

# **Go Raw Not Crazy**

**TIPS TO ADD in MORE RAW FOODS**

**RHONDA DUNLAP**



## **Disclaimer**

The material contained in this guide is for informational purposes only. Where the words raw diet are used be advised that the meaning of the word diet used in this publication means: “the foods eaten, as by a particular person or group.”

Always check with your healthcare professional before making any changes to your diet. Any nutritional information that may be contained in this guide is of personal opinion and should not be regarded as a substitute for medical advice. Use the information contained herein as you see fit and at your own risk. Nothing in this publication is intended to replace common sense, medical or other professional advice.

## **Copyright Information**

This publication is protected under the U.S. Copyright Act of 1976 and all other applicable international, federal, state and local laws. All rights are reserved. No part of this publication shall be reproduced, transmitted or sold in whole or in part in any form without the prior written consent of the author.

## **Go Raw, NOT Crazy!**

Have you wanted to add more raw foods to your diet but did not want to spend hours in the kitchen?

Have you found that raw cookbooks were just too complicated?

Are you afraid that eating more raw would be just plain boring?

Do you feel that fresh foods are harder to make than cooked foods?

If you have answered “Yes” to any of the above questions, then this e-book is for you!

My name is Rhonda and I made the commitment to add in more raw foods to my diet because I wanted all of the wonderful benefits that raw foods are known for which include easier digestion, more energy and the beneficial nutrients. However, I was not quite sure how to start until a girlfriend invited me to a raw food weekend workshop. I left the workshop feeling energized and excited to add more raw foods into my diet.

This ebook includes tips that I found that have worked for me and I hope will help to you.

When you decide to go raw to any extent, I applaud you for this. This is not about the regimentation of eating 100% raw. There is no need to go crazy about it and feel like you have to attain a certain status. This is about learning about the benefits and adding in the power-packed nutrition of raw foods into your diet at the amount you decide works for you.

One of the many happy benefits of eating raw is that you can eat as much of these delicious and nutritious foods as you like because the body develops a natural turn off switch that is often not engaged with the standard American diet. It is a great way to speed up your metabolism as the natural enzymes in raw foods break down more quickly than cooked foods.

Below are some tips to get your raw food journey going smoothly.

## **Tip #1 Eat the Stuff You LIKE! Then Experiment and Expand!**

Start with eating your favorite fruits and veggies in their raw state.

One thing about raw is that you can really taste the flavors, so you will find the foods that you previously liked will taste even better...So eat what you like and try and experiment with some foods that you may not have tasted before. You will no doubt find some newbies that will become some of your favorite foods as well.

Here is a way to combine good tasting foods with new foods that are good for you. This healthy little habit will have you jump starting your raw diet and help you to get into better health, even if you don't go "totally raw"— It is THE GREEN SMOOTHIE.

This one tip has changed my life. It was such a great way for me to drink in foods that I would not normally eat in my day.

Let me just say that most people like bananas. Bananas are a raw food and personally, I consider them to be a super food. If you use the tip to eat raw foods that you like, and if you like bananas, then the next step is to combine this good tasting, sweet fruit with, are you ready for this? GREENS!

Now this is not the place for me to tell you all about the goodness of green leafy vegetables, but do take my word, if you are interested in good health and want the goodness of a raw diet, you will want to include as many greens as you can on a daily basis. I am not talking about iceberg lettuce as this lettuce is a lightweight in nutrients compared to the gorgeously nutritious dark greens. The key to consuming more greens is simply adding a banana or two and any other fruit that you like to a green smoothie.

Take your high speed blender like a Vitamix, and add some pure water, a banana, a handful of berries of your choice, a couple of handfuls of dark-green, leafy greens such as kale, spinach, romaine lettuce, parsley, lambs quarters, dandelion and set on high for a couple of minutes and "Voila!" you have just made your first green smoothie! The banana "cuts" the taste of the greens, and gives a nice flavor to the overall smoothie.

You can also add other raw foods that will sweeten or increase the nutrition of your smoothies such as a dash or two of vanilla, a couple of dates, tablespoon of honey or agave, a scoop of raw protein, sprinkle of cinnamon, chia seeds, hemp seeds, etc.

Green smoothies are a wonderful meal in itself. Adding a green smoothie to your day will help you to slim down, will fill you up, minimize your cravings for sweets, and they are a nutritional boost for your body.

Just by adding a green smoothie each day is a great way to get in the habit of adding in more fruits and vegetables to your day. You will be amazed when your body begins to crave this nutritious food instead of a fried breakfast or bowl of cereal to start your day.

### **Another little tip:**

Take the challenge and skip your morning coffee and drink a green smoothie instead and watch your sugar cravings dwindle, your weight decrease and your energy levels increase. This simple habit will help you add raw foods to your diet in a very easy way and you will see for yourself the benefits.

Click this link to my website to learn more about [Green Smoothies](#).

Do you want to add more raw smoothies to your diet? In addition to the green smoothie you may want to add a fruit smoothie for lunch, snack or as a dessert.

All you have to do to make a raw fruit smoothie is to put all of the raw fruit that you like into your blender, add a cup of pure water and some ice and blend until smooth. You might also add in some nut milks or coconut yogurt too. You probably will not need to sweeten a fruit smoothie, just try it first. This is a great raw snack in a flash. Children love these healthy treats too. And real fruit smoothies are an excellent alternative to ice creams and other sugary treats that are not so healthy.

There are times you might want to make a vegetable smoothie instead of making a salad. I call it a salad in a glass. Below is a recipe for a tasty vegetable smoothie:

## **A Raw V-8**

Ingredients:

- 3 large ripe tomatoes
- 2 spring onions, with their green tops
- ½ of a red pepper
- 1 clove of garlic
- salt and pepper to taste
- ½ bunch of organic cilantro
- 1 tablespoon of fresh lemon (or lime) juice
- 1 jalapeno (optional)
- ½ cup of water

Directions:

Place all of the ingredients into your blender and blend on high until smooth.

### **Tip #2 Learn Fast Raw Recipes**

You want to eat raw and you don't have time to make a meal. The answer is to learn a few basic quick raw recipes that you can easily create and keep in the refrigerator. You already know how to make smoothies so you have that raw food prep established. Once you find a few easy recipes that you like, keeping the raw ingredients stocked is the key to success.

Take the concept of foods that you like and expand them. Here are some ideas:

- Add a couple of apples to a food processor. Add a tablespoon of honey or agave, and a cup of berries. This makes a wonderful berry, applesauce.
- Spread some raw almond butter onto celery or apple slices.
- Slice a couple of medjool dates and add a walnut or pecan. Add an apple.
- Slice a banana and put at the bottom of a bowl, add a cup of raw oats, a tablespoon of honey or agave, and a tablespoon of chia seeds. Cover and put in the refrigerator for the next day. A yummy pudding for breakfast or a snack. Add raisins if you like.
- Make a nut milk and enjoy a glass. A simple recipe below:

## Easy Almond Milk

### Ingredients

- 1 cup of water
- 2 teaspoon of raw almond butter
- 1 to 2 dates, pits removed

### Directions:

Blend ingredients together at high speed. Add more almond butter for a thicker milk.

-Make “rice” out of raw vegetables such as cauliflower or parsnips using your food processor and season with salt and pepper or adobo seasoning. Add some chia seeds to make “sticky rice” and then wrap it in nori seaweed sheets with your favorite sliced veggies.

-Take some really nutritious greens, such as kale, spinach, endive or celery and slice it using a food processor, then use it as a base for salads. Add raw, thinly sliced squash, some raw apples and a handful of raw nuts. Sprinkle with nutritional yeast and add a salad dressing of vinegar and olive oil.

-Make guacamole using mashed avocados and some herbs and spices and use it as a dip for slices of jicama, celery, carrots and or red or green peppers.

-Make a fresh juice out of freshly juiced citrus. A combination of freshly squeezed grapefruit juice and orange juice is delicious! Use an electric citrus juicer from just any department store and juice oranges, grapefruits, and other fruits. Juicing citrus fruits is so fresh and nutritious, it beats any store bought carton on a shelf.

-Enjoy a delicious melon drink by cutting up chunks of seedless watermelon, cantaloupe or honeydew into your blender and blend until smooth for a refreshing melon drink.

-Keep cucumber salad on hand. Sliced cucumber, some onions if you like, add some herbs such as Italian seasoning and make a dressing of equal parts apple cider vinegar and raw honey with just enough water to cover the vegetables.

-Make a fresh fruit salad. This can be as simple as melon chunks or a variety of your favorite fresh fruits such as an assortment of berries, kiwi's and a banana or apple chunks. Just squeeze a fresh lime and drizzle with honey or agave.

-Keep fresh vegetables cut into ready-to-eat pieces in containers ready for you to grab and enjoy.

-Make a bowl of raisins, your favorite raw nuts, and dried cherries or cranberries and put in snack bags to have on hand for a munch.

-Freeze peeled bananas and when you are ready to eat them, dip them in raw cacao or carob powder and crushed nuts.

-Blend a couple of frozen bananas for a banana ice cream. Top with nuts and or sprinkle of raw cacao or carob powder.

-The next time you have movie night at your house try raw "popcorn"—cauliflower florets sprinkled with sea salt or nutritional yeast. You may be surprised just how good cauliflower can taste as a snack.

-Invest in a juicer and juice fresh foods. Just a note: The juices you buy pre-packaged have all been pasteurized, therefore they are not raw, so you will get all the fresh nutrients when you juice your own. Here are some links to fresh some vegetable juice recipes on my site:

[Fresh Juice Recipes Part 1](#)

[Fresh Juice Recipes Part 2](#)

[Fresh Juice Recipes Part 3](#)

[Fresh Juice Recipes Part 4](#)

As you can see there are so many ways you can add in nutritious raw foods to your day the options are limitless. All you need to do is keep a wide variety of fresh foods stocked in your fridge, freezer and pantry to have healthful choices to choose from. You can see how these fresh foods are so packed with nutrients over any bag of chips or boxed foods. It just takes a shift in shopping and stocking your kitchen with healthful foods to make a big difference.

## Raw Stuffed Peppers

Ingredients:

- 1 cup of walnuts (you can substitute any other raw nuts or seeds) soaked overnight and drained
- ½ bunch of fresh herbs such as parsley, dill (seeds only), rosemary or cilantro. Use only the leaves, not the stems.
- 2 spring onions, green tops included
- 1 teaspoon of lemon juice
- 1 teaspoon of cold pressed olive oil
- ½ teaspoon of sea salt
- 2 red bell peppers, halved, white veins and seeds removed

Directions:

Combine all of the ingredients, except for the bell peppers, in your food processor. Using the “S” blade, process until pate consistency. Stuff the pepper halves with the pate mixture and enjoy.

### Tips #3 Raw “Fast Food” – Raw Goes Convenient

When you want the convenience of fast food, yet you want to eat raw, here are some raw and convenient resources for you.

Raw Food Bars – These are excellent snacks that will give you can keep on hand for when you are out and about and need a quick bite. I like the PURE bars and Raw Revolution Bars.

Raw Vegetable Chips – If you love chips, there is no need to deny yourself—eat raw kale chips! Raw kale chips come in several tasty flavors and they are easy to make too.

Imagine gourmet RAW food delivered right to your door - Look for raw food meals, that are usually organic and vegan, they come frozen or packed in dry ice, ready to eat right out of the box. Pure Market Express will deliver to you (anywhere in the continental United States) a week's worth of raw gourmet meals or just a raw apple pie, a raw cheesecake or a raw lasagna and more! Just Google for a raw food delivery service that you would like to try.

## **Raw Restaurant Eating Tips – You can eat raw and eat out. Here are some tips:**

- Choose salad bars and bring your own homemade dressing in a zip lock baggie.
- If there is no salad bar, order a raw vegetable salad (just ask to replace the iceberg lettuce with a dark-green lettuce or baby spinach)
- Ask for a a fresh vegetable plate (raw crudites) and dip your veggies into your homemade dressing that you brought along.

## **Raw Vitamin and Mineral Supplements and Raw Shakes**

If you are taking any type of supplements, consider finding raw and live vitamins and minerals to help you add more 'raw' to your diet.

Garden of Life makes several raw vitamins supplements for men and women, calcium, iron and multi vitamins including raw protein powders. For more general information about the benefits of raw supplements follow these links to my website on [Raw Vitamins](#) and [Raw Minerals](#).

### **Other resources:**

-One of the best tips I have found is to keep a file of raw recipes as you find them.

-To stay inspired you will also want to have a few good raw recipe books on your shelf.

-Please sign up for my monthly **Eat More Raw** Newsletter! Check out my website and while you are there, take the time to sign up for my monthly newsletter which features a raw recipe, tips and news from the wide world of raw. Here is my website address: [www.Raw-Food-Diet-Magazine.com](http://www.Raw-Food-Diet-Magazine.com)

I hope you have found some of these tips helpful to help you to add in more raw foods and not go crazy.

~ *Rhonda*