would I be doing raw cleanses? Hopefully a simple Google or Yelp search will help you find options in your area. Put that list in your purse, pocket, or - better yet - in your phone!
11. Print up your meal plans to follow during your cleanse.
12. Consider spa treatments you may wish to do at home to pamper yourself along the way. See chapter 11 for ideas.

### **Places to get juice in Portland:**

#### **SE Portland**

- Canteen – 2816 SE Stark St.
- Harlow – 3632 SE Hawthorne Blvd
- Kure – SE Hawthorne & 44th, 77 SE Yamhill
- Nirvana Cafe & Juice Bar – 510 SE Morrison St.
- Portland Juice Press – 3111 SE 13th Avenue
- Sip by Peoples Co-op – 3029 SE 21st Ave
- Juice Pressed – Various
- Laughing Planet – Various

#### **NE Portland**

- Aliviar Coffeehouse – 4128 NE Sandy
- Blossoming Lotus – NE Broadway and 15th
- Sip – 2210 NE Alberta St.

#### **NW Portland**

- Beyond Juice – 716 NW 21st
- Greenleaf Juicing Company – NW Glisan & 13th  
& other locations
- Prasad – 925 NW Davis

#### **SW Portland** Kure Downtown – 518 SW Taylor

### **Checklist: Day Before Your Cleanse:**

- ☐ I feel ready physically and mentally.
- ☐ I have cleared a space for my fresh, live, healing raw foods.
- ☐ I have shopped for food a day or two prior to the cleanse.
- ☐ I have a journal or pages I plan to write in during this cleanse.
- ☐ I have taken my before measurements and photos.

## The Evening Before You Start

As my final meal prior to a cleanse, I usually have a big bowl of brown rice along with some steamed kale, broccoli or other greens. I then top it with some lemon and ground flaxseeds for extra flavor and fiber. This serves as a nice “broom” in the colon, helping to escort any toxins out. But sometimes I just dive in and start the cleanse without a special meal prior. Either will work.



## 6-Day: Raw Cleanse Meal Plan

*This 6-Day plan is the plan for anyone new to raw cleansing. It's a great first cleanse!*

Day	1	2	3	4	5	6
<b>Date</b>						
<b>Phase</b>	1	1	2	2	3	3
<b>Start of Day</b>	Hot Lemon Water	Hot Lemon Water	Hot Lemon Water	Hot Lemon Water	Hot Lemon Water	Hot Lemon Water
<b>Breakfast</b>	Miracle Juice	Lemon Ginger Blast	Everyday Green Juice	Apple Carrot Ginger Juice	Chia Pudding with Fruit	Turmeric Smoothie
<b>Lunch</b>	Miracle Juice	V-10 Juice	Mango Smoothie	Blueberry Kale Smoothie	Mexican Chopped Cobb Salad	Broccoli Soup
<b>Dinner</b>	Miracle Juice	Cucumber Mint Juice	Rainbow Salad with Orange Avocado Dressing	Spinach with Oranges & Sprouts	Kale Pesto with Zucchini Pasta	Zesty Raw Tacos
<b>Snacks</b>	Miracle Juice	Grapefruit Juice or other Mono Juice	Simple Kale Chips	Frozen Banana Ice Cream	Chocolate Almond Pudding Cups	Massaged Kale with Tahini
<b>Beverages</b>	Water	Smooth Move Tea	Kombucha	Nettle Leaf Tea	Coconut Water	Homemade Almond Milk with Cacao
<b>Preparation</b>	Start sprouts		Freeze bananas		Soak almonds	

See appendix for 6-Day: Raw Cleanse Shopping List.

**Note:** Recipes are color coded by phase per the chart above.

## 2-Week: Raw Cleanse Meal Plan (Week 1)

Day	1	2	3	4	5	6	7
<b>Date</b>							
<b>Phase</b>	1	1	1	1	1	2	2
<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	Lemon Ginger Blast	Everyday Green Juice	Lemon Ginger Blast	Lemon Ginger Blast	Apple Carrot Ginger Juice	Everyday Green Juice
<b>Lunch</b>	Miracle Juice	Carrot Juice	Hydrator Juice	V-10 Juice	Sunshine Juice	Mango Smoothie	Blueberry Kale Smoothie
<b>Dinner</b>	Miracle Juice	Cucumber Mint Juice	The Transfusion Juice	Juice of Your Choice	Dandelion Combo Juice	Spinach with Oranges & Sprouts	Rainbow Salad with Orange Avocado Dressing
<b>Snacks</b>	Miracle Juice	Grapefruit Juice other Mono Juice	Apple Carrot Ginger Juice	Frozen Banana Ice Cream	Watermelon or other Mono Juice	Apples, Oranges, Bananas or other fruit	Raw Fruit or Veggies in Season
<b>Beverages</b>	Water	Smooth Move Tea	Nettle Leaf Tea	Coconut Water	Skin Detox Tea	Kombucha	Healing Tea or Rosemary Water
<b>Preparation</b>		Start sprouts	Freeze bananas				

See appendix for 2-Week: Raw Cleanse Shopping Lists. Recipes are color coded by phase as noted above.

**Key:**  = Find on the Internet. This allows you to become more familiar with the resources at your fingertips.

## 2-Week: Raw Cleanse Meal Plan (Week 2)

Day	8	9	10	11	12	13	14
Date							
Phase	2	2	2	3	3	3	3
Start of Day	Hot Lemon Water	Hot Lemon Water	Hot Lemon Water	Hot Lemon Water	Hot Lemon Water	Hot Lemon Water	Hot Lemon Water
Breakfast	Beet Carrot Ginger Juice	Lemon Ginger Blast	V-10 Juice	Chia Pudding with Fruit	Juice of Your Choice	Turmeric Smoothie	Lemon Ginger Blast
Lunch	Chocolate Smoothie	Fruit Salad or Fresh Foods of Your Choice	Zucchini Pasta	Gazpacho Soup	Mexican Chopped Cobb Salad	Broccoli Soup	Fruit & Greens Salad with Tomato Tahini Dressing
Dinner	Massaged Kale Salad	Smoothie of Your Choice	Green Salad with Apples & Sprouts	Beautiful Borscht Salad	Mandala Salad with Nuts, Seeds and Nutritional Yeast	Kale Pesto with Zucchini Pasta	Zesty Raw Tacos
Snacks	Avocado +	Cucumber Salad	Simple Kale Chips	Soaked Almonds with an Orange	Avocado Pudding with Pistachios or Chocolate Almond Pudding Cups	Flax Crackers with Cashew Cream Dip or Massaged Kale with Tahini	Chia Pudding with Goji Berries & Cacao Nibs
Beverages	Water with ACV	Warm Tea	Kombucha	Fenugreek Tea	Water with Mint or Rosemary	Homemade Almond Milk with Cacao	Coconut Water
Preparation					Soak almonds		

See appendix for 2-Week: Raw Cleanse Shopping Lists.

Key:  = Find on the Internet.

## Chapter 7 - Phase 1

**Phase 1 is all about juice.** Juicing allows your gut to rest while consuming high levels of nutrients to promote healing and detoxification. There are all kinds of juices you can make and enjoy. I usually start day 1 with Miracle Juice, then from day 2 forward I make a variety of fruit and vegetable juices. *I have used a green bar at the top of the pages to help you easily see all phase 1 recipes.*

### Day One of the Cleanse

*A Good Way to Start Each Day - Warm Lemon Water*

Yay - the day you have been waiting for is here! Time to begin your raw cleanse. A good way to start each day is with warm lemon water. I usually boil the water and allow it to cool for several minutes, then add the lemon juice - either half of a large lemon or all the juice of one small lemon. You can also add a tiny dash of cayenne pepper or grate some fresh ginger and add it to the warm drink. Drinking this first thing in the morning wakes up your gallbladder and digestive tract aiding detoxification. Let's start today with drinking the warm lemon water while you make the Miracle Juice you'll be drinking for the rest of the day.



For the rest of day one, I use my own version of [Ann Louise Gittleman's Miracle Juice](#), taken from her 2005 book entitled [The Fast Track One-Day Detox Diet](#). This juice is great for reducing hunger, regulating blood sugar, and beginning detoxification. It has a diuretic effect, which begins pulling toxins and inflammation from the body. Several people I know have tried it and found it to be a great transition into raw cleansing.



## 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 ([Knudsen](#) is a good brand)  
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 - just enough to cut some of the pucker from the tart juices. Drink at least one cup 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 like [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.

Ann Louise has you cook the cranberry juice with the spices and alternate between drinking juice 1 hour and water the next. I've found for me it works best to mix the water into my juice versus alternating. To keep my Miracle Juice as raw as possible, I cook only the water and spices while adding fresh cranberry juice, lemon and orange juice after it has cooled. I once used raw cranberries and juiced them, but it

took a lot of berries and I had quite a bit of pulp left, so the method I listed above works better and costs less.

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 one of the videos mentioned in the resources chapter. This will help keep your motivation and dedication high!

#### **Goals for Day One**

- Avoid strenuous physical activity
- Stay home if possible, or if you go out, plan to have plenty of juice on hand
- Journal about what you consume and how you feel
- Avoid TV, magazines and computer if possible to not be tempted by foods
- Watch a motivational film such as “Fast, Sick & Nearly Dead,” “May I Be Frank” or “Simply Raw: Reversing Diabetes in 30 Days”

## Day 2 and Beyond

**There are three key things to keep in mind as you begin making juices for day two and beyond:**

1. Keep nutrition high and don't let calories drop too low
2. Get to know your juicer
3. Have fun making new juices

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 I mentioned earlier. In it she 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. I have done my best to make sure the recipes in this book accurately reflect this serving size.

Juicing is not like baking, where you need to follow a recipe verbatim for it to rise correctly. Juices can be made from the key categories and combined in your own unique combinations. We will go over this more later.

## Juicer Tips:

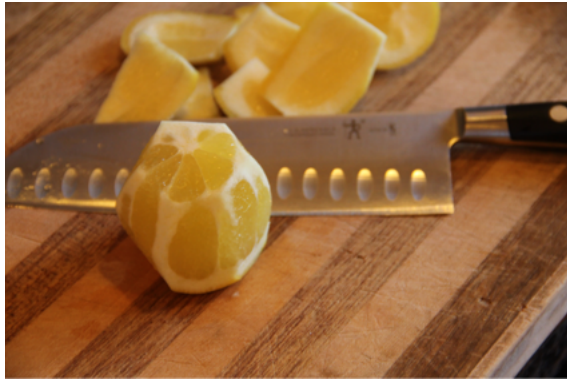
On the Breville Elite juicer, there's a switch you can turn the for soft fruits such as pears, grapes, citrus, and berries or down for hard produce such as carrots, apples, celery, etc. I also position the switch down for my greens.

Wash your fruits and vegetables and be sure to remove any small plastic labels, so they don't get caught in your juicer or juice. I usually wash my produce with clean, cold water.

If you buy commercial produce, you will want to remove surface pesticides. A simple way to clean produce is to fill the sink half full of cold water, add 4 tablespoons of sea salt and the juice of 1 lemon, then stir well to dissolve and mix. Allow produce to sit in this for 5 minutes max. Rinse thoroughly with cold water. This recipe makes a natural, diluted form of



hydrochloric acid, which has been known to help remove surface sprays and eliminate fungus and bacteria that may be on the produce.



Peel citrus prior to use. I peel oranges and grapefruits and cut the rind off of lemons prior to putting them in the juicer. Organic Meyer lemons can be put in the juicer unpeeled if you like.

Save the pulp generated from juicing for use in other recipes. The juicer runs at a fast speed and can sputter out juice from the area where the bucket meets the grinder. I put a wet rag over this to avoid any splatter on me and the surrounding work area.



I soak my juicer parts in a diluted bleach solution to remove the hazy film that can collect on the metal and plastic parts. Mix 1 cup bleach into a sink filled with enough water to submerge the juicer parts. DO NOT put the main juicer motor in this. Soak for 30-60 minutes then wash with soap and water as usual.

Using lemon in your juice will help preserve it for up to 24 hours. It also helps to mellow the taste and detoxify the body.

Some people like to juice everything at once for the entire day. This allows for less cleaning of the juicer, but juices will be less fresh. Others like to juice as they go, just prior to drinking their next meal. It's all about what works for you.

I've found it easiest to make my juice, clean the juicer, then enjoy my juice. This way I keep the momentum going and the juicer is easier to clean when it is fresh, versus when it sits there a while.

Day 2 is about continuing to nourish yourself while introducing fresh alive juices. Once again, it is a day to be gentle and not overexert or expose yourself to tempting foods and situations. Start with warm lemon water, which you will do every day during your cleanse. This wakes up your digestive tract and buys you a little time to prepare your other juices or meals.

It is important to do your best to be at home, as your energy may be lower than normal (even with adequate calories). Do not engage in hard physical activity during your first three days on a raw cleanse. If you are sleepy, trust your body and feel free to take a nap.

Now let's begin with some great juice recipes.



## **Lemon Ginger Blast**

1 bunch of kale

1 bunch of celery

1 Braeburn or similar apple (or more if you want additional sweetness or calories)

1 inch piece of fresh ginger

1 lemon (peeled)

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Process all ingredients through juicer.

Serves 1



## **Carrot Juice**

10-15 large carrots

1 inch piece of fresh ginger

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Process all ingredients through juicer.

Serves 1



## Grapefruit Juice

3 large ruby red grapefruits

---

Peel the grapefruits, then process them through juicer and enjoy! It's that easy!

Serves 1

Grapefruit is high in vitamin C and antioxidants. It also helps reduce cholesterol and has a low glycemic index, so it won't be messing with your blood sugar levels. This is one juice you won't want to add any vegetables to. I like it solo, but you can also add some mint or lemon. [Grapefruit juice](#) is a great one to start the morning with!

*Grapefruits interact with some medications, so you may wish to consult your physician or pharmacist before consuming this juice.*



## **Cantaloupe Juice**

2 large cantaloupes

---

Cut each cantaloupe in half, remove seeds, then cut into small wedges and peel or cut off the skin. Process using a juicer or blender to get a nice refreshing juice.

Serves 1

## Everyday Green Juice

*Recipe shared with permission, from the book Gently Raw by Katie Gillespie.*

I met Katie Gillespie up in Seattle, Washington, at the [Vida Vegan Con Tech Seminar](#). Katie writes the [Serenity in the Storm](#) blog, complete with recipes, information about living a kind life, and where she sells her gorgeous book "[Gently Raw](#)". She has seen improved health and is learning more about raw foods, juicing and how they can make a difference. Here is her Everyday Green Juice recipe. She has a lot of other recipes and fun stuff on her blog, so make this juice, poke around on her website, and see if you want to subscribe.

- 4-5 leaves of lettuce, kale or other greens
- 2-3 stalks of celery
- 1 cucumber peeled (if not organic)
- 1/2 apple or a whole apple for sweeter juice
- 1 lemon or lime, peel can remain on if it is organic
- 1 inch piece of ginger root, or 1 tablespoon of ginger juice

---

Process all ingredients through juicer. I like to run the pulp back through the juicer at least once (sometimes twice) when I'm done to get a little extra juice out of the veggies. If your juicer doesn't juice ginger well (mine doesn't), there is a great [bottled ginger juice by The Ginger People](#) that is a nice alternative to juicing your own. I always keep a bottle on hand.

Serves 1



## Hydrator Juice

1 head bok choy  
1 bunch of celery  
4 cucumbers  
1 apple  
1 lemon (peeled)

---

Process all ingredients through juicer.

Serves 1



## The Transfusion Juice

This juice draws its strength from the lovely, earthy and colorful beet. Beets give very good energy while juicing, so I call this drink the transfusion, as it makes you feel like you just got a blood transfusion.

3 small beets  
1 bunch of celery  
1 inch piece of fresh ginger  
1 lemon (peeled)

---

Process all ingredients through juicer. You can juice the beet greens as well as the beet itself. Just cut off the portion where they join by making a cut near the base of the leaves and a second cut at the top of the beet to remove the section where dirt can reside. You don't want to have grit in your juice.

Also, remember to cut the peel off the lemon prior to juicing to remove any bitterness. This juice is not one for those brand new to juicing. It does have an earthy flavor, but it is most enjoyable after you've been juicing a while and when you need something different. Enjoy!

Serves 1

## Apple Carrot Ginger Juice

3 apples

10 carrots

2 cucumbers

1 inch piece of fresh ginger

---

Process all ingredients through juicer.

Serves 1

## Cucumber Mint Juice [\(Video\)](#)

2 large cucumbers

1 large apple

1 bulb of fennel with stalks

1 lemon (with peel cut off)

2 sprigs of mint

---

Process all ingredients through juicer.

Serves 1



## V-10 Juice

Recipe shared with permission, from the book [\*“Everyday Raw Detox”\*](#), by Meredith Baird with Matthew Kenny.

This is like a V-8 juice only way better! I have a post-it on the recipe page of my own copy of the book that says “best veg juice ever, make again!”

- 4 Roma tomatoes
- 4 large carrots
- 1 small beet (washed and peeled)
- 1 red bell pepper (de-seeded and de-stemmed)
- 1/2 large bunch of celery
- 4-5 leaves kale (de-stemmed)
- 1 handful of parsley
- 1 large handful of cilantro
- 1 large handful of spinach
- 1 jalapeño (de-seeded and de-stemmed)
- 1 lemon (peeled)
- 1 lime
- Pinch of cayenne, to taste
- Pinch of sea salt
- 1 sprig of rosemary

---

Process all ingredients except the rosemary through your juicer. Garnish with the sprig of rosemary.

Serves 1



## 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.

Serves 1



## Sunshine Juice

This juice has an extra punch with some additional superfoods added. It also requires a juicer and then a blender, so it is a bit more complex. It does reward you with a juice that wakes you up and gives you strength for a new day.

- 5-6 large carrots
- 2 large oranges
- 1 can coconut juice (10 ounces)
- 1 tablespoon of flax oil
- 2 tablespoon maca
- 1 packet power pak orange flavor (optional)
- 1 teaspoon probiotics (optional)
- 1 tablespoon apple cider vinegar (optional)

---

Peel and juice oranges, then juice carrots and ginger. Put the juice into a blender and add other ingredients. I often add a splash of apple cider vinegar for a contrast against the sweet flavors of the oranges and carrots. Blend until smooth and serve. This one is a real pleaser, even amongst non-juice lovers!

This juice came about by experimenting with what I had on hand, trying out flavors and superfoods that I enjoy. It has been a rare day when my intuition and sense of foods has created something I didn't like. Feel free to try out your own flavor combinations.

Serves 1



## **Dandelion Combo Juice**

Dandelions are a great for detoxifying your liver. You can use them in a salad or juice them. Here is my favorite juice with dandelions.

1 bunch of dandelion greens  
1 bunch of celery  
1-2 apples  
1 lemon (peeled)  
1 inch piece of fresh ginger

---

Process all ingredients through juicer.

Serves 1

## Sweet & Simple Watermelon Juice

[\(Video\)](#)

10-14 pound watermelon (ok to leave rind on, if organic)

---

Cut the watermelon into pieces with a serrated knife. Process all pieces through juicer. Drink throughout the day. A 14 pound watermelon is about 1,800 calories.

Serves 1 for the whole day

## Beet Carrot Ginger Juice

1 small beet

10 large carrots

1/4 pineapple

1 inch piece of fresh ginger

---

Process all ingredients through juicer. Sip slowly and enjoy!

Serves 1

## Making Your Own Juices

As I mentioned, with juicing you don't need an exact recipe. Here is [a link](#) that goes over the benefits of juicing and some key ingredients to include in your juices.

The more green vegetables you use, the more cleansing and detoxifying the juice will be. Fruit or sweet vegetables will help make your juice more tasty, while providing more energy. However, be careful not to have too [many sweet things](#) in a juice or it can spike your blood sugar, which will lead to a drop and subsequent cravings.

Here is an interactive [site with juice recipes](#). I like that this site allows you to select what you have on hand and then suggest a recipe for those ingredients. Note: Some sites may make claims or try to sell things. I try my best to go to those with less hype and more balance. For all sites, just remember to extract the good and ignore what doesn't ring true to you. The link above gives exact recipes and some background on possible health benefits.

Feel free to experiment with ingredients you have on hand. Over time you will know which flavor combinations work for you. It is usually best to have only 1-3 main ingredients and then add lemon and ginger if those flavors complement the juice. Over time, you will find what you like and which combinations to avoid.

Here is another [post about juicing](#) and how it was the single best change in helping with anxiety and depression for the author. My friend, Susan refers to her juice as "happy juice" and once you add juice into your life, you will know firsthand what that means. It does take a little time to get there, so be patient with the cleansing process.

# **BUILD** your own JUICE!



LIVE LOVE FRUIT

Build Your Juice At: [rawedibles.blogspot.ca](http://rawedibles.blogspot.ca)

## 1. Sweeten up



Carrots



Apples



Beets



Pears



Sweet Potato

## 2. Alkalize



Kale



Celery



Cucumber



Red Pepper



Spinach

## 3. Detox



Dandelion



Garlic



Lemon



Broccoli



Ginger

## 4. Healing Herbs



Parsley



Cilantro



Mint



Watercress



Dill

## Encouraging Good Choices While on a Cleanse

I love to take photos, as my friends and family can easily attest to. I also love to take photos of my fresh produce prior to juicing as it serves as a visual reminder of what went into the juice (sort of like a visual recipe). In fact, once I began buying so much beautiful produce I had to take a photo of it when I got home. It became a visual reminder of what I bought and consumed to nourish my body. What I didn't expect is that the photos were so beautiful, they encouraged me to continue buying fresh, alive, healthy produce as the main portion of my meals, even when I am not on a cleanse. That has led to my taking photos of my CSA and produce purchases most of the time. Call me a nut if you'd like, but I am a happy and healthy nut with lots of photos to prove it!



**By day three of the raw cleanse,** you are at or near a turning point in how you feel. If you have been weak or have some detox symptoms, it is usually at day 3-4 when you start having increased energy and other positive changes. So hang in there. You will be glad you did!



## Other Beverages During a Cleanse

As you continue to juice during this first week of the cleanse, you will want other things to drink besides juice. Here are some wonderful options.

**Water** is always a good choice. Fresh spring water found in nature is the best source. Many raw foodists go to local springs to collect water. [Here is a map](#) that shows you where to find natural springs in your area. Filtered water is probably the next best choice and tap water is a choice as well (but the quality of tap water will vary by location). David Wolfe says it well: “Nature’s solution to pollution, is dilution.” Ample water is essential to flushing out toxins.

**Warm lemon water** is a good way to start each day. You can add in a small sprinkle of cayenne pepper or grate a little ginger into your lemon water.

**Warm herbal tea** is allowed. You just don’t want to put in any creamers or sweeteners. Brew as you normally would and use stevia if you need a little sweetness. Yogi tea makes some nice detox teas. I happen to really like their [skin detox tea](#). Herbs can add a medicinal effect and enhance a cleanse. The more robust the herbs are, the deeper the cleanse can become.

**[Fenugreek seed tea](#)** is another all-time favorite of mine since I was young. I love how it makes me smell like a hint of maple syrup. It is great for lymphatic drainage, which is what causes the maple syrup scent from your armpits. It is also soothing for the gastrointestinal tract, good for blood sugar and has anti-inflammatory properties. I buy the seeds in bulk and put about a teaspoon into boiling water, then let it sit for a while to cool and allow the seeds to soften. Then I add a tiny amount of stevia for a touch of sweetness. I like to chew on the plump seeds as I drink the tea, but some people will prefer to strain the seeds out.

**Nettle leaf tea** is good for calming, reducing inflammation and alkalinizing the body. You can make your own tea from fresh stinging nettles gathered in nature (be careful not to get stung) or buy the dried tea from [Traditional Medicinals](#). Herb shops and co-ops also carry nettles in their bulk section. This is definitely a good one to try if you have not yet done so.

**Coconut water or juice** is another great option when out and about these days. You can get it at most co-ops and grocery stores. The best source is to get your own young Thai coconuts and open them up with a few whacks of a sharp, heavy knife. Cans and containers of [coconut juice](#) are also an option. It is very hydrating and contains electrolytes, so it is mother nature's athletic drink of choice. Once when I was on a cleanse, I went to a Thai restaurant with my friends. While they were eating their dinner, I sipped on my coconut juice, which allowed me to feel satisfied while staying on the cleanse.

**Water with [apple cider vinegar](#)** is another way to get some flavor and also some healing properties into your water. Use 1 quart of fresh water with about 1 teaspoon apple cider vinegar. You can add more ACV if you like. Apple cider vinegar helps balance pH and detoxify.

**[Kombucha](#)** is a fermented tea with probiotics. It may contain some caffeine or alcohol, so I would stick to small amounts of it. Kombucha came in handy when I was out with friends and wanting to have something while they were eating and drinking. It contains enzymes, probiotics and glucuronic acid, which the liver uses in detoxification. You can even buy Kombucha with chia seeds in it for extra protein and satiety, but save seeds for Phase 3.



**Essential oils in water** are another option. You just need to be sure they are a high grade that is suitable for consumption versus lower grades that are only for topical use. [Young Living Oils'](#) lemon, grapefruit or orange are good for flavoring water.

**Herbs, fruits or veggies in water** are a nice way to dress up your water and flavor. Try mint, rosemary, cucumber, lemon, oranges, grapefruit, etc. You can use these items by themselves or try out combinations.



## **Social Support During a Cleanse**

Let's talk about social support, as it is an important part of sticking with your cleanse. I usually try to lie low for much of the first week of a cleanse when I can, just to be close to my next juice. When drinking lots of juice, it's also good to be close to the bathroom. It takes a little while to see how your energy is going to be, especially during those initial 3-4 days. But, often by that point your energy will be improved, and so the desire to go out and be with others can be a part of that.

### **Tips for Socializing while on a Cleanse:**

Prepare to have plenty of juice either prior to or at the event you are going to. Bring a cooler of juice or smoothies if you need to. Don't let yourself get hungry. Have a plan so that you don't end up

eating things you are trying to avoid. I once was going to an event at a bar and called ahead to come up with a plan for myself while cleansing. I found out that I could get grapefruit juice, which kept me satisfied and cost just \$2 a drink. And when others are drinking, it's always best to have something in your hand to drink.

Research ahead to find a restaurant that offers raw food you can eat. Call the restaurant to talk to them about what they offer to determine if it's within your plan for that part of the cleanse, or to ask about modifying the menu to meet your needs. It may be a salad or a smoothie or a fruit plate, but have a place in mind where you can go out with a family member or a friend and enjoy your time together.

Instead of having the focus on food when socializing during your cleanse, go for a walk and catch up on each other's lives. Walking is good for the body and soul and often the conversations we have while walking seem deeper than those we might have sitting still.

Go out for juice, herbal tea, coconut water or kombucha.

Bring along raw snacks and beverages that allow you to eat and satisfy yourself. An apple, banana or orange are easy to grab and bring along. Coconut water in cans or kombucha are easy to carry with you as well.

Look for [Meetup](#) groups that focus on health, raw foods or vegan lifestyle.

Call or Skype friends or supportive family members to keep your spirits high and stay connected.

Network through Facebook to find others with similar interests.

Join an online group that's focused on cleansing. See the resources chapter for details. Some may charge a fee, but there are some you can find that are free.

In the next chapter, the raw cleanse progresses to add in smoothies, salads and whole fruits and vegetables. There is a whole new world out there ready to explore!

# Chapter 8 - Phase 2

## Welcome to Phase 2!

Start today with hot lemon water with a couple of light shakes of cayenne thrown in. Today we get to add smoothies, salads and whole fruits and vegetables to the cleanse! Beginning the cleanse with juice, then gradually adding in more complex foods allows the body to go into a deeper detoxification process than if you were eating nuts, seeds, oils and more complex foods throughout.

Smoothies give your body fiber and allow you to add in superfoods, too, if you'd like. There are tons of recipes on the internet and in books to keep you going for days, months and yes, even years of smoothies. To get you started adding in smoothies, I am going to share my favorite smoothie recipe.





## Blueberry Kale Smoothie

- 1 cup unsweetened cranberry juice
- 1 cup water
- 1 cup ice
- 1 handful frozen blueberries
- 1 heaping scoop [Raw Vegan Sun Warrior Vanilla Protein Powder](#)
- 4 kales leaves (de-stemmed)
- 1 teaspoon maca (optional)
- 1 teaspoon vitamin C powder or Power Pak orange flavor (optional)
- 1 teaspoon lucuma (optional)
- 1 teaspoon flax oil (optional)

---

Combine all ingredients in a high-powered blender until smooth. If your blender has one, use the tamper to help mix ingredients. You can easily substitute your favorite berry or fruit for the blueberries. If you don't have kale, use spinach or chard. There is a lot of wiggle room in smoothie recipes, so try flavors you like and enjoy!

Serves 1

# Mango Smoothie

*Recipe shared with permission, from the book [“Live Raw”](#) by Mimi Kirk.*

Mimi Kirk is an amazing raw-foodist. She is in her mid 70's, but looks and acts about 20 years younger. She is a role model for healthy living and how the raw food diet can improve health and slow the aging process. She has written [“Live Raw”](#), [“Live Raw Around The World”](#) and she has a new book called [“The Ultimate Book of Modern Juicing”](#) coming out soon. You can buy her autographed books via [her website](#) or visit [her YouTube channel](#).

- 2 cups mango (chopped)
- 1 lime (juiced)
- 1 green apple (chopped)
- 1 tablespoon chia seeds (covered with water and soaked to make a gel)
- 1 cup Thai baby coconut water (or filtered water)
- 1 tablespoon virgin coconut oil
- 1-2 handfuls of dark leafy greens of your choice
- 3 Medjool dates (pitted)

---

You can use fresh or frozen mangoes. Add all ingredients to a high-powered blender. Blend well and enjoy!

Serves 1

## 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  
1 teaspoon lucuma  
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!

Serves 1



## Turmeric Smoothie

*Thanks to [PreventDisease.com](http://PreventDisease.com) for this recipe.*

- 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.

Serves 1

Even though you are now in 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.

# Salads

## Spinach with Oranges & Sprouts

1 bunch spinach  
1 orange, cut into chunks  
3 stalks celery, chopped fine  
3/4 cup of the three sprout mix (see page 101)  
1/2 avocado diced  
Ground pepper to taste

---

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 on the next page 101 . Toss, top with ground pepper and enjoy!

Serves 1



## Simple Salad Dressing

3 tablespoon flax oil

3 tablespoon apple cider vinegar

1 teaspoon salt

---

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

### *Variations:*

You can use lemon in place of the apple cider vinegar and any healthy oil of your choice. Flax oil is by far my favorite, as it is light and has a lot of omega-3 fatty acids, which are good for us. You can also half the salt and add one teaspoon tamari and 1 teaspoon fresh grated ginger. This version has an Asian taste and is good with cabbage salads or green salads.

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.

## Rainbow Salad

*Recipe and dressing shared with permission from [Kristina Carrillo-Bucaram](#), who you may know as Fully Raw Kristina.*

2 heads leafy greens (I use kale and romaine)  
1-2 chopped bell peppers  
1 cup pineapple, sliced  
1 cucumber, chopped  
1-2 cups berries of your choice (I use raspberries)  
1 handful cherry tomatoes  
1/4 avocado, sliced

---

Start with greens, then layer on other ingredients. Add the dressing below, toss and serve.

Serves 1

## Orange Avocado Salad Dressing

2-3 cups freshly squeezed orange juice (or blended, if it is seedless)  
1/4 avocado  
Small handful of an herb like mint, oregano, basil, or cilantro (optional)

---

Blend well and toss into Rainbow Salad.

Serves 3-4



## **The Magic of Kale!**

By now you may be starting to realize the big difference that foods can make in how your body feels and functions.

Choosing foods that support your body helps you become aware how different foods effect your body and energy level. One of my favorite foods is kale, so I look for ways to include it in my meals. Kale has one of the highest [ANDI scores](#) possible, demonstrating its nutrient density. Kale is in my favorite Lemon Ginger Blast juice from phase 1 (page 55), and I put it into many of my smoothies.

Next we'll look at how to make both a kale salad and kale chips, which you can enjoy with friends and family. The trick with kale salad is in massaging it to break down the fibers so that it's easier to digest, less bitter and more flavorful.

## Massaged Kale Salad

1 bunch kale

1/2 cup fresh pineapple, cut into chunks

1 pomegranate (seeds removed)

Fresh ground pepper to taste

---

Clean and de-stem the kale. Break the kale into bite-size pieces and put in a large bowl. Add Simple Salad dressing (page 88), and with clean hands massage each leaf between your fingers. You really want to work it for about 3-5 minutes. Now cut your pineapple into small chunks. Peel your pomegranate and separate the seeds under water. I use my salad spinner as the water bowl and colander. Add the pineapple and pomegranate seeds into the salad, toss, top with cracked pepper and enjoy!

Serves 1

Variations:

- Apples, peaches or strawberries
- Apples with raisins and chopped almonds
- Carrots, avocado and raisins
- Curry and pistachios

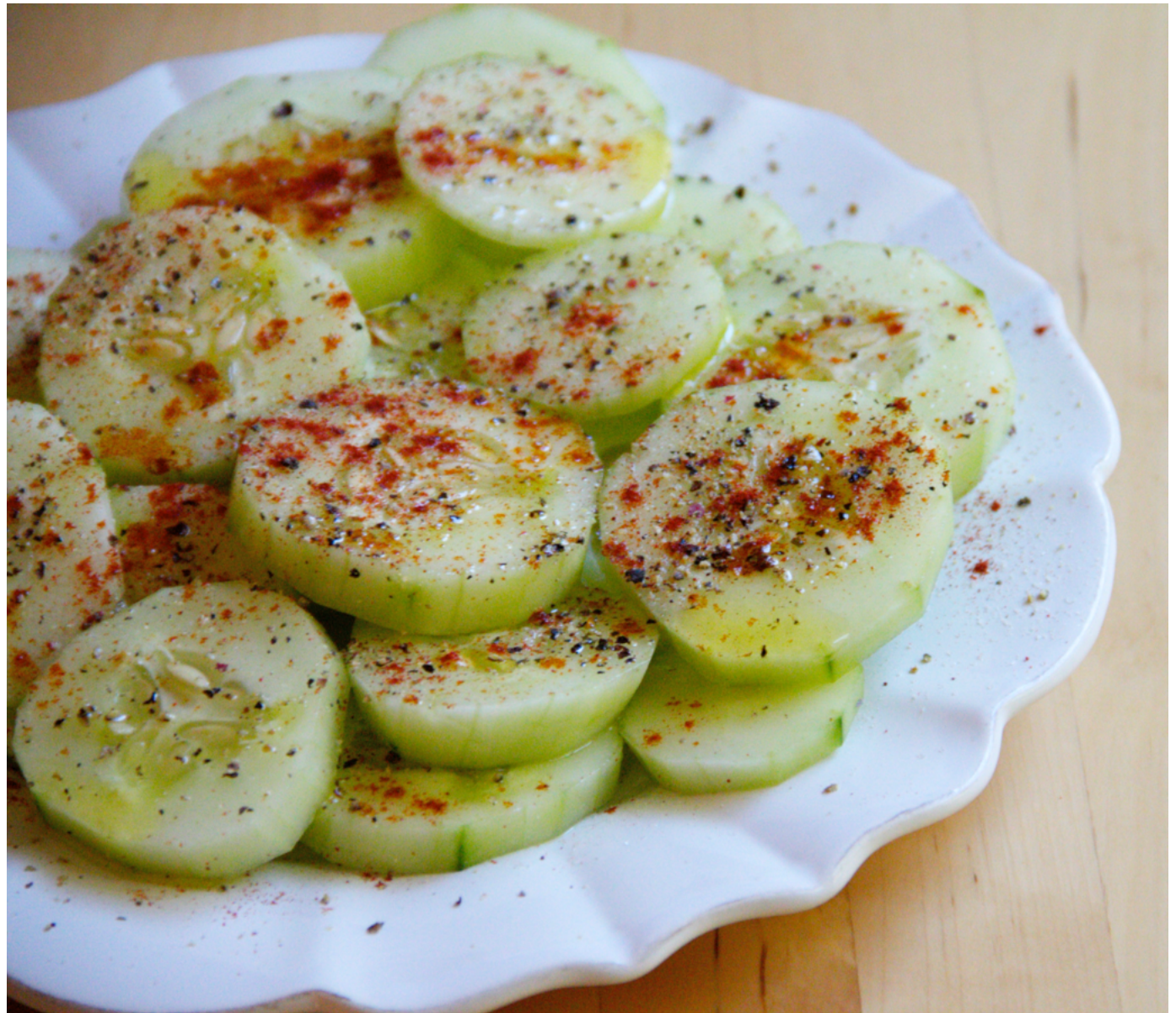
## Cucumber Salad

2-3 large cucumbers,  
peeled and sliced  
1/2 lemon, juiced  
Sprinkle with black or  
cayenne pepper

---

Peel and slice the  
cucumber. Squeeze  
lemon juice on top and  
then sprinkle with the  
pepper of your choice.  
Sometimes I put a small  
sprinkle of flax oil and salt  
or Tuscan salt on the  
cucumbers to add a little  
variety.

Serves 1





## 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 (lentil, Mung, fenugreek mix)

1 Pink Lady apple, cubed

---

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 (page 88), toss and serve.

Serves 1

I firmly believe in the power of preparing food with love. I enjoy picking out the freshest ingredients and putting together combinations of what seems good at the time. When you do a cleanse, you may notice you feel more connected to the foods that you prepare. You may also notice your intuition seems more acute. Trust that intuition and use it to guide your meal preparation. I am continually coming up with my next “best thing ever” by following this advice.

Another key concept is to enjoy the preparation of your meal by tuning in to the food and having fun. I have started to think of every salad as [a mandala](#). This mindset makes every salad a zen-like religious experience. Here are some examples of salads I’ve made to spark your creativity:



Green salad with green onions, pomegranate seeds and avocado.



Green salad with celery, onion, and sprouts, topped with an edible pansy.



An abundant salad I made for a baby shower with sunflower seeds, avocado, carrots, purple cabbage, cherry tomatoes and green lettuce.



Another “Mandala Salad” that I made for a potluck. I add distinct layers and toss it just prior to eating. Here we have spiraled beets, red pepper, green onions and sea beans (from the food co-op).

They say a meal is first eaten with the eyes, so make them salivate! Cutting items into different shapes adds appeal.

Color adds appeal to the eyes. Pairing different colors adds interest too, while ensuring your meal has a variety of vitamins and minerals. Preparing and eating meals intuitively adds to the pleasure of the meal.

Though your mother may have said otherwise, it is good to play with your food! The more you get involved with food preparation, the more you will enjoy the food and its health-giving properties.



Fruit salad in its natural form for a Christmas gathering. No dressing needed and it was eaten down to the plate with no bites left. Apples, bananas, pomegranate seeds, kiwi and oranges.



## **Sprouts: The Fun Way to Grow Your Own Food!**

Sprouts are the power of the seed realized, and are full of phytonutrients and living enzymes which are great while cleansing! Growing your own sprouts is easy, cost-effective and tasty. I started sprouting my own seeds with a growing kit from Sprout People. They have a [3 Lid Set for mason jars](#) that comes with instructions on sprouting. You can grow alfalfa sprouts, radish sprouts, broccoli sprouts, grains - you name it. I buy my seeds at my local co-op, but you can also get them [online](#).

Tim James, who owns [The Sprout Company](#) in Tigard, Oregon, taught me that you can make a nice 3-sprout-mix using Mung Beans, Lentils and Fenugreek Seeds. Tim grows and sells sprouts and wheatgrass along with juicers and other health supplies. After trying this 3-sprout mix on Tim's raw tacos, I was quick to adopt the mix myself and now make the mix often. I use it on salads, in bowls with other grains and veggies, and on raw dishes.

### **3 Sprout Mix**

2 tablespoons dry Mung beans

2 tablespoons dry lentils

2 tablespoons fenugreek seeds

---

Combine all seeds above in a 1 quart-sized mason jar. Fill with water and soak overnight for 8-12 hours. Rinse well, using the smallest screen lid 2-3 times a day. I invert the mason jar in a large bowl with a dish towel inside to help provide good drainage.

Keep in a dark place that allows for good air circulation. I put mine on the countertop, near the window, and cover it with a dark towel. Continue rinsing 2-3 times a day for about 3-5 days, until tails appear on the sprouts. Uncover and place in sunlight for the last 8-12 hours to allow the leaves to turn green. This helps to push the seed covers off the new leaves. Enjoy on salads, in soups, or any dish you want some crunch, nutrition and flavor to.

Mung bean sprouts will sprout on day two, which makes them an easy snack to take on a trip! Good on salads or solo.



## Mono Meals

Now, we'll take a look at "[mono meals](#)." Mono meals are those that consist of one food as the whole meal, such as watermelon. Often fruit makes up the mono meal, but veggies can also be eaten this way. Mono meals are low in effort, but easier to digest, just as nature intended.

## Some of my favorite mono meals:

Fresh Strawberries from the farmers' market  
Cherry tomatoes fresh off the vine

3-5 oranges can make a meal. Each large orange is about 100 calories.

Fresh cherries.

Pomegranates are good for a fall mono meal.

Pears in season are great and oh so yummy!

Apples come in all kinds of flavors!

Cucumbers with Tuscan salt make for a nice mono meal.



Bananas, watermelon, and any berries all make great, easy mono meals. Or put them together for a great fruit salad!

With mono meals, you want aim for about 500 calories, which could mean as much as two large plates' worth. Remember, a raw diet is about abundance, not limitations.

## **Apples, Oranges & Banana**

2 apples of your choice

2 oranges

2 bananas

---

Wash each fruit and cut into bite-size chunks. Combine together in a bowl and toss. You can also add grapes or any other fruit that's in season. This is something easy to do on the go. Just buy fruit and eat by hand if no cutting options are available. Later in phase 3, you can also add nuts to this fruit salad, such as almonds, hazelnuts or walnuts.

Serves 1



## **Avocado +**

1 ripe avocado (cut in half, pit removed)

Pinch of salt

Pinch of cayenne pepper

---

Cut the avocado in half and remove the pit, but leave the skin intact. Sprinkle with a dash of cayenne and a dash of sea salt. This is a good snack to curb hunger or to eat before bed if you're not sleeping well.

Serves 1-2





## Zucchini Pasta

Here's a great raw recipe you can easily serve to friends and family. It takes about 10 minutes and has nice flavor. Raw doesn't mean boring; there's a whole world of raw food preparation out there!

2 large zucchinis  
2 large tomatoes  
6 leaves basil  
1 clove garlic  
Pinch of salt  
Fresh pepper to taste  
1 teaspoon nutritional yeast

---

Clean zucchini, cut off ends and create pasta noodles using a spiralizer, grater or potato peeler. Put the tomatoes, garlic, basil and salt into a food processor or blender and create the sauce. Mix the pasta and sauce, top with nutritional yeast and fresh ground pepper and serve. Enjoy these fresh flavors with a nice salad to complement your meal.

Serves 1

## 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 minutes. Kids and adults alike love these chips, but watch out, they are addictive!

Serves 2



## Gazpacho 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

---

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.

Serves 1

## Chapter 9 - Phase 3

Welcome to Phase 3, where nuts and seeds are now included. This phase allows us to experience all types of food, from simple to gourmet. You can use any recipes from Phases 1 or 2 while you are in Phase 3. Juices, smoothies, raw fruits and vegetables, salads, soups, desserts, entree dishes and snacks are now on the menu!

### A Day in the Life of a Raw Cleanse

I thought it would be good to share with you a typical day in Phase 3 of the raw cleanse.

7:30 a.m.	Awaken and drink warm lemon water
8:30 a.m.	Make & drink 32 ounces of fresh juice
9:00 a.m.	Go for a run
10:00 a.m.	Eat some dehydrated nuts and celery as a snack
12:00 p.m.	Have a big salad or a smoothie
3:00 p.m.	Have 2-3 pieces of fruit
5:00 p.m.	Go for a nice walk
6:00 p.m.	Have zucchini pasta or raw soup and a big salad
8:00 p.m.	Chia pudding with fruit and nuts along with a cup of herbal tea

If you get hungry at any point in the day, be sure to have a raw snack. The goal is to have ample calories, while sticking to a raw diet. Some great snack choices are chopped veggies with a cashew cream dip, a piece of fruit, or some cucumbers with a bit of spice on top are all great choices.



## Beautiful Borscht Salad

*Adapted from [Lisa Pitman's recipe](#).*

1 large celeriac  
6-8 large carrots  
1 large or 2 small beets  
1/2 bunch spinach  
2 green onions

### **Dressing:**

1/2 cup cashews (soaked 4 hours and drained)  
3 tablespoons water  
1 lemon, juiced  
1/2 teaspoon dried dill  
Salt and pepper to taste

---

For dressing, combine all ingredients in a blender and process until smooth.

This salad is quite beautiful and very tasty. Wash, spin and dry spinach, then layer on a large platter. Grate and layer the celeriac, carrots and beets on top of the spinach. Use your food processor shredding blade to make this up in just a few minutes or grate by hand. Top with dressing and chopped green onions. It truly is beautiful!

Serves 1-2

## 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

---

In a large, shallow bowl, layer first with the greens, than 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!

## 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

---

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



## **Mandala Salad with Nuts & Seeds**

1 head red leaf lettuce  
1/4 head purple cabbage  
2 carrots  
2 celery stalks  
4 green onions  
1 cucumber  
1/2 pint cherry tomatoes, halved  
1/4 cup sprouts of your choice  
1/3 cup sunflower or hemp seeds (or a mixture of both)

---

Wash, rip and spin lettuce, then use to line a large bowl with the lettuce pieces (a shallow bowl is best for displaying the beautiful colors). Finely chop the cabbage and layer on top of a small section of the salad. Peel and grate the carrots, then layer on another small section of the salad. Fine chop the celery and green onions and layer as you did before. Add halved cherry tomatoes. Peel cucumber and quarter lengthwise, then chop into medium pieces. Add sprouts and seeds to their own section for a beautiful visual display. Toss with Simple Salad Dressing (page 88) and enjoy! I sometimes add a sprinkle of nutritional yeast for a bit of the umami flavor I crave.

Serves 1



## Spinach Salad with Oranges & Almonds

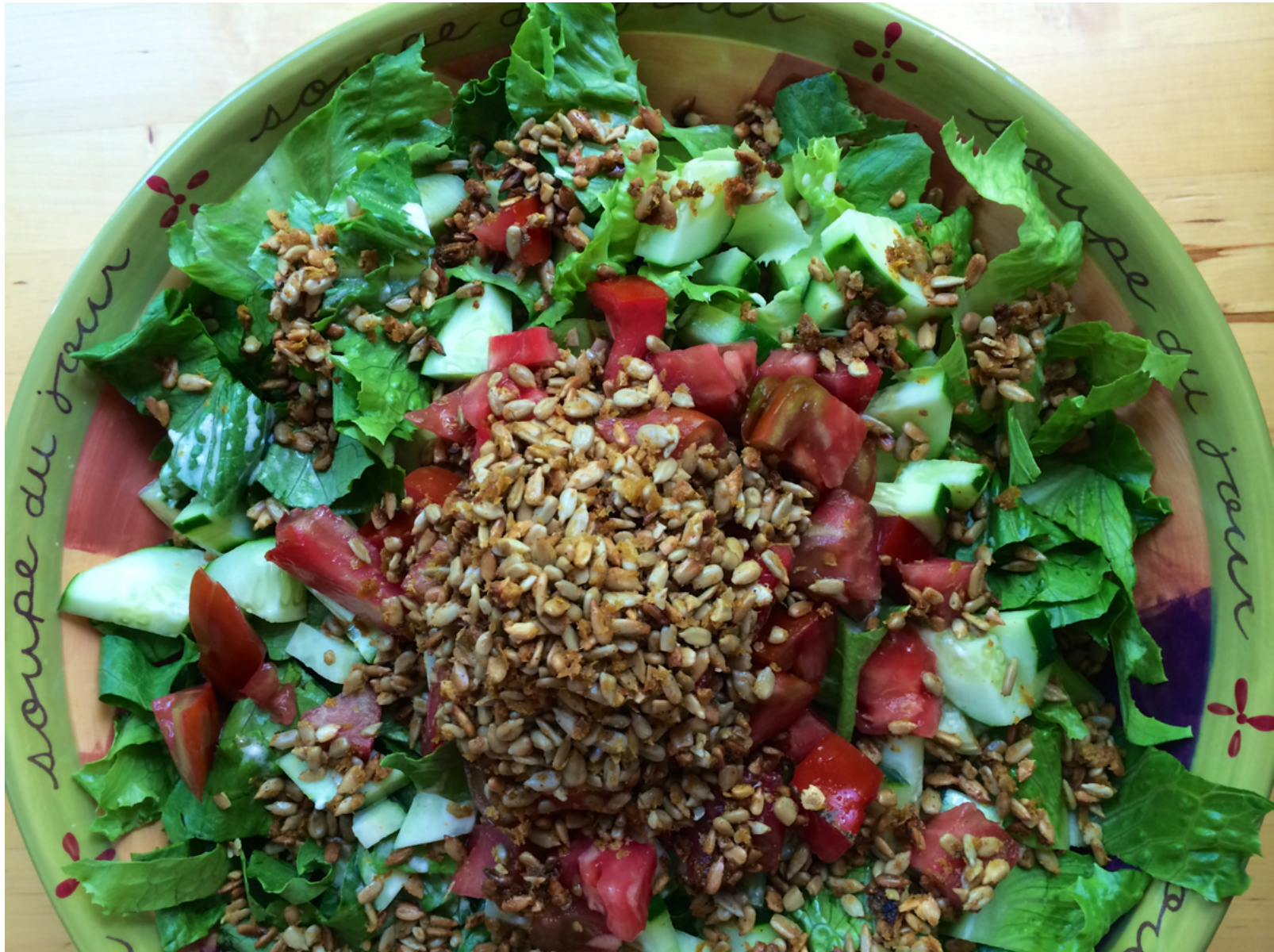
1 large bunch spinach  
2 navel oranges  
1/2 cup almonds, roughly  
chopped  
2 tablespoons chia seeds

---

Wash and cut or rip spinach, spin in a salad spinner, then layer in a large shallow bowl. Peel and separate oranges, cutting each piece into thirds. Add the oranges to the spinach, then top with the almonds and chia seeds, making your own mandala salad.

Bring to table, then toss with Simple Salad Dressing (page 88) and serve.

Serves 1



## Mexican Chopped Cobb Salad

*Note: Raw option requires soaking and dehydrating nuts the day prior.*

1 head romaine lettuce  
1 heirloom tomato, roughly chopped  
1 cucumber, roughly chopped  
2 cloves of garlic, minced  
3 tablespoons coconut oil  
1/2 cup sunflower seeds  
1/4 teaspoon cayenne pepper  
1/4 teaspoon salt  
3 tablespoons nutritional yeast

### **Dressing for Mexican Chopped Cobb Salad**

2 tablespoons apple cider vinegar  
2 tablespoons flax oil  
3 tablespoons Just Mayo vegan mayonnaise (optional)  
1/2 teaspoon Himalayan or Celtic sea salt  
1/4 teaspoon cayenne pepper

---

Soak sunflower seeds in water overnight, then drain and rinse. Combine garlic, sunflower seeds, cayenne pepper, salt and nutritional yeast with 1-2 tablespoon coconut oil. Spread seed mix on Teflex dehydrator sheets and dehydrate at 115 degrees for 4-8 hours. Alternatively, you can sauté garlic (although this recipe will no longer be 100% raw) in coconut oil for 1 minute, then add the sunflower seeds cayenne, salt and nutritional yeast. Stir well until seeds are toasted.

Combine all dressing ingredients together in a small bowl, whisk and set aside.

Wash, chop and spin the lettuce dry, placing it in a large bowl. Chop tomato and cucumber into large pieces and add to the lettuce. Top with dressing, toss, and add sunflower seed mixture and some coarse black pepper. Enjoy!

Serves 1

## Orange Arugula Salad

Large bowl fresh arugula  
1 orange, diced  
1/2 avocado, diced  
1/3 cup walnuts, roughly chopped



---

Peel orange and cut pieces into thirds or quarters. Remove pit and skin and dice avocado. Combine all ingredients in a large bowl. This is another recipe I made up based on the ingredients I had on hand, and I think you'll enjoy pairing the sweetness of the orange with the bitterness of the arugula. Top with a dressing of your choice.

Serves 1



## Massaged Kale with Tahini

### Dressing [\(Video\)](#)

Remember the massaged kale in phase 2 of your cleanse? Well, now you can also add in nuts and seeds. Here 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)

---

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.

Serves 1



## Broccoli Soup

*Recipe shared with permission, from the book “Live Raw” by Mimi Kirk. Mimi’s website, [Young On Raw Food](#), has lots of great info, including her books, blog and more.*

2 cups almond or cashew milk (page 132)  
2 cups broccoli florets  
1 avocado, chopped  
1 tablespoon green onions  
1 clove garlic  
1/2 celery stalk, coarsely chopped  
1 tablespoon extra virgin olive oil  
1/2 teaspoon cumin  
Himalayan or Celtic sea salt to taste  
Freshly milled pepper to taste

---

Blend all ingredients into a high-speed blender until smooth. Refrigerate for 2 hours to meld ingredients. Warm in dehydrator at 110 degrees F for 2-4 hours. You can also use a pot on the stove, stirring constantly, in order to retain enzymes, and to not overheat. Garnish with vegetable slice and serve.

Serves 1-2



## Zucchini Pasta with Kale Pesto [\(Video\)](#)

*This is another crowd-pleaser, topped with my own favorite pesto recipe.*

### **Zucchini Pasta**

4 large zucchinis

### **Kale Pesto**

1 large bunch kale (clean and de-stem)

3-4 cloves garlic

½ lemon, juiced

1-2 teaspoons salt

A few splashes of olive oil

3 tablespoons nutritional yeast

¾ cup walnuts (or pecans)

1 dash of cayenne pepper

---

Start by cleaning the zucchini and cutting off the ends. To create pasta noodles, use a spiralizer, grater or potato peeler, as shown in the video. Mince garlic on its own in food processor first, then add the remaining pesto ingredients and process until smooth, but slightly chunky. Mix about 1/3 of the pesto into the pasta, add more if needed to coat the pasta, but not drown it. Top with cherry tomatoes cut in half and enjoy! The remaining pesto is great as a dip with veggies or on sandwiches.

Serves 1-2



## **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  
1 head romain 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

---

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.

Serves 2 (6 tacos)



## Raw Mushroom Spring Rolls

Another great recipe are these totally yummy [Raw Mushroom Spring Rolls](#). Here is [a video of me making them for the first time ever](#). Enjoy!

Serves 1



## Sun-Dried Tomato & Herb Flax Crackers

*Recipe shared with permission from [“The Complete Idiots Guide to Eating Raw”](#) by Mark Reinfeld, Bo Rinaldi and Jennifer Murray. You will need a dehydrator for the Flax Crackers. These were one of my favorite things to have at Blossoming Lotus Restaurant here in Portland and now you can make your own! Mark Reinfeld, the chef who created this recipe, is a gifted teacher and chef. He teaches [Vegan Fusion](#) at various locations around the world in his 2-day, 5-day and 10-day courses. I took his 5-day and 10-day Vegan Fusion classes where I learned so much about food, vegan cooking, and enjoying being in the kitchen.*

2 cups flax seeds  
2 1/2 cups filtered water (for soaking seeds and tomatoes)  
1/2 cup sun-dried tomatoes, soaked  
1/2 cup red bell pepper, chopped  
1 1/4 cups sunflower seeds, soaked at least 1 hour  
1 tablespoon nama shoyu (or to taste)  
1 teaspoon lemon juice  
1 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
1/2 teaspoon crushed red pepper flakes  
1/2 cup fresh minced herbs such as basil, Italian flat-leaf parsley, or a combination of your favorites

---

Soak the flax seeds in the water until water is absorbed and the seeds become gelatinous (at least one hour).

Soak the sun-dried tomatoes in 1 cup water until soft, then drain, while reserving water for later use. Finely chop the tomatoes. Place sun-dried tomatoes, sun-dried tomato soak water, sunflower seeds,

nama shoyu, lemon juice, salt, black pepper, crushed red pepper flakes, and fresh herbs in food processor fitted with a sabatier (s-shaped) blade. Process on high for 30 seconds or until smooth. Add flax seeds and mix well.

Spread batter thinly and evenly onto Teflex-lined dehydrator trays. Score with a knife or spatula for easier separation once dry. Dehydrate at 115 degrees F for 6 hours. Flip over, remove Teflex and continue to dehydrate for another 6-10 hours. Break into cracker size pieces. Store at room temperature in an airtight container for 1-2 weeks.

Flax crackers are the best choice when it comes to crackers for dips and snacks. These homemade crackers are nutritionally superior to the packaged varieties, many of which use unhealthy ingredients and oils.

Feel free to experiment with the [variety of spices](#) you use for the flax crackers.

Pair with the cashew cream dip on the next page.

Serves 48 crackers

## Cashew Cream Dip

*Recipe shared with permission, from [“The Complete Idiots Guide to Eating Raw”](#) by Mark Reinfeld, Bo Rinaldi and Jennifer Murray. This recipe requires 2 days’ advance for soaking and fermenting.*

2 cups raw cashews, soaked overnight  
1 cup filtered water  
1/2 cup of red bell pepper, diced  
2 1/2 tablespoons green onion, diced  
2 tablespoons fresh cilantro, minced  
1 teaspoon garlic, minced (optional)  
1 teaspoon nama shoyu or tamari (or to taste)  
1/4 teaspoon sea salt (or to taste)  
Pinch crushed red pepper flakes

---

Soak cashews in water overnight, then drain and rinse. Blend cashews with filtered water in blender for about 1 minute. Place in a bowl or jar with enough room for the cashews to expand during fermentation. Cover the bowl or jar with tightly sealed plastic wrap and secure with a rubber band. This will create a seal but allow expansion to occur. Set in a warm location overnight. Mix in the other ingredients and stir, then serve with fresh cut veggies or raw flax crackers. Serve immediately or store in an airtight glass container in the refrigerator for 3-4 days. This recipe provides a great base for a variety of dips.

These foods are people pleasers, even for those who might not know what raw foods are. It is always good to share the best of the best with your family and guests, so they see that healthy eating can be tasty and satisfying as well as health building!

Serves 2 1/2 cups



## Making Your Own Nut Milk

When nut milks became commercially available, I stopped drinking cows' milk and have never gone back. The flavor of nut milks is so much better, they contain less fat and no one has to suffer for me to have some milk with my cookies, in my cereal or smoothies. Nut milks are actually very easy to make and doing so can save you money. Making them from scratch also means you can forgo the additives and preservatives that store-bought milks have, so the taste is purer. It won't keep as long, however, so mix in batches that will last you for 3-4 days.

Plant-based milks are also much healthier than cows' milk.

You can make this milk using different nuts such as Brazil nuts, hazelnuts, pistachios or cashews. While there is no need to sweeten this recipe, you can use dates, coconut aminos, agave, or maple syrup if you prefer a sweeter taste. Start with 1 tablespoon then sweeten to taste. You can also flavor your milks with vanilla, coconut, carob, cacao or any spices such as cinnamon, cardamom, etc. To make half and half, use 2 cups of filtered water instead of 4 cups.

## Homemade Almond Milk

1 cup raw almonds  
4 cups filtered water  
1 tablespoon coconut aminos or agave (optional)  
1 teaspoon vanilla (optional)  
Pinch of Celtic sea salt (optional)

---

Soak almonds (or the nut of your choice) in a large bowl or jar, cover with water and allow to soak overnight (8-12 hours). Discard soaking water and rinse the nuts. Place the nuts in a high-speed blender along with 4 cups filtered water. Blend at high-speed for about 1 minute. Once liquified, strain through a nut bag or a painter's filter bag (which costs about 1/4 to 1/3 the price of a nut bag – available at hardware stores). Return milk to blender and add sweetener, salt and vanilla if desired. Pour milk into a glass jar with a lid. Your nut milk will be good for 3-4 days, when stored in the refrigerator. You can use the leftover almond pulp in baking by dehydrating it to make almond meal.



## Homemade Almond Milk with Cacao

4 cups almond milk (see page 132)  
2 tablespoons raw cacao  
4 dates, pits removed  
Pinch of sea salt or Himalayan salt  
Pinch of cayenne or cinnamon (optional)

---

Combine ingredients and blend until smooth. Chill, then serve.

Serves 4

## Awesome Almond Milk

*by Blender Girl*

Here you will find a [unique recipe for almond milk](#) by Blender Girl. She soaks her almonds in salt water and sometimes she does not remove the pulp. Worth a try when you want something different. She also has her own [Blender Girl Smoothies app](#), which will help you create a shopping list.

## Hemp Milk

If you ever need a milk, but forgot to think ahead and soak your nuts, you can make hemp milk or a nut butter milk using the two recipes below.

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.

Serves 2-4

## Nut Milk From Nut Butter

If you don't have a high-speed blender, you can make nut milk using the nut butter of your choice, no soaking required.

3 tablespoons almond or cashew butter (raw preferred)  
2-4 pitted dates, or 2 tablespoon maple syrup or agave  
1 teaspoon vanilla  
2 1/2 to 5 cups water

---

Blend all ingredients on high for a full minute. You don't need to strain the milk, as there is not enough sediment to bother. Use 2 1/2 cups water for a creamy, full-bodied milk, or 5 cups for skim style.

Serves 2-4

## Soaked Almonds with an Orange

1 cup almonds (or other nut)

1/4 teaspoon sea salt

Filtered water to cover

---

Add nuts to a jar or bowl, then fill with enough filtered water to cover the nuts. Add the salt and stir. Cover with a lid or dish and allow to soak overnight in a warm place (if possible). Discard the soak water and give the nuts a good rinse.

You can either: refrigerate and consume within 3-7 days, rinsing daily, or dry in a dehydrator by spreading into a single layer on a mesh sheet and dehydrating at 118 degrees F for 12-24 hours. You can store the dehydrated nuts in the refrigerator for 2 weeks or in the freezer for up to 2 months. Dehydrating gives you a crunchy snack that is easy to digest. Cool completely before storage. Store nuts in an airtight container. I store my nuts in the freezer to preserve their delicate oils and retain freshness.

Soaking nuts removes the phytic acid and growth inhibitors that exist naturally to keep nuts from sprouting and makes them more nutritious and digestible. If you don't have a dehydrator, you can allow them to drain in a colander or on a towel, then enjoy. They can be stored in a sealed jar in the refrigerator for 3-7 days. Many raw foodists will keep a variety of nuts and seeds soaking in their refrigerators at all times to have handy. If you do this, you'll want to change the soak water every couple of days so that the food doesn't spoil. You can use the same amounts and time frames for almonds, cashews, pine nuts, pecans, walnuts, hazelnuts, sunflower seeds, macadamia nuts and pumpkin seeds.

For this recipe have 1-2 fresh peeled oranges along with your soaked almonds as a great snack.

Serves 2-4

## Chia Pudding with Fruit

1/3 cup chia seeds

1 cup almond milk (page 132)

1 peach, chopped

---

This is a simple breakfast or a great dessert that is high in protein and taste. Mix chia seeds with almond milk and let set in refrigerator for 1-2 hours (or overnight). Once it has gelled, top with peach or any sliced fruit for a great meal on the run. I've also used goji berries and cacao nibs on the pudding when I was out of fresh fruit and that worked well, too. It's even easier than oatmeal and quite tasty. Enjoy!

Serves 1



## Avocado Pudding with Pistachios

2 large ripe avocados, pitted  
1/4 cup unsweetened non-dairy milk  
2-3 tablespoons agave, to your taste  
2 tablespoons fresh lemon juice  
1/2 teaspoon vanilla extract  
1/2 teaspoon lemon zest  
Pinch of salt  
Raw shelled pistachios, chopped (for topping)

---

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 pistachios and serve.

Serves 3-4



## 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  
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.

Serves 3-4



## Chapter 10 - Spa Day at Home to Nurture Your Soul

When doing a cleanse, it is important to be gentle with yourself as your body does the work to remove toxins and heal and refresh your cells. I hope you will take time to pamper yourself at least once or twice while you are cleansing. Now is a perfect time to talk about ways you can do nurturing spa treatments in the comfort of your own home. Some folks might prefer to go out to their local spa and get the royal treatment. I love that, too! At times, I enjoy doing something a bit less pricey and more private.

**Here's a nice routine to pamper yourself at home on your next day off or at the end of a hard day:** Make a cup or pot of tea to sip on during your treatments. This helps to relax and hydrate you. I like [Yogi Skin Detox Tea](#), but any relaxing tea will do.

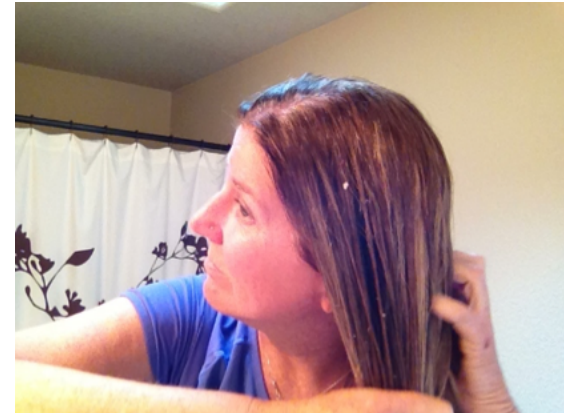
If you wish, light a candle and put on some relaxing music to enhance the healing spa vibes.

Put a mask on your face to help nourish or draw out impurities. One of my favorite masks uses French clay from the bulk section at the co-op or natural store. Mix together 1/2 teaspoon of the clay with 1/4 teaspoon of water, then apply to face and neck while avoiding the eyes. Clay is detoxifying and it may also dry your skin. You can also cut up a ripe avocado and apply that as a mask to help nourish and moisturize your skin. Leave the mask on for the duration of your bath.

I like to then draw a bath and fill it up with very hot water and some [Mustard Bath](#). This is by far my favorite bath addition, as it makes my skin very soft and it feels like it gently draws out impurities. It is an ancient Indian formula. Very nice and it's vegan!

While the bath is filling, I do some [dry brushing](#), always brushing towards the heart. This removes dead skin and also encourages lymph flow, which helps escort those toxins out!

You may wish to do a hair treatment using 1/2 teaspoon of coconut oil warmed by rubbing it in your hands. You can add 1-2 drops of an essential oil of your choice if you'd like an additional fragrance. Rub the oil mixture into your hair, starting at the ends and working your way up the strands, but avoiding your scalp. Leave the oil on your hair for the duration of your treatments or even overnight. You will need to shampoo the oil out of your hair.



Shave with coconut oil for a smooth glide and to moisturize your legs and armpits. Guys, I don't know if this works on beards, but if you do a close shave, feel free to try it. If you use an electric razor, wait until your bath is complete to shave.

Once the water starts to cool - or if you begin to feel like a prune - get out of the bath into some fresh clean fluffy towels, robe or comfy clothes. Now is a nice time to trim and file your nails. If time allows, go ahead and give yourself a pedicure and manicure.



Exfoliate your face by cleansing it with coconut oil with a large pinch of baking soda. Rub this onto your face, avoiding your eyes, but going all around your face, forehead, neck, nose, and ears. Rinse off with warm water, blot dry, and allow the remains of the oil to act as a moisturizer.

Apply moisturizer or coconut oil to your body, paying special attention to elbows, legs, knees and areas that tend to dry. David Wolfe recommends not using any topical ingredients on your skin during a cleanse. Instead, use coconut or cacao butter, which are non-toxic ways to moisturize.

Now is a great time to read or meditate.

This process above takes about an hour. Skipping one TV show would allow yourself time to do something that will be a sound investment in you!

Here are other ideas for pampering and your body.

Your body is your temple. What you put in your body affects it. What you put on your body affects it. The thoughts that you think, and how you speak about yourself affect your overall health and well being. So taking time to tune into your body and to pamper it is a wonderful way to slow down and honor your amazing body! ~ Namaste



# Chapter 11 - Resources for More Inspiration Information

To keep yourself going strong on your raw cleanse, it is important to always keep learning more. While I am doing a cleanse, I intentionally read or watch content on raw food and cleansing to keep myself in the game! Here are some of my favorite resources for raw food and cleansing. What I'd suggest is that you pick one of these resources to explore in the next few days. You can go to the library, make a purchase at your local bookstore, via Amazon or just cruise the Internet, but pick one new resource to add to your raw adventure!

## Books

- [\*“Detox”\*](#) by Sara Rose
- [\*“Enlightened Eating”\*](#) by Caroline Marie Dupont
- [\*“Everyday Raw Detox”\*](#) by Meredith Baird with Matthew Kenney
- [\*“Get Naked Fast!”\*](#) by Diana Stobo
- [\*“Juice Alive - Ultimate Guide to Juicing Remedies”\*](#) by Steven Bailey and Larry Trivieri
- [\*“Live Raw”\*](#) by Mimi Kirk
- [\*“Raw & Simple”\*](#) by Judita Wignall
- [\*“Raw Food Cleanse”\*](#) by Penni Shelton
- [\*“Raw Food Juice Bar”\*](#) by Philip McCluskey and Natalia KW
- [\*“Superfood Smoothies”\*](#) by Julie Morris
- [\*“The Complete Idiot’s Guide to Eating Raw”\*](#) by Mark Reinfeld, Bo Rinaldi and Jennifer Murray
- [\*“The Complete Idiot’s Guide to Raw Food Detox”\*](#) by Adam Graham
- [\*“The Detox Box - A Program for Greater Health & Vitality”\*](#) by Mark Hyman



## Videos

- [\*"Fat, Sick & Nearly Dead"\*](#) - Available on Netflix, Amazon, iTunes and Hulu
- [\*"Fat, Sick & Nearly Dead 2"\*](#) - Available on Netflix and Amazon
- [\*"May I Be Frank"\*](#) - Available on Amazon and Hulu
- [\*"Simply Raw: Reversing Diabetes in 30 Days"\*](#) - Available on YouTube, Amazon and Vimeo

## Blogs & Websites

- [Choosing Raw](#)
- [Crazy Raw Vegan](#)
- [Fragrant Vanilla Cake](#) (*Mostly desserts*)
- [Kris Carr's Juice & Smoothie Recipes](#)
- [Oh She Glows](#) (*Not all raw, but exceptional*)
- [Rawmazing](#)
- [Raw Food Made Easy](#)
- [Raw on \\$10 A Day \(Or Less!\)](#)
- [Rawtarian Kitchen](#)
- [Tales of a Kitchen](#)
- [The Raw Chef](#)
- [This Rawsome Vegan Life](#)
- [Vitamix Raw Recipes](#)
- [Young on Raw Food](#)

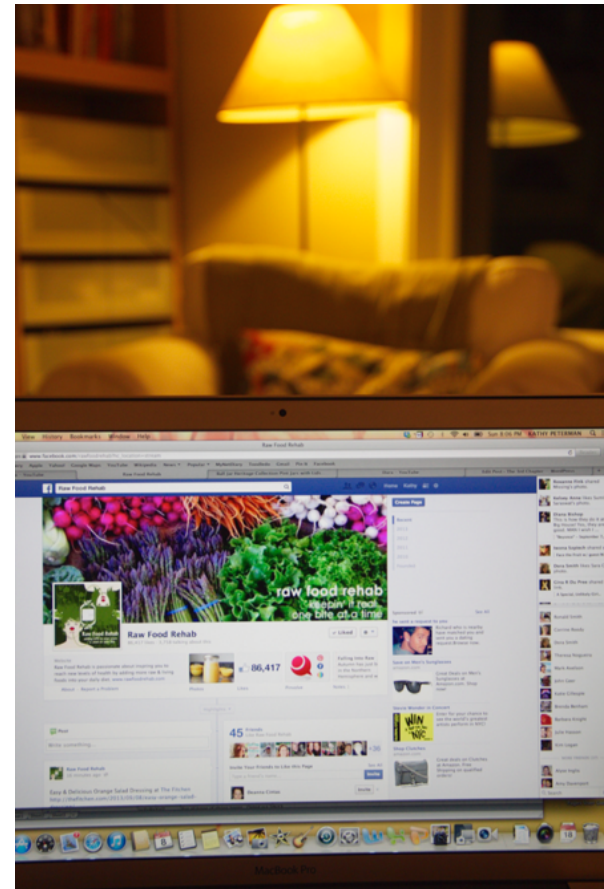


## YouTube

- [Dan McDonald](#)
- [Dara Dubinet](#)
- [Fully Raw Kristina](#)
- [Jason Wrobel](#) (Not all raw)
- [Jennifer Cornbleet](#)
- [Mimi Kirk](#)
- [OK Raw](#)

## Facebook

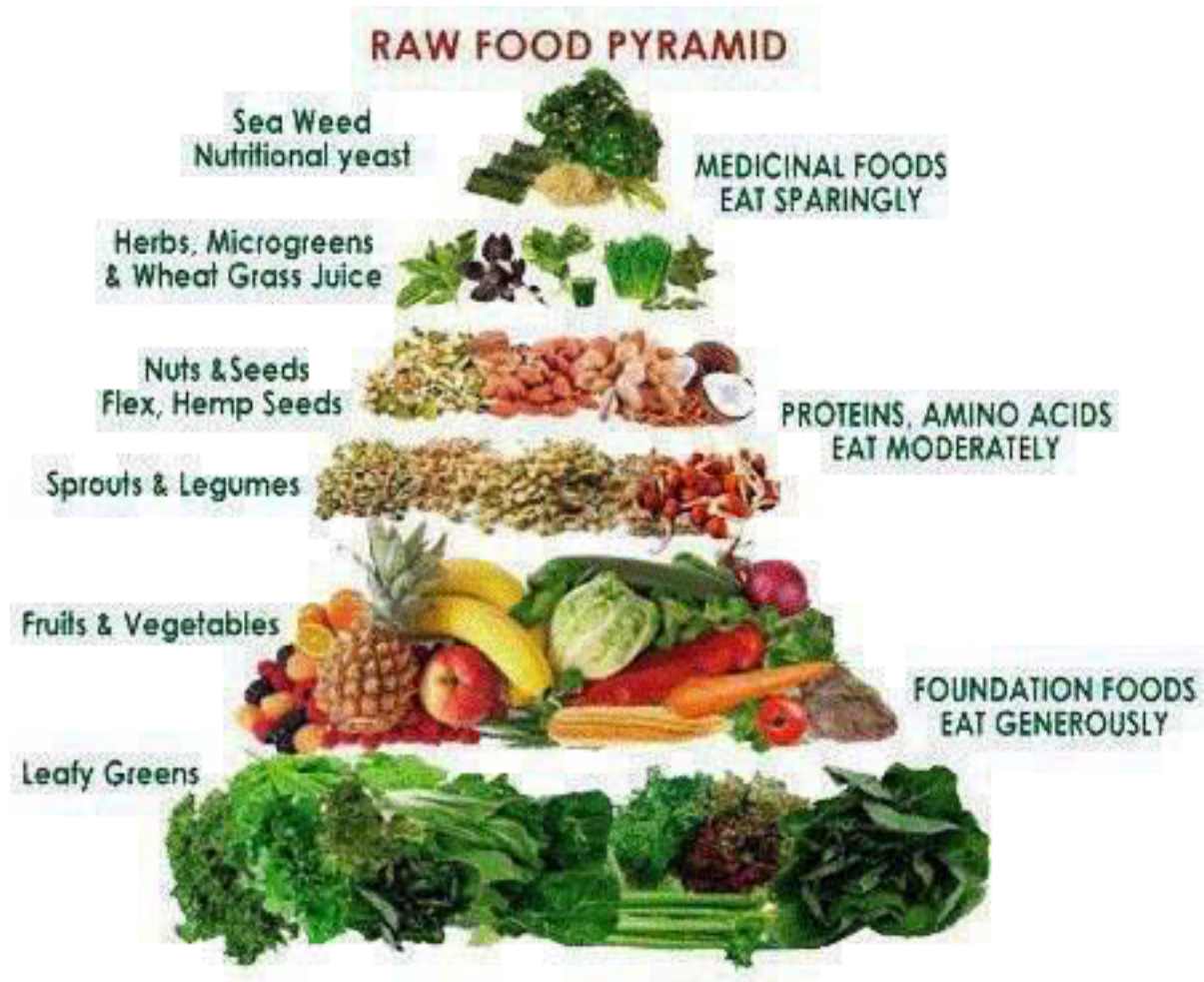
- [Choosing Raw](#)
- [Dara Dubinet](#)
- [Dan McDonald](#)
- [Fragrant Vanilla Cake](#)
- [Fully Raw Kristina](#)
- [Jennifer Cornbleet](#)
- [Juicing Vegetables](#)
- [Mimi Kirk](#)
- [Raw Food Rehab](#)
- [Raw Guru](#)
- [Raw Juditha](#)
- [The Smoothie Guy's Awesome Smoothie of the Day](#)
- [This Rawsome Vegan Life](#)



### Online Raw Cleanse & Raw Support Groups:

- [My own raw cleanse three times a year \(Spring, summer and fall\)](#)
- [Reboot with Joe Cross](#)
- [Dara Dubinet's More with Dara](#)
- [Diana Strobo's Naked Challenge](#)

**Reflection:** Which resources will you check out this week?



## Chapter 12 - Results and What's Next?

While writing the content for this book, I was on a 3-week raw cleanse. I started out by taking my measurements, journaling as I went along and making notes of how I felt and responded. I would say going into this cleanse I felt the best I have in many years! I am not someone who has been sick or symptomatic, but my health has definitely been improving over the past 2 years. I think the periodic raw cleanses with the change of seasons have been good for me. Personally, I find that doing raw cleanses has shifted from being about weight loss, to being far more about the other changes I have been witness to.

### **Changes I noticed with my most recent cleanse:**

- Increased energy
- Improved skin glow
- Less inflammation in my face and body
- More motivation
- Clearer thoughts
- Clearer intuition
- Enhanced sense of harmony in my body

### **Some challenges I faced this time were:**

- Having more cravings than during past raw cleanses
- Less noticeable changes, which made sticking with my eating plan more difficult

I have become far more active in my life since losing weight and retiring, so my demand for calories is higher and a bit harder for me to maintain on a raw diet. Next time, I want to do a food log to capture calories and food content. I did decide to go off the cleanse two days early due to cravings in the last week. The foods I was craving were steamed vegetables, whole grains and warm foods. Each cleanse

can be different, so I continue to be open to each unique experience and what it has to teach me. It is important to tune in to your body and be open to adjusting if needed to take care of yourself.

I believe slow changes based on good nutrition are the way to go. I have done medical fasting using Optifast in the past, but I found that I got great results that didn't last. I ended up going higher in weight afterwards due to insufficient calories and not learning how to cook and eat well.

The one thing in nutrition that is not controversial is that we all need to eat more fruits and vegetables. By increasing our raw food intake we are investing in our health. Some people will go 100% raw. For me, the periodic raw cleanses are what works well. I hope you have enjoyed some of the abundant benefits, too!



## **Raw Cleanse Facebook Group**

Last year I was so excited about doing a cleanse again that I invited a small group of folks to join me on it via a private Facebook group. Each person created their own specific raw cleanse goals. For some it was 6 days long, while those who had previously done cleanses did 2-3 weeks. Everyone was able to post their goals, recipes, questions, etc. We all learned a lot, including me. I am happy to take some of the things I learned and put them into this book, to help you jump in knowing more than I did.

### **Lessons from cleanse group members:**

- Some folks powered up their juicers or began making smoothies for the very first time.
- I took what our group members learned and put it into this book. One gal did a 36 mile bike ride on day one of her raw cleanse which resulted in her needing to eat while out without her next meal planned. This and other learnings led to me writing more preparation information, including mentioning the need to lie low (versus be very active) in the initial 3-7 days.
- We came up with the rough cost of \$150-200 a week to do 100% juice in ample amounts to keep calories at 1,800 + per day. That includes all groceries, eating out, beverages, etc.
- I learned more about the challenges of others who may have kids or a partner who is eating cooked food while they are cleansing.
- Practicing juicing beforehand makes for a smoother transition into cleansing.
- Going off coffee, alcohol, sugar and processed foods before the cleanse can help the transition be less intense.
- Most people reported doing better with a change that is “cold turkey” versus gradual.
- The group had synergy and supported each other, allowing us all to have input and encouragement to share.

### **In their own words, from our Facebook participants:**

- “I’ve had improved energy (especially after the initial 3-4 day point of the cleanse).”

- “I’m slowing down and noticing other areas of my life that need change.”
- “I have a heightened sense of taste and appreciation of healthy foods.”
- “I’m coming back to the body I love.”
- “I have improved flexibility.”
- “I noticed I’ve got a flatter stomach.”
- “I am way more aware of how foods affect my body.”
- “I am being flexible (versus trying to be perfect) which is less stressful on the body and mind.”
- “I enjoyed the juice and want to keep it as part of my diet.”
- “Over time, I am now craving fewer junk foods.”
- “I was stimulated by all the new raw food recipes.”
- “I just feel so ‘even’ and all of my cravings (caffeine, carbs, sweets) are gone. Now, the idea of putting unhealthy things in my body just seems absurd.”
- “I’m feeling more relaxed.”
- “I am feeling less bloated.”
- “It’s nice to have a group for support, questions and the sharing of goals, information, recipes and photos.”
- “I took this time to organize my kitchen and recipes, so now I can enjoy them more.”

*A BIG thank you to all who participated in our Facebook Group. I learned from you every day and it was nice to share the journey together!*

When you are eating healthy foods, your body responds quite quickly. Here is a list of [symptoms of a diet that supports good health](#). It is a good way to gauge if your diet changes are good or not.

### **Next Steps**

*Now that you've done a raw cleanse, it's a good time to reflect upon your experience.*

- How do you feel?
- What are your thoughts about your body now compared to before the cleanse?
- Which parts were difficult for you, and why?
- Which parts did you enjoy, and why?
- What habits from the cleanse do you want to add to your daily life?

Now is a good time to plan your next raw cleanse. Think about when the next season is coming and look at your calendar to select a target date. Consider how you tolerated this cleanse and add a few more days or another week to your next cleanse, if you can. To do a 3-week cleanse, simply use the 2 week template provided and repeat your favorite days for each phase. For a 4-week cleanse, you can use the 2 week template and cycle through each phase twice, or add in your own raw recipes from other books or online resources.

I expect to do another raw cleanse in two to five months. Let me know if you decide to do a cleanse. I want to support you! You can email me at [cr8vkat@gmail.com](mailto:cr8vkat@gmail.com). And be sure to visit my blog, [The 3rd Chapter](#), to see some of my other interests, fun adventures and updates.

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## Chapter 13 - Appendix



## 6-Day: Raw Cleanse Shopping List

### FRUITS

Apples 7 (1 green, 1 pink lady,  
5 of your choice)  
Avocados 6  
Bananas 5  
Fresh berries 2 cups  
Frozen blueberries 1 bag  
Grapefruit 4  
Lemons 10  
Limes 4  
Mangoes 2  
Medjool dates 6  
Oranges 8  
Peach 1  
Pineapple 1

### VEGGIES

Beet 1 small  
Broccoli crowns 2 cups  
Carrots 14  
Celery 3 bunches  
Cucumbers 7  
Green onions 2 bunches  
Kale 5 bunches  
Lettuce 4 heads (2 Romaine,  
2 your choice)  
Red bell peppers 3  
Spinach 3 bunches  
Tomatoes (3 heirloom, 4  
Roma and 1 container  
cherry)  
Zucchini 5 large

### NUTS & SEEDS

Almonds 1 cup  
Chia seeds ½ cup  
Fenugreek seeds 2  
tablespoons  
Lentils 2 tablespoons  
Mung beans 2 tablespoons  
Pecans 3 cups  
Sesame seeds 2 tablespoons  
Sunflower seeds ½ cup  
Tahini 3 tablespoons

### HERBS & SPICES

Black pepper 2 tablespoons  
Cayenne pepper 3  
tablespoons  
Cilantro 1 bunch  
Cinnamon 2 tablespoons  
Cumin 2 tablespoons  
Fennel bulb 1  
Fresh ginger 1 large clump  
Garlic 1 bulb  
Jalapeño peppers 2  
Mint 2 sprigs  
Nutmeg 2 tablespoons  
Paprika 1 tablespoon  
Parsley 1 handful  
Rosemary 5 sprigs  
Salt (Himalayan or Celtic Sea)  
Turmeric 2 tablespoons  
Vanilla or almond extract 1  
small bottle

### MISC

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

### SUPERFOODS

Maca powder  
1 teaspoon vitamin C powder  
or 1 Power Pak orange  
flavor packet  
\*Lucuma powder  
\*Protein powder (Sun  
Warrior raw vegan)  
\* = Optional

## 2-Week: Raw Cleanse Shopping List for First 5 Days (Phase 1)

### FRUITS

Apples 12 (4 green,  
8 Braeburn)  
Bananas 4  
Grapefruit 3  
Lemons 15  
Lime 1  
Oranges 8  
Watermelon 1

### VEGGIES

Beets 4 small  
Bok choy 1  
Carrots 30  
Celery 6 bunches  
Cucumbers 10  
Dandelion greens 1 bunch  
Kale 4 bunches  
Red bell pepper 1  
Roma Tomatoes 4  
Spinach 1 bunch

### NUTS & SEEDS

Fenugreek seeds 2  
tablespoons  
Lentils 2 tablespoons  
Mung beans 2 tablespoons

### HERBS & SPICES

Black pepper 2 tablespoons  
Cayenne pepper 4  
tablespoons  
Cilantro 1 bunch  
Cinnamon 2 tablespoons  
Cumin 2 tablespoon  
Fennel Bulb 1  
Fresh Ginger 1 large clump  
Garlic 1 bulb  
Jalapeño pepper 1  
Mint 2 sprigs  
Nutmeg 2 tablespoons  
Paprika 1 tablespoon  
Parsley 1 bunch  
Rosemary 5 sprigs  
Salt (Himalayan or Celtic Sea)  
Turmeric 2 tablespoons  
Vanilla or Almond extract 1  
small bottle

### MISC

Apple cider vinegar ½ cup  
Coconut water 6 pack  
Flax oil 1 bottle  
\*Nettle tea  
\*Smooth Move tea 1 box  
Stevia 5-10 packets  
Unsweetened cranberry juice  
2 quarts

### ITEMS FOR JUICE OF CHOICE

*(list here)*

\* = Optional

## 2-Week: Raw Cleanse Shopping List for Days 6-10 (Phase 2)

### FRUITS

Apples 8 (1 green, 1 pink lady,  
6 Braeburn)  
Avocados 4  
Bananas 4  
Fresh berries 2 cups  
Frozen blueberries 1 bag  
Lemons 10  
Limes 3  
Mangoes 2  
Medjool dates 3  
Oranges 6  
Pineapple 1  
Pomegranate 1

### HERBS & SPICES

Basil 1 bunch  
Cilantro 1 bunch  
Fresh ginger 1-2 large clumps  
Jalapeño pepper 1  
Mint 2 sprigs  
Parsley 1 handful  
Rosemary 5 sprigs

### VEGGIES

Beets 2 small  
Broccoli crowns 2 cups  
Carrots 25  
Celery 4 bunches  
Cucumbers 7  
Green onions 1 bunch  
Kale 8 bunches  
Lettuce 3 heads (2 Romaine,  
1 your choice)  
Red bell peppers 3  
Spinach 4 bunches  
Tomatoes (2 heirloom, 4  
Roma)  
Zucchini 2 large

### NUTS

Chia seeds 1 cup

### MISC

Cacao powder 5 tablespoons  
\*Coconut oil or olive oil 4  
tablespoons  
\*Kombucha 1 (or more)  
Nutritional yeast ½ cup  
Olive oil 1 cup

### SUPERFOODS

Maca powder  
1 teaspoon vitamin C powder  
or 1 Power Pak orange  
flavor packet  
\*Lucuma powder  
\*Protein powder (Sun  
Warrior raw vegan)

### ITEMS FOR FRUIT AND SMOOTHIE OF CHOICE

*(list here)*

\* = Optional

## 2-Week: Raw Cleanse Shopping List for Final 4 Days (Phase 3)

### FRUITS

Apples 2  
Avocados 5  
Bananas 4  
Strawberries 1 pint  
Grapefruit s4  
Lemons 10  
Limes 2  
Mangoes 3  
Medjool dates 6  
Oranges 3  
Peach 1

### VEGGIES

Beet 1 large  
Broccoli crowns 2 cups  
Carrots 10  
Celeriac 1  
Celery 3 bunches  
Cucumbers 3  
Green bell pepper 1  
Green onions 2 bunches  
Kale 3 bunches  
Lettuce 4 heads (2 Romaine,  
1 green, 1 red)  
Red bell pepper 1  
Red cabbage 1  
Spinach 1 bunch  
Tomatoes (7 heirloom, 4  
containers cherry)  
Zucchini 5 large

### NUTS & SEEDS

Almonds 2 cups  
Cashews 1/2 cup  
Hemp seeds 1/3 cup  
Fenugreek seeds 2  
tablespoons  
Pecans 2 cups  
Pistachios 1/3 cup  
Sesame seeds 2 tablespoons  
Sunflower seeds 1 cup  
Tahini 1/3 cup  
Walnuts 1/3 cup

### HERBS & SPICES

Cilantro 1 bunch  
Dill (dried) 1 teaspoon  
Fresh ginger 1 large clump  
Jalapeño pepper 1  
Parsley 1 handful

### MISC

Agave 1/4 cup  
Almond milk 2 (can buy in  
container or make your  
own)  
Apple cider vinegar 1/2 cup  
\*Just Mayo mayonnaise  
Tamari or nama shoyu 3  
tablespoon

### SUPERFOODS

Cacao nibs 3 tablespoon  
Goji berries 3 tablespoon

### ITEMS FOR JUICE OF CHOICE (list here)

\* = Optional

## Links to Bonus Raw Recipes

Below are some amazing raw recipes available on the web. Many are videos and some are links to websites with written recipes and preparation steps. Some chefs will prepare their food differently before juicing or making raw recipes. Try various ways to figure out what works best for you.

You may wish to bookmark or subscribe to these sites for the future. Enjoy!

- [Anti-inflammatory Cherry Blaster Smoothie](#)
- [Apple Cider Tonic](#)
- [Chocolate Mint Chia Pudding](#)
- [Flavored Nut Milks](#) by Amy Chaplin
- [Harvest Salad with Pumpkin Vinaigrette](#) by The Veg Life
- [Heavy Metal Detox juice recipe](#) from Mind Body Green
- [Juices to Boost Immunity this Flu Season](#)
- [Mango Sorbet with Banana & Pineapple](#)
- [Pomegranate Slam It!](#) by Spabettie
- [Raw Soup](#) by Dara Dubinet
- [Raw Vegan Zesty Lime Corn Salad](#) by Blender Girl
- [Shredded Beet & Carrot Salad](#) by Kris Carr
- [Spagetti Bolognese](#)
- [Spicy Raw Jicama Fries with Guacamole](#)
- [Sprouting Quinoa](#) (save for after cleanse)
- [Super Green Smoothie Recipes](#) by Victoria Boutenko & Family

## Next Book - Going Deeper Into Raw Cleansing

In my next book, I will elaborate on how to do a deeper cleanse. Below is a list of topics I will cover in that book. We will also go into this in the next Facebook group, for those who are interested.

### Topics for Going Deeper:

God's Herbs Tea  
Dandelions  
Skin Detox Tea  
Pro-Oxygen Tablets  
Fenugreek  
Bentonite Clay  
Aloe

Steam Rooms  
Steam Facials  
Bath Soaks  
Dry Brushing  
Journaling  
Colonics and Enemas  
Probiotics

Wheatgrass  
Sun  
Gardening  
Spring Water  
Dealing with symptoms

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