

The-Raw-Advantage

Presents

101 Simply Delicious Raw Recipes

By: Chris Kendall
R H N, 100% Raw and
Transitional Lifestyle Coach
www.the-raw-advantage.com

Attention:

Good-day, just as a notice feel free to print and share this publication with others as long as you include a link back to this site www.the-raw-advantage.com
While in my heart I truly hope anyone who finds this book freely and enjoys it would desire to make a donation, my deepest wish is to reach as many people as possible. I know the application of these simple recipes and principals can help anyone who applies them surpass their wildest health and fitness goals all the while with mouth watering enjoyment.
Happy eating
enjoy
peacelovenseasonalfruit ck :)

Published by: Chris Kendall
411 candle place,
Saskatoon, Saskatchewan
s7k5a8
www.the-raw-advantage.com

Registered Holistic Nutritionist offering 100% raw food lifestyle coaching and transitional lifestyle coaching. Learn how to increase your wellness in all aspects, from easy weight management, increased athletic performance, enviable well being, superior resistance to colds and disease (I have not been sick in over 10 years) with increased spiritual, mental, and emotional poise. We live in a time where disease of the body and mind is rampant, misinformation is widespread without conscience, and the almighty dollar is above all. I can show you how to regain your God given natural state of pristine health, youthful vitality, and the security of lifelong wellness though improved diet and lifestyle. Live free and happy without reliance on costly and dangerous pills, drugs, vitamins, “superfoods” or surgery.

This Book is dedicated to my ma n pa,
Always showing unconditional love, support, and excitement in all I am
I could not have hand picked better friends, role models, or more fertile soil to grow in
I feel truly blessed and count myself the luckiest boy in the world to have you two
I love you both

I am Excited to welcome you to “The Raw Advantage Presents: 101 Simply Delicious Raw Recipes”. This book is comprised entirely of 100% Raw, Low Fat Vegan recipes that utilize proper food combining to ensure optimal digestion, utilization, and absorption. Whether you are looking to increase your general health, overcome a minor or serious health issue, or reach peak potential in any passion, mental, physical, or spiritual, you will find this book invaluable. Having benefited more than I can express from these simply made raw recipes over the last 5 years I feel compelled to bring you the best of the best. These are the recipes that I eat day in and out, that is unless I am mono eating (one food at a time, when hungry till full), or making a more gourmet dish for guests, holidays, or simply because I want to. Look for my upcoming recipe book “Low Fat Raw Gourmet and Cravings Busters Transitional Recipes”.

From my own experience as well as through meeting and talking with many other raw fooders, “gurus”, and experts, I universally find that once a low fat raw vegan program is properly applied it is found to be the most exciting, rewarding, physically, mentally, and spiritually uplifting way to live possible. Truly the raw lifestyle can please all as it is filled with as much taste, texture and variety as one could wish for. Consider bananas have over 100 varieties, there are 1000's of varieties of fruits, leafy greens, and vegetables, tonnes of different herbs, nuts, seeds, endless simply made recipes to choose from and experiment with the possibilities are nearly endless. Through utilizing soups, smoothies, salads, slaws, pasta's, stews, and drinks, not to mention the pleasure of simply eating any fruit in its peak ripeness, all tastes and textures and indeed appetites can be satisfied.

Before I go on to the recipes I wish to give some basics on food combining as well as sequential eating to ensure you get the most benefit from including these recipes in your improved, transitional or 100% raw lifestyle.

If you haven't read my first Booklet “10 Sure shot ways to Drastically Improve your Health” You can get your free copy of this eye opening report by signing up to my bi monthly mailing list which is filled with facts, tips, exclusive offers, videos and much more. Sign up here www.the-raw-advantage.com

Food Combining

I wish to give you a basic intro to food combining as it applies to this recipe book, I shall devote a entire chapter to this topic in my upcoming instructional book “The Raw Advantage, As a Cleanse, Transitional or 100% Raw Lifestyle”.

These recipes are designed with food combining in mind simply to ensure you get the most out of the food you eat. Digestion is more complicated than many of us pay heed, it can be easily explained through physiology and chemistry. Certain foods digest well together while others do not, this is due to the nature of the food itself as well as the different mediums and digestive juices the body uses to break down different foods. All Fresh ripe raw fruits digest best on a empty stomach.

While we have made a habit since a early age to eat all types of foods together, it is not our natural behaviour. When you watch any animal/insect/reptile in nature, one may notice, they eat the foods they are physiologically designed for one at a time, most often exclusively until full. While one food at a time is optimal for digestion, it is understandable that we desire variety, this can be accomplished through proper food combining.

I most defiantly am not trying to lay down a set of rules here, these are simply time tested and proven tools that can help you day by day and meal by meal. If you wish to experience excellent digestion, near odourless quick and easy elimination, unrivalled nutrient absorption, and receive the surplus of energy that comes from streamlining your bodies energy expenditures, test for yourself, I dare ya to try out these guidelines :).

1. Do not mix sweet fruit with acid fruit, e.g. bananas and oranges, lemons and dates ect.
2. Fatty foods do not mix well with sweet fruits, e.g. nuts or avocado with dates raisins bananas ect.
3. Acidic fruits combine all right with fats, e.g. tomato or citrus with avocado or nuts.
4. Lettuce and celery combine well with anything.

To get the most out of this book start including more fresh ripe raw organic meals into your diet, if your new to this starting with breakfast and moving from there is a great start. Through enjoying the recipes within this book you will become more familiar with optimal combinations as well as get insight into making your own dishes.

Sequential and Mono Eating

Sequential eating breaks optimal digestion down one step further toward the ideal, mono meals (one food at a time when hungry until full). As the name suggests, sequential eating means eating foods one after another instead of mixed together. By doing so digestive energy is freed up, digestion and assimilation become more efficient, while the fermentation and formation of toxins is avoided. Think about it, every animal in nature eats this way at virtually every meal when there is adequate food in supply.

This can most easily be practised by making a point to eat the foods with the highest water content first. For example, you could eat watermelon then oranges and then nectarines, or pineapple then tomatoes followed by lettuce or a simple salad. Another example would be eating grapes then mangoes and then bananas, or pears then banana then dates and/or celery. Remember Lettuce and celery digest well with everything.

Foods of completely different character are best eaten with some time elapsing, or at different meals. For example I would not recommend eating a bunch of pineapples right before a bunch of bananas or dates, nor a bunch of bananas and then avocados. It is better to eat foods similar in predominant taste and water content, with food combining in mind. One of the main reasons for this is that food with higher water content digest the fastest, while denser foods take longer, and fatty foods take the longest. Just as you wouldn't send a turbo train down the tracks minutes after a slow passenger car, you wouldn't want to follow a slower digesting banana with a fast digesting orange. When this scenario happens fermentation, flatulence, irritability, formation of toxins and stomach upset is all too common, laying the road for more serious conditions.

We live in a time where antacids are a multibillion dollar industry being sold like candy, acid reflux is labelled as a disease by doctors with pharmaceuticals to fix your "faulty digestive system". Its no wonder food combining and sequential eating isn't given much heed, it hurts sales. When we all learn that our digestive function by in large dictates if we are sick or well, and choose to utilize these simple tools, the doctors offices will empty.

Give homage to the best chef of all, the creator. Enjoy increasing mono meals of your favourite seasonal fruits and watch your health and vigour soar. Mono meals are the surest fastest (beyond fasting) way to streamline digestion, facilitate detoxification, and restore your bodies finer senses. When the quality is good no recipe can compare to any whole, fresh, ripe, raw, organic fruit or vegetable in season.

Tools of the Trade

A Good Blender:

The Almighty Vita Mix



I highly recommend anyone serious about their health invest to in a Vita Mix, without a doubt the best blender and most useful tool for both a new and the seasoned raw foodist. Any texture can be easily achieved making green smoothies, sauces, soups, stews, nut butters, dips, ice creams or any desired taste, or texture, in any amount effortless. After owning one for over 9 years, often using it 3 times a day, travelling with it, lending it to family and friends, all the time recommending many others to purchase one I decided to become a affiliate. With all honesty I feel my Vita Mix is the best investment I have ever made , I recommend it as a first priority in increasing your percentage of raw foods and changing your lifestyle for the better.

You can order your very own Vita Mix by following the link, don't forget my affiliate code below for free shipping :)

http://the-raw-advantage.com/?page_id=201

Get free shipping in Canada and the U.S by using my affiliate code 06-004171 when you order.

A Good Knife and Cutting Board:

Any good knife and a basic cutting board will do, I prefer ceramic knives but would place this lower on the list of priorities.

Shredders Slicers and Noodle Makers:

There is a variety of tools to slice, dice and make noodles. Most often a simple knife will suffice but using tools can make the job faster, more uniform, providing a change in the taste appearance and texture of a meal. A simple grater can be used normally for slaws, or used to make noodles by grating the vegetable carefully lengthways along the notches.

While a regular carrot peeler can make neat thick flat noodles out of any veggie or fruit. My favourite handheld tool is a speciality peeler with small blades that makes excellent linguini noodles. Most often called a "julienne peeler" I have seen these at many a department or kitchen store.



There is also the trusty mandolin, if you are comfortable with them many different slices and noodles can be easily made.

Last but certainly not least is the most commonly know spirolini or spirolla. There are many similar devices with different names that easily and quickly makes perfect angel hair pasta noodles out of zucchini and other veggies. These are a little more expense and usually only found at speciality kitchen stores, or online, but make the most amazing raw noodles.

To watch my 1st and 2nd video blog post on December 02/09 and December 17/09 click the link below. In the 1st video I use a Julienne peeler to make sweet and salty cucumber noodles :) in my 2nd video I make 2 recipes from this book including "Presto Sun Dried Tomato Pesto" using the angel hair noodle maker.

<http://the-raw-advantage.com/>

Index:

Smoothies

Green smoothies

Sweet soups

Savoury soups

Salads

Slaws

Noodles

Stews

Special dishes

Calories Information

Meal Plans

Contributors

Smoothies

Smoothies really are fool proof meals, grab 1-4 varieties of fruit similar in predominant taste (sweet, tangy, or acid) and water content in equal or different quantities, blend and your set! You can easily change the taste, temperature, and texture of any smoothie by adding a 1/8 to 1/4 frozen ingredients. Another option for something different is to add some of the ingredients at the end of blending just for a second to leave a little bit of chunks to chew. Its always a good idea to drink smoothies slowly, even chew them, remember digestion starts in the mouth.

As Ghandi wisely said said “chew your drink, and drink your foods.”

These are some of my all time favourites, the options are really endless. Have fun trying these and making your own! By keeping food combining in mind while remembering simpler is often best you wont be let down!

Side note: All Smoothie recipes are set to approximately 500 calories each for ease in understanding the different volumes needed with each food to meet your caloric intake.

Honeydew Delight

1- 1 ½ honeydews (3 lb.)

Remove seeds, scoop out flesh, blend well, serve immediately and get ready to cry with delight.

I could have this every day forever!

Santa Claus Sweetness

1 Santa clause melon (3 lb.)

Remove seeds, scoop out flesh, blend well, serve immediately n enjoy!

Creamy Cantaloupe

2 – 2 ½ sweet ripe cantaloupe (3.25 lb.)

Remove seeds, scoop out flesh, blend well, serve immediately enjoy!

Watermelon Bliss

½ watermelon 9” dia round (3.75 lb.)

Blend well, (if seeded strain before serving) serve on a hot day and re-hydrate!

Watermelon Orange

3 oranges (1 lb.), 6 cups diced watermelon (2 lb.)

Blend well, serve slightly chilled. Enjoy this is amazing smoothie, one of my favourites!

Note: while many food combining charts say its optimal to eat melon alone, most people find them to combine well with citrus/acid fruit as well.

Watermelon Pineapple Strawberry

½ small pineapple (0.5 lb.), 2 ½ cups strawberries (0.75 lb.) , 6 cups diced watermelon (2 lb.)

Blend well and savour the flavor.

Also called pink lady, very frothy and great.

Note: If strawberries are organic try keeping the greens on for extra minerals goodness n fiber.

Orange Zap

7 ½ - 13 (navel and valencia, or mandarin) oranges depending on type (2.5 - 3 lb.) , lime to taste

Peel, cut and seed if needed, blend all well. If using navel oranges, juicing first for thinner or blend whole for thicker if desired. Enjoy the freshness.

Fig 'n' Grape.....MMMM

Contributed by Elizabeth Forrest

3 ½ cups grapes (1.25 lb.), 3 Fresh figs (0.33 lb.), or if no fresh available soak 2 dried figs 1-6 hours, water as needed (I use very little around 1/2 cup as I like it THICK!)

Optional: hunk of vanilla and a pinch of cinnamon

This will thicken naturally because of the figs. I like to add a hunk of vanilla and a pinch of cinnamon thick and delicious!

Orange Strawberry

7 oranges (1.75 lb.), 3 cups whole strawberries (1 lb.)

Simple as it sounds, blend, or juice oranges of your choice then blend with strawberries, try blood oranges for a change, or any other berry :) Deliciousness incarnate!!

Tropical Pina Colada

1 medium pineapple (1.25 lb.), water from 1 young coconut (1.5 cups), 1 mango (.5 lb.)

optional: ¼ cup cream of young coconut.

Chop pineapple and blend all ingredients till frothy.

For variation use part frozen ingredients or pre freeze the coconut water in ice cubes and store in a zip lock for uses like these! Try both with and without mango adding coconut cream for a classic colada :).

Side note: Cream of young coconut is simply the jelly like “flesh” inside a young white coconut. A little goes a long way. Enjoy this variation of the classic!!

Colossal Pineapple Cherry

1 medium/large pineapple (1.5 lb.), 2 cups pitted cherries (0.7 lb.)

Blend till frothy and liven up yourself.

One of my all time favourites, very frothy sweet and tangy!

Thick Tropical Delight

6 oranges (1.5lb.), ½ small pineapple (.5 lb.), 1 medium papaya (1 lb.), juice of 1 lime.

Peel oranges and papaya, remove seeds and blend well all well, adjust lime to taste.

Enjoy this amazing flavour a favourite when papaya is good!

Kiwi Mandarin

8-9 mandarin oranges (2 lb.), 3 ripe sweet kiwi's (0.5 lb.)

Peel and blend.

Sweet and tangy, a fall/winter treat and a great way to start a salad meal or use as a dressing.

Passion Fruit Pleaser

1 small pineapple (1 lb.), 3 oranges (1 lb.), 6 insides of whole passion fruit (.25 lb.)

Blend all well, thick exotic and delicious! Try double the passion fruit! ohhhhhhhh passion!!

Tropical Madness

1 small pineapple (1 lb.) , 1 ½ mango (.75 lb.), ½ a papaya (.5 lb.)

Peel and de seed all, blend all well, shut your eyes and feel the tropics :)

Blueberry Lagoon

4 oranges (1.3 lb.), ½ a pineapple (0.5 lb.), 2 cups blueberries (0.65 lb.)

Blend well n enjoy the blue lagoon!

Mandarin Nectarine Cherry Blast

7-8 mandarins (1.25 lb.), 3 sweet nectarines (1 lb.), 2 cups pitted cherries (0.7 lb.)

Blend all well, enjoy!

If you use mandarins with this one its thinner, if you use navels its really really thick, so good!

Tropical Peach

8 medium peaches(2 lb.), 1 mango (0.5 lb.)

Use really juicy peaches and sweet mango, remove pits and blend well :) quite a treat!!!

Play with ratios, add more mango and or bananas for a caloric punch n thickness :)

Sweet Peach Sunrise

6 sweet peaches (1.5 lb.), 3 nectarines (1 lb.), 1 ¾ cups raspberries (0.5 lb.)

Pit and blend all well, get ready for deep sunrise red amazingness!

Grape Tangerine Cream

6 medium tangerines or 8 mandarins (1.25 lb.), 2 cups grapes (0.75 lb.)

Peel and seed tangerines if necessary, add grapes and blend well. Enjoy this sweet treat!!

If you don't use a Vita mix you may have to chew this one a bit.

Saskatoon Dreaming

4 ½ oranges (1.5 lb.), ½ small pineapple (0.5 lb.), 1 ½ cups Saskatoon berries (.5 lb.)

Peel oranges and pineapple, blend all well. I love Saskatoon dreaming :)

If you haven't had Saskatoon berries keep your eyes open for them, they are all over the prairies and b.c in late spring / early summer.

Sweet Peaches

10 Sweet juicy peaches (2.5 lb.), 1 banana (0.25 lb.)

Pit peaches add one banana and blend baby Blend! No water needed!

Try using a frozen banana for a sweet peach shake!

Bananarama!

5 bananas (1.25 lb.), water

Blend bananas with water as needed to your desired thickness. Try thick and thin, or try adding one frozen banana for a “banana milkshake”

This is one of my all time favourites and my most eaten shake often eating 15-18 bananas in one big 2 liter shake.

Chocolate Monkey

5 bananas (1.25 lb.), 1 T raw carob powder or to taste, water to desired thickness

Blend all well, use 1-2 frozen bananas for chilled “chocolate monkey milkshake” so good!

This is a must try, its a close rival to the bananarama. Try with cinnamon instead of raw carob :)

Banana Peach

4 juicy peaches (1 lb.), 3 ½ banana's (0.85 lb.)

Pit peaches and blend all well adding water only if needed, without water nice and thick!

Banana Mango

2 sweet mango's (1 lb.) , 2 ½ bananas (.625 lb.), ½ cup water

Peel and de seed mango, add banana and blend well adding water to desired thickness mmmmmmm:)

Sweet Banana

½ cup raisins or dates, 3 banana's and soak water

Soak raisins or dates (pit them) 1-6 hours in enough water to fully cover, blend all well using soak water and extra water if needed. Really sweet and delicious, great with 1-2 stalks of celery added in :)

Side note : Its always a good idea to get some exercise in before a dense super sweet n satiating smoothie or any big sweet meal like this. Not only do you create the demand for refuelling, but your ability to uptake simple sugars in increased x 2 after intense workout, enhancing recovery time :)

Pear Banana

2 sweet soft pears (0.8 lb.), 3 bananas (0.75 lb.), water to desired thickness

A great thick, filling, and tasty fall treat.

Sweet Blue Banana

4 banana's (1 lb.), 1 ½ cups blueberries (.5 lb.)

Blend all well using water to desired thickness. This is a really great shake, make sure to try it!

Try using frozen berries for a cool blue experience.

Sweet Blue Nectarine

3 nectarines (1 lb.), 1 ½ cup part blueberries (0.5 lb.), 2 bananas (0.5 lb.)

Pit the nectarines, blend all well adding water to desired constancy. Your going to be addicted to this one!

Banana Papaya

1 ripe papaya (1 lb.), 3 banana's (0.75 lb.)

Skin and de seed the papaya, add banana's and blend adding water to thin, very creamy and great.

A favourite when in the tropics or papaya's are plentiful :)

Banana Raspberry

4 banana's (1 lb.), 1.5 cups raspberries (0.4 lb.)

Blend together well adding water to thin, this one is really sweet, red, n amazing! Give it a go!!!

Velvety Banana Persimmon

1 sweet ripe fuyu persimmon (0.33 lb.), 4 ripe bananas (1 lb.)

Peel top and check for seeds in persimmon, add banana's and blend well adding water to desired thickness. I love this one, the persimmon makes the smoothie velvety creamy sweet n thick.

Ultra Plantain Sweetness

2 fully black and ripe plantains (0.4 lb.), 1 banana (0.25 lb.)

Peel and blend all well, get ready for lift off this is a sweet one!!

Tastes like a cross between a banana marshmallow smoothie :)

Side note: If you haven't tried a raw plantain and want more info watch my 1st video blog here on December 02/09 all about raw plantains and one of my favourite sweet fruits the persimmon :)

http://the-raw-advantage.com/?page_id=192

Green Smoothies

Green smoothies are a great choice for any meal of the day, they provide a greater mineral diversity/density and more fiber than a simple fruit smoothie. Both have their place, for instance when you are more active you may want to focus on a simple sweet fruit smoothie for caloric density. In the evening, after your activity, on a healing day, or when less active in general, a green smoothie will provide that mineral punch and tinge of saltiness sometimes desired. Most of the recipes in the smoothie section above can be easily made into a delicious greens smoothie, simply add ¼ lb. to 1 lb. + of your favourite green or whatever green you have on hand to any smoothie. A good trick is knowing that the sweeter the smoothie the less you will taste the greens. Sometimes you will find having more green taste is better mind you, its all a ride, tastes and desires change as you eat more raw foods and grow in healthy choices :)

If you have a Vita Mix you can simply use the tamper to push as much greens into the mix as you desire. If you don't have a Vita Mix I suggest using soft greens such as butter leaf, baby spinach, or young romaine. You can use a stick of celery or two to push the greens in during blending, just be very careful. Sometimes smaller blenders such as “the magic bullet” do a good job at masticating the greens making smaller green smoothies. Using my Vita mix I have made many a green smoothie and/or soups with up to 2+ lb. of spinach (often my personal favourite) or other greens and herbs.

For a milder taste you can choose from romaine, spinach, celery, red leaf, green leaf, bib, boston, butter leaf, iceberg, celery, fennel, dill, cilantro, mint and many others all for different tastes and goodness.

For a deeper more earthy taste try kale, chard, bok choy, baby bok choy, parsley, basil, arugula, lambs quarters, stinging nettle, ect. Different combinations of the above in each respective dish can bring a limitless range of flavours.

I personally enjoy the milder greens with more frequency and volume than the deeper, liberally use herbs and on a rare occasion the darker greens in stews. Have fun, experiment and find your own favourites. One huge tip, focus on the fresh, ripe, raw, foods and tastes that you enjoy the most, not the ingredients you think you need or “super food” that yields the “highest” this or that. The body is always smarter than the mind, tastes change in cycle to meet your needs of the moment. Some people find greens to be hard to digest and are best served by increasing their intake of green smoothies slowly. Remember to observe food combining, take your time and “chew” your smoothies. By progressively adding more greens to your diet you will find your tastes and preferences change making new favourites :) Here are a few of my all time favourite green smoothies.

All green smoothies are measured to approximately 500 - 550 calories for ease in calculations.

Romaine Banana

½ – 1 head romaine (½ -1 lb.), 4 1/2 bananas (1.1 lb.)

If using vita mix blend lettuce first using tamper, add bananas and blend well only adding water if desired. If using regular blender blend banana and water first then add the greens :)

I love this thick without water often enjoying 1-2 heads of lettuce with 15 bananas for a large lunch.

Banana Blueberry Celery

4 bananas (1 lb.), 1 cup blueberries (.33 lb.), 6 ribs celery (0.5 lb.)

Blend all well adding water to desired thickness!

Try using frozen berries for a cool treat.

Minty Banana Pear

3 bananas (0.75 lb.), 2 pears (0.8 lb.), 2 large handfuls of spinach and a bunch of mint (0.5 lb. total)

Blend all well adding water to desired thickness, quite good n a neat change! Add more spinach to taste, there is no limit on greens only taste preferences.

Orange Popeye

12 mandarin oranges (2.5 lb.), ½ – 1 lb. spinach

Blend all well using tamper as needed. Thick and delicious!!!

Minty Orange Raspberry

6 oranges (1.5 lb.), 1 ¾ cups raspberries (0.5 lb.), ½ head butter leaf lettuce and a handful mint herb.

Blend all well, thick and tasty depending on oranges used.

Pineapple Mango Parsley

1 small pineapple (1 lb.), 2 mangoes (0.8 lb.), ½ to 1 bunch of parsley

Blend all well, sweet yet strong green flavour, very mineral dense! I love parsley!

Green Blueberry Orange Pineapple

4 oranges (1 lb.), ½ small pineapple (0.5 lb.), 2 cups blueberries (0.6 lb.), ½ – 1 lb spinach

Blend all together well n enjoy the deep blue green!

Sweet Soups

I love sweet soups, everyone I have served them to does too! Quick and easy to make, sweet fruit soups provide a welcome change in taste and texture. With limitless seasonal possibilities these simple recipes are a hit with kids and adults alike! Sweet soups can make a great meal all by themselves or can be a awesome first course before a veggie meal. Any sweet soup can be made into a fruit salad simply by dicing all the ingredients without blending, or into a salad dressing by changing the ratios and making the mixture thicker.

To make any sweet soup a more filling mineral dense one course meal, try adding one or two of your favourite greens to the “broth”. Celery and/or spinach are my favourites to add often using 1 lb. or more bringing a savoury salty aspect to the soup.

My most common sweet and savoury soup is simply made up of 5-10 mandarin oranges with as much spinach as I can blend in. To this I add a few cups of red grapes, or pineapple chunks floating in the thick soup, delicious nutritious and satisfying!! Have fun making these and trying different mix's and adding greens.

Each soup is designed to approximately 500 calories depending on fruit used.

Melon Madness

$\frac{3}{4}$ honeydew (2.2 lb.), one cantaloupe (1.3 lb.)

Dice half of each melon, blend other half and pour over top, serve with a spoon. Play with ratios, different melons or try one variety blended and the other fully diced. enjoy!

Orange Melon Berry Delight

3 oranges (1 lb.), 4 cups diced watermelon (1.65 lb.), 2 cups strawberries (0.8 lb.)

Blend oranges and $\frac{2}{3}$ s of the melon, dice remaining melon and put in bowl with the strawberries. Pour “broth” over berry and melon mixture, delightful!!

Orange Mango Grapes

4 mandarins (1 lb.), 2 sweet mangoes (0.8 lb.), 1 cup seedless grapes (0.33 lb.)

Blend oranges and $\frac{1}{2}$ mangoes, dice remaining mango and place in bowl with grapes. Pour “broth” over mango grape mixture and love it! Great with 1 lb. pineapple instead of mango.

Pineapple Cherry Nectarine

1 small pineapple (1 lb.), 1 $\frac{1}{2}$ cups pitted cherries (.5lb), 3 nectarines (1 lb.)

Dice half of the pineapple, half of the nectarines and pit all of the cherries. Place all in a bowl. Blend remaining pineapple and nectarines, pour over top and serve. Try dicing all of the nectarines and blending the pitted cherries with the pineapple for a different taste, one of my all time favourites!!

Pineapple Orange Cherry

1 small pineapple (1 lb.), 3 oranges (1 lb.), 1 $\frac{1}{2}$ cups pitted cherries (.5 lb.)

Blend $\frac{1}{2}$ pineapple with oranges, dice remaining pineapple, pit cherries and place both in a bowl. Pour “broth” over pineapple cherry mixture. Ridiculously good!

Pineapple Berry Bowl

1 small pineapple (1 lb.), 4-5 cups of your favourite seasonal mix of berries (1.5 - 2 lb.)

Blend $\frac{1}{2}$ of the pine apple and $\frac{1}{2}$ of one or all of the berries. Dice remaining pineapple and place in a bowl with remaining berries. Pour “broth” over berries and pineapple and enjoy.

Creamy Nectarine

6 ripe sweet nectarines (2 lb.), 3 oranges (1 lb.)

Dice ½ nectarines and pineapple, blend remaining ingredients and pour over nectarine and optional pineapple pieces. Serve and smile!

Citrus Kiwis Madness

4 ripe kiwis (0.66 lb.), 3 sweet oranges (1 lb.), 2 sweet red grapefruits (1.25 lb.)

Dice all of the kiwis 1 orange and ¼ of the grapefruit. Blend remaining ingredients and pour over top of everything. Enjoy! Great first course for a veggies meal or as a thick salad dressing too.

Papaya Dreaming

1 medium papaya (1 lb.), 6 oranges (1.5lb.), ½ small pineapple (.5 lb.), juice of 1 lime.

Dice 2/3 papaya and ½ pineapple, blend remaining ingredients and pour over pineapple /papaya mix add lime to taste :)

Pomegranate Kiwi Punch

1 small pineapple (1 lb.), 3 mandarins (0.75 lb.), 3 kiwis (.5 lb.), 2 pomegranates (0.65 lb.)

Dice ½ the pineapple 2 kiwi's and de seed the pomegranate, place all in a bowl. Blend remaining ½ pineapple 3 mandarins and 1 kiwi, pour over fruit pieces and enjoy this sweet and crunchy treat!

Sweet Blue Peach

6 sweet peaches (1.5 lb.), 4 oranges of choice (1 lb.), 1 cup blueberries (0.33 lb.)

Dice ½ to ¾ of peaches, blend remaining ingredients and pour over peaches and blueberries. simple and amazing.

Chocolate Sweetness

3 bananas (0.75 lb.), 1 pears (0.4 lb.), 2-3 medjule dates, 1 T Raw carob powder

Slice 1 banana and pear, chop dates to desired size, mix all together in a bowl. Blend remaining 2 bananas with carob powder, blend adding water to desired constancy, pour over top and serve.

This could also be done with raisins in place of the dates, and cinnamon in place of the carob for a change :)

Pear Apple Raisin

3 sweet medium soft pears (1.2lb), 2 sweet apples (.66 lb.), 1/4 cup raisins (soaked overnight with enough water to cover), Dash of cinnamon

Grate or cube 2 of the pears and ½ of the apples, mix in raisins. Blend remaining apple and pears with enough of the raisin soak water to blend, add the cinnamon on top or mix in. Enjoy this sweet thick pear/applesauce.

Persimmon Banana Mango

2 persimmons (0 .66 lb.), 2 banana (0.5 lb.), 1 mango (0.4 lb.)

Dice half of the persimmon and banana, dice all of the mango. Blend remaining ingredient with water to reach desired constancy and pour over the mixture. Enjoy this thick sweet treat!

Savoury Soups

While sweet soups offer up more calories per bite making them a great meal choice with or without greens added in different times, the savoury soup gives even more of a mineral blast providing the extra savouriness and saltiness sometimes desired. Often after a day or more of mostly or exclusively fruit a savoury filling and slightly warm soup can be delightful. Often with my veggie soups, stews, and noodle dishes I pre soak the ingredients in warm to hot water for 5-10 minute, then quickly make the dish. This brings a new flavour and at times texture and feeling to the dish. Either way warm or room temperature savoury soups can be a delightful meal or 2nd course after as much acid or sub acid fruit needed to satiate. Enjoy some of my favourites here and have fun making up some of your own or trying variations.

Side note: More than a few recipes call for tomatoes, the sweeter and deeper the flavor of the tomato the better the dish, as is the same for all fruits. Some of my favourites are heirloom, cherry, grape, vine and roma, usually in that order. Just like other fruits when they are of really good taste and quality I usually cant help but straight up mono or sequential eat them. There are so many varieties, enjoy them all and try to select ones with the most fragrance and taste possible. I leave a large range for amounts in some of these dishes to allow for different taste and texture preferences. For instance I would use the larger amount indicated for both greens and tomatoes, while my parents would maybe for tomato but not greens.

Popeye's Best

7 - 8 sweet tomatoes (1.5 lb.), ½ - 1 bunch of spinach(0.5 - 1 lb.), 7 stalks celery (½ lb.) (220-260 cal.)
Dice half of the tomatoes and ¾ of celery, blend remaining tomato, celery, and all of the spinach, pour over chunks and enjoy. Try adding a small bit of orange, nectarine, or mango for a sweeter variation. The sweeter the tomatoes the better this recipe is.

Classic Gaspaccio

4 – 8 sweet tomatoes (1-2 lb.) , 7 ribs of celery (0.5 lb.), 1 red pepper (0.25 lb.), ¼ - ½ cup sun dried tomato halves, cilantro or basil to taste(I like using allot) (140 – 180 cal.)

Dice half of the tomatoes celery and red pepper, blend the rest of the ingredients and mix together. Enjoy this simple dish after some acid or sub acid fruit, any herb compliments this well.

Side note: best to get plain organic sun dried tomatoes that come free of sulphites, oil, and/or salt. Soak for ½ to 2 hours before using to blend well. Can be added to any soup or sauce for a flavor boost :)

Mango Gaspaccio

4 - 8 of your favourite tomatoes (1 -2 lb.), 1 sweet mango (1 lb.), ½ to 1 lime, cilantro to taste.
Dice half of the tomato and half of the mango, blend remaining two and add lime and cilantro to taste. Simple and delicious, this makes my favourite salad or noodle dressing of all time when equal parts mango and tomato are used. Enjoy this one for sure!!! Use equal parts mango or omit the lime if you want more sweetness :) (380 – 460 cal.)

Nectarine Gaspaccio

4 - 8 of your favourite tomatoes (1 -2 lb.), 4 sweet juicy nectarines (1lb), 4 -8 ribs celery (0.25-0.5 lb.)
Dice half of the tomato and half of the nectarine, blend both the remaining tomato and nectarines adding the celery just at the end to leave some texture. Try with more nectarine if favouring sweet taste, or with more tomato is feeling savoury, great with some basil. A close second to tomato mango for me. (300 – 380 cal)

Side note: As another variation try with sweet juicy peaches, easily one of the best too!

Creamy Tomato

4 - 8 tomatoes (1 - 2 lb.), 7 - 14 ribs celery (0.5 - 1 lb.), ¼ - ½ cup sun dried tomato halves, ½ - 1 avocado.

Dice half of the tomato, celery and avocado, blend all other ingredients and pour over tomato, celery, avocado mixture. Add any herb for a different flavor. (300 - 500 cal. dependant on amounts used)
Variation, use a handful of any soaked raw nut or seed in place of avocado.

Dilly Cucumber

3 cucumbers (1.5 lb.), 1 small zucchini (0.25 lb.), ½ a avocado, fresh dill, lime to taste.

Peel and dice half of the cucumber zucchini and avocado, chop all of the peelings and place in the bowl with other cubes. Blend the remaining ingredients except dill, add dill at very end and just pulse lightly to roughly chop. Pour over cubes and add lime to taste. Great on a hot day. (250 cal.)

Coconut Tomato

4 - 8 sweet tomatoes (1 - 2 lb.), 7 - 14 ribs celery (0.5 - 1 lb.), ¼ cup cream of young coconut, ¼ cup sun dried tomatoes (180 - 300 cal.)

Dice ½ of the tomatoes and celery, blend all remaining ingredients and serve with some chopped cilantro on top.

Side note: young coconuts have a white husk containing “water” you can drink before hand, use in a smoothie, soup, or freeze in ice cube trays and add to any dish for a different flavor. The cream is simply the jelly like “flesh” inside the young coconut, sweet, creamy and much lower in calories than a mature coconut enjoyed best in the tropics.

Cream of Celery

1 bunch organic celery (1 lb.), 1 cucumber (0.5 lb.), ½ to 1 medjule date.

Dice ½ of the celery, peel the cucumber dice the peel and add to the diced celery. Blend remaining celery cucumber and date. Add more date or any herb to taste. (130 - 160 cal.)

Side note: Another option is to skip the date, and instead add ¼ a avocado to the “broth” and ¼ chopped in the soup.

Cream of Asparagus n Corn

1 small bunch fresh asparagus (0.5 lb.), 2 fresh cobs of corn (0.65 lb.), 7 ribs celery (0.5 lb.), ½ - 1 cup coconut water, dill to taste. (415 cal.)

Trim tops of asparagus and place in bowl, cut kernels off corn and place ½ in bowl with asparagus tips. Blend tender portion of asparagus stalks, half the corn, with the remaining celery and coconut water to desired thickness. Finely chop and add dill. Thick and creamy, surprisingly sweet :)

Side note: Only use fresh corn, corns simple sugars convert to complex carbohydrates after a few short days after being picked. Try subbing the asparagus for 1 more cob of corn or another favourite veggie.

Red Pepper Zinger

3 red peppers (0.75lb.), 4-5 tomatoes (1 lb.), 7 ribs celery (0.5 lb.), basil to taste

Dice 1 red pepper ½ of the tomato and celery. Blend remaining ingredients well finely chop basil and mix all together. Enjoy the sweet tanginess! (180 cal.)

Zucchini Surprise

3 medium zucchini (1 lb.), 4 tomatoes/peppers (1 lb.), 1 cucumber (0.5 lb.), ¼ cup sun dried tomato

Dice zucchini, ½ the tomatoes, ½ the cucumber and ¼ of the red pepper. Blend remaining ingredients, add fresh chopped cilantro to taste. (250 cal.)

Salads

Salads can be fast, easy and delicious, simply take 1-2 of your favourite greens, add some veggie fruits (tomato, cucumber, zucchini, eggplant, okra) if desired some a fruit or some hardier veggies and whalla a tasty salad. Don't forget about the always tasty fruit salad, any of the soups can be made into a fruit salad by skipping the "broth" and dicing everything. Once you get used to eating sufficient calories from whole fruits or fruit based dishes, a simple salad or veggie meal can become extremely enjoyable and satisfying as the last course or "desert".

While the most simple and satisfying salad's could be made up of 1-2 ingredients, many people may find a basic salad of around 4-5 ingredients fits their tastes more. Simple combos such as romaine - cucumber - tomato, or, spinach - cabbage - cucumber with or without a simple dressing can be very easy quick and satisfying.

Often I prefer making meal time as simple as enjoying a head of lettuce or celery, or a bunch of tomatoes and/or cucumbers by themselves, with, or after a large fruit meal.

Always remember you can use any smoothie or sweet soup recipe in different ratios to make any flavor and thickness of dressing. Two quick and easy dressing guidelines are:

Low Fat Dressing:

Blend any juicy fruit (tomato, orange, pineapple, kiwi, mango, nectarine, raspberry, cherry ect.) with celery, bell pepper, tomato, sun dried tomatoes, and/or any herb.

Creamy Fatty Dressing:

Blend any acid fruit (orange, kiwi, grapefruit, pineapple, tomato, strawberry, pomegranate, lemon, lime ect) with a small handful (1-2 oz)of any raw nut, or seed, or ½ - 1 avocado, or a ¼- ½ cup coconut "cream".

Below are some easy favourites.

Mango Tomato Madness

1 head romaine (1 lb.), 2 - 2 ½ mango (1 lb.) , 5 tomato (1 lb.) (450 cal.)

Finely chop the romaine, dice half of the tomato and half of the mango, mix in with salad. Blend remaining tomato and mango and pour over to dress. Mix the ratios depending on how much dressing you like, I love tonnes :)

This is probably my favourite salad, sometimes I use more tomato for more saltiness or more mango for more sweetness, adding celery, red pepper, or sun dried tomatoes to the dressing is also amazing :)

Fresh Cob

1 large green leaf lettuce (1 lb.), 3 cobs of corn (1 lb.), 4 stalk of celery (.35 lb.), 1 red bell pepper (0.25 lb.) (475 cal.)

Finely chop all ingredients, cut kernels off of fresh sweet corn, mix all together and serve no dressing needed.

Seasonal surprisingly sweet and filling. I don't eat this one often, but every once in a while when in season and fresh enjoy a neat corn dish!

Mixed Berries

1 large bunch spinach (1 lb.), 5 - 6 mandarin oranges (1 lb.), 1- 2 cups mix of blueberries, strawberries, raspberries or any seasonal favourites (1 lb.) (420 -520 cal. depending on berries used)

Roughly chop spinach, dice ½ of the oranges and mix in with ½ of the berries, blend remaining ingredients and serve. Fresh tangy and amazing!

Stone Fruit Salad

Contributed by Swayze

2 yellow peaches, 2 white peaches, 3 nectarines, 3 plums, 3 apricots, 5 sweet cherries (Bing, Rainier, Tulare, etc.) (500 cal.)

Pit all the ingredients and chop into bite-sized pieces. Mix everything together in a big bowl and devour. :)

Pomegranate Explosion

1-2 heads butter leaf lettuce (0.5 – 1 lb.), 4 stalks celery (0.3 lb.) , 2 pomegranates (0.65 lb.), 5-6 mandarin oranges (1 lb.), 1 cup strawberries (0.33 lb.) (475 - 525 cal.)

Roughly chop butter leaf and ½ mandarins, dice ½ celery, hull pomegranates mix all together well. Blend remaining celery, 2 mandarins, and strawberries into a creamy dressing. Mix all together and enjoy!

Classic Garden

½ -1 lb. Mixed greens, 5 tomatoes (1 lb.), 1 cucumber (0.5 lb.). ¼ cup sun dried tomato, basil to taste
Dice ½ tomato and all of the cucumber mix with greens, blend remaining ingredients and serve.
(150- 200 cal.)

Cucumber Cream

1 large head iceberg (1 lb.), 2 cucumber (1 lb.), 1 red pepper (0.25 lb.), 1 orange (0.25 lb.), 1 handful raw sunflower seeds (1- 2 oz.) (425 – 575 cal. dependant on amount of seeds used)

Finely chop iceberg, red pepper and ¾ of the cucumber. Blend remaining peeled cucumber with orange and raw sunflower seeds.

Depending on juiciness of orange you may wish to add less to make creamier.

Try mixing in some arugula for a different flavor.

Liz's Favourite Salad

Contributed by Elizabeth Forrest

1 head romaine lettuce (1 lb.), 1-2 lb. nice variety of citrus; blood oranges, grapefruit, kumquats ect. 2 large celery stalks (0.2 lb.) (300-600 cal dependant on amount citrus and if mango is used)

optional: 1-2 cups diced mango

Mix the oranges with the lettuce and sprinkle the chopped celery and mango over top...

SOOOO good and perfect in the winter when the citrus is at it's shiny best!

I practically live on it in the middle of winter...the celery adds a nice, natural saltiness and mango can add just enough sweetness. :)

Pineapple Pepper

1 large head red leaf lettuce (1 lb.), ½ small pineapple (0.5 lb.), 2 red or orange peppers (.5 lb.), 7 large ribs celery (0.5 lb.) (250 cal.)

Chop lettuce into bite size pieces, dice ½ of the pineapple ¼ - ½ of the peppers and ½ of the celery.

Blend remaining pineapple peppers and celery into a amazing frothy dressing. Also good with sliced tomatoes, can you tell I love tomatoes ? :)

Enjoy!

Herb Special

2 bunches of cilantro (½ lb.), ½ bunch parsley (0.25 lb.), 1 cup of fresh basil, 5 tomatoes (1 lb.), 1/2 avocado, lime to taste. (260 cal.)

Finely chop all herbs, dice tomato and avocado, mix all well and add lime to taste. If too strong for your tastes mix ½ and ½ with romaine or spinach decreasing herbs.

Slaws

Cole slaws can be easy to make, are hearty, crunchy, and a tasty change from soups, salads, and stews. Often containing heartier ingredient and overtly fatty foods (nuts, seeds, avocado) these slaws can be slower to digest leaving you feeling full for hours. While slaws make a great and tasty additions to the diet, I find myself eating them infrequently, preferring lighter noodles, soups, stews and smoothies with more regularity. All in your own cycles and times, I really hope you enjoy these simple slaws and have fun mixing, matching and creating your own :)

Note: If your using a vita mix you can usually simply add whole raw nuts or seeds to sauces, if your using a different blender it can help to pre soak the nuts/seeds for 1 – 4 hours.

Classic Slaw

¼ head green cabbage (0.5 lb.), ¼ head red cabbage (0.5 lb.), 1 orange pepper (0.25 lb.), 2-3 tomatoes (0.5 lb.), ½ to 1 avocado. (350 – 500 cal.)

Grate cabbage, slice pepper finely, blend tomatoes and avocado leaving half of avocado in chunks if desired, mix well and serve.

Try subbing or accompanying half the tomato with any citrus fruit for a different taste.

Oriental Slaw

½ head Napa cabbage (0.5 lb.), baby bok choy (0.5 lb.), 1 red pepper (0.25 lb.), 1 orange (0.25lb.), 1 handful almonds or pumpkin seeds (1-2 oz) (350-450 calories)

Grate Napa cabbage, finely slice bok choy and ½ red pepper, toss all together. Blend orange, red pepper and ¾ almonds or pumpkin seeds, finely chop remaining seeds/nuts, mix and serve.

Tip: Some shredded daikon radish makes a great addition to this slaw.

Celery Slaw

1 bunch organic celery (1 lb.), 1 red pepper (0.25 lb.), 1 handful of sunflower seeds (1 – 2 oz)

Dice ¾ of the celery, blend remaining celery red pepper with seeds, mix well and serve.

optional: 0.25 lb. grated celeriac. (300- 425 cal. depending on amount seeds used)

Once again adding ½ cup of any acid fruit will add some sweetness and zip, try strawberry or kiwi :)

Broccoli Slaw

Broccoli stems (0.75 lb.), 1 carrot (0.25 lb.), broccoli florets (0.25 lb.), ¼ small pineapple (0.25 lb.), 2 T raw hemp hearts (350 cal.)

Peel and grate Broccoli stems, grate carrot and break florets into small pieces, mix all together. Blend hemp hearts with pineapple, mix into the slaw and enjoy this tasty crunchy nutty treat!

Optional: Use ½ pineapple and add cubes of pineapple, or sub the pineapple with tomato and any herb for a change.

Sweet n Salty Celery Slaw

1 bunch of Celery (1 lb.), 8 medjule dates (don't forget to pit them), dash of cinnamon. (580 cal.)

Dice 2/3 of the celery, blend remaining celery with the dates and cinnamon. Mix well and serve.

One of my favourite most eaten slaws, goes great after a sweet fruit meal, a must try. Works well with raisins in place of dates, or with a small handful of raisins or chopped dates mixed in. Also great with cucumber noodles.

Optional: Try using fennel in place of part of celery to add a licorice flavor treat!

Noodles

I love love love noodles, always have :) Noodles offer a neat change in texture, flavor, and bring a fun noodley side to eating raw. By using different ingredients for noodles, dicing different veggies, and using unique sauces, noodle dishes are very versatile. There are many different tools and ways to make noodles, it can be as simple as using a regular carrot peeler making thick flat noodles, to carefully grating the length of the food item, or buying speciality noodle tools. My favourite is just like a carrot peeler with small notches along the blade, it creates linguini like noodles. There also is a tool (spiroellini, spiroli and a few other makers) that makes amazing angel hair like noodles, first you cut the food item to fit the device, then secure it inside, and simply turn a crank. I love all techniques for different dishes, some flavors and textures just go together. For instance I find tomato sauces go best with the angel hair type noodles while some nutty sauces go best with the linguini type. Enjoy these simple recipes and look out for some fancy holiday noodle dishes coming in my next ebook geared toward transitioning, beating cravings, and special occasions.

p.s When making sauces it sometimes helps to remove all excess juice (squeeze into a cup or suck out if your eating alone) from the tomatoes to yield a thicker sauce. Otherwise you may be left with a watery sauce and a little to drink with the meal :)

Side note: Using sun dried tomatoes to thicken and add flavor is great, best to get plain organic sun dried tomatoes that come free of sulphites, oil, and/or salt. Soak them ½ to 2 hours before using to blend well.

Classic Zucchini Pasta

4 medium zucchini (1 lb.), 4 - 6 tomatoes (1- 1.5 lb.), 7 ribs celery (.5 lb.), 1 bell pepper (0.25 lb.), ½ cup sun dried tomato, basil to taste. (260 – 325 calories)

Using chosen method (for this dish I prefer making angel hair noodles) make zucchini into noodles.

Dice ½ tomato, 1/3 sun dried tomatoes, pepper and celery, toss together. Blend remaining ingredients into a thick sauce adding more sun dried tomatoes if needed.

Optional: Add a handful of grapes or a half cup of mango to sweeten, adds a fun flavor :)

p.s the quality of tomatoes makes this dish, I love using sweet cherry tomatoes!

Thai Noodles

4 medium zucchini (1 lb.), daikon radish (0.25 lb.), 1 carrot (0.25 lb.), 2 cups mung bean sprouts (0.5 lb.), 2 tablespoons raw hemp hearts, 1 tomato (0.25 lb.), large handful of Thai basil (375-400 cal.)

Make zucchini, ¾ daikon radish and carrot into noodles (I prefer making linguini type noodles using the notched carrot peeler for this one), add the bean sprouts and mix well. Blend hemp tomato and ¼ of the daikon radish and all Thai basil. Mix all together and enjoy! Great with sun dried tomato too!

Try using a different nut or seed with this one, experiment with putting ¾ in the sauce and ¼ on top of the dish whole. A small closed handful of nuts or seeds is plenty.

Alla Marina-Raw

Contributed by Swayze

2 medium-large Zucchini (¾ - 1 lb.), 1 Pint of Cherry Tomatoes (1 lb.), 1 Ataulfo mango (0.5 lb.), Fresh Basil & Oregano to taste (300-325 cal.)

Spiralize the zucchini. Gently pulse the tomatoes, mango, and herbs in a blender and pour over the “pasta.” You can use some of the tomatoes and mangoes to dice as a garnish if you wish.

Side note: this dish is great with cucumber noodles as well :)

Sweet Tropics Cucumber

1 long English cucumber (1 lb.), 7 stalks celery (0.5 lb.), 3 dates, 2 sweet mango's (0.75 lb.) (560 cal.)
Using the noodle hand peeler prepare cucumber into noodles, dice seeds or remaining cucumber. Dice ½ celery and mango and pit dates. Blend ½ celery ½ mango and all of the dates. Toss all ingredients together and enjoy! Great after a sweet or sub acid meal and works well with any sub acid or sweet fruit in place of mango :) In my video blog I used persimmon, it was great!!!

Presto Sun Dried Tomato Pesto

3-4 medium Zucchini (1 lb.), 3 - 4 roma tomatoes (1 lb.), ½ cup pre soaked sun dried tomatoes, large handfuls each basil, arugula, and spinach. (250-350 calories without over fats, 400-550 with)
optional: handful of raw pine nuts or your favourite raw nut/seed, I prefer 2 T hemp hearts.
Spiralize or shred zucchini into thin noodles, dice ¼ to ½ the tomatoes, 1/3 - ½ sun dried tomatoes and toss with noodles, blend remaining tomato and slowly add all the greens sun dried tomatoes and nuts blending just enough at slow speed for thicker chunkier pesto, or at faster speeds for smooth sauce. I prefer slower speeds leaving it chunky, you may need to take some time and use a few stalks of celery or the tamper to get thick sauce thick and chunky, dice remaining celery and add to noodles. One of my all time favourites!!

Stews

Stews are delicious, simple to make, and are loaded with tasty veggies and greens. Nutritional powerhouses, these recipes are a great way to curb cooked food cravings and pack a mean mineral punch. Don't have time to chew down a large salad? Have a few tidbits of veggies to use up? Crave more saltiness than a soup can offer, try a stew or two, once you get past the green swamp look when you use spinach or arugula or any deep green ahha they can be amazing beyond belief. I find the quality of tomatoes used make a stew go from good to great. By adding different herbs, a range of fresh greens, heartier veggies, and at times sun dried tomatoes get ready to blow your socks off!

Side Note: Stews tend to taste best when blended just enough at low speeds, a chunky stew is simply tastier and adds texture.

Optional: Try adding a handful of grapes or ½ cup mango to any of the stews to add some sweetness :)

Classic Stew

5 tomatoes (1 lb.), 1 cucumber (0.5 lb.), 7 stalks celery (0.5 lb.), 1 bunch cilantro, 1 bunch spinach (1 lb.)
Dice half of tomato, cucumber, and celery, toss together in a bowl, blend remaining ingredients starting with the tomato and cucumber to make easier and following with the spinach. Use a few celery stalks to push the spinach into the mix, if you are using a vita mix simply use the tamper. (250 cal.)

Simple Italian

1 head romaine (1 lb.), 1 medium zucchini (.25 lb.), 3-4 roma tomatoes (1 lb.), ½ cup sun dried tomatoes, basil and oregano and Italian parsley to taste.

Finely shred bottom ¼ of romaine, dice ¾ zucchini and ½ tomatoes, mix all together. Blend remaining tomatoes, sun dried tomatoes zucchini and romaine using tamper or a stalk of celery to make thick and chunky. Dice remaining celery, add herbs, Mix all together and enjoy! (180 – 200 cal.)

Chunky Cauliflower

½ head of cauliflower (0.75 lb.), 1 head butter leaf lettuce (0.5 lb.), 1 lb. sweet cherry tomatoes, ½ cup sun dried tomatoes, 1 bunch of dill.

Chop cauliflower and mix with ½ cherry tomatoes, blend remaining ingredients adding dill at the very end. Mix with cauliflower and serve. (250 cal.)

Bell Peppers Best

2 bell peppers red/yellow/orange (0.5 lb.), 2-3 tomatoes (0.5 lb.), 1 bunch celery (1 lb.), basil to taste.
Dice half of peppers ¼ celery and all of tomatoes, mix in a bowl, blend remaining peppers with celery adding basil in the last second. (175 cal. with mango 225 cal.)

optional: ½ cup mango.

Especially good with the added optional ½ cup mango in the sauce.

Special Dishes

Where would we be without special dishes? These are fun recipes that didn't really fit into the classical index. Great to make with kids, fun on the run, simple and delicious, Enjoy!



Fruit Kebabs with optional Savoury Dip

Contributed by Elizabeth Forrest

1-3 lb. Nice assortment of kebabish fruit such as pineapple, peppers, kumquats, kiwi, baby tomatoes; choose fruits for firmness, variety of color and seasonal availability.

Slice all fruit ½ – 1 inch thick, Use mini cookie cutters, etc. to make fun, neat shapes. Assemble kebabs, topping off with starfruit to make "magic wands". Enjoy with or without dip :)

Savoury dip: Soak 1/2 cup of sun dried tomatoes 1-6 hrs in 1 cup of water. Blend with 1 tomato and 2 T hemp hearts into a smooth, thick dipping sauce.

Salsa Wraps

6-10 large leafs of romaine or collards, 1/ lb. alfa alfa or clover sprouts, 2-3 roma tomatoes (0.5 lb.), 1 bunch cilantro, ½ – 1 avocado, lime to taste. (300 - 450 cal. dependant on amount of avocado used)

Dice tomatoes, cilantro, and avocado. Mix all together well. Spread sprouts evenly in the middle of each romaine or collard leafs, top with chunky salsa, add lime to taste, wrap it up and enjoy!

Great with 1 mango or some pineapple in place of avocado. try with any number of different veggies, have fun experimenting with this one.

Sweet fondue

1 banana, 1pear, 1 persimmon, 1 sweet apple, 3 stalks of celery, 4 dates, 4 dried figs, soak water
Soak dates and figs in separate containers with just enough water to cover 1-4 hours, slice all celery and sweet fruits (can use any sweet fruit for this dish) and place on a tray. Blend figs with water and dates with water separately into thick dipping consistency, place each in its own bowl. Use a fondue stick or fork and have fun dipping in the sweet fondue! (720 cal.)

side note: You can use any dried fruit to make different fondues, try adding cinnamon to raisins, carob to the dates and dried cherries for a different treat. Kids love this one.

Super Saucy Applesauce

Contributed by Swayze

6 small sweet apples (1 lb.), 6 dates pitted, 1 handful of sweet seedless grapes (640 cal.)

Peel, core, and chop the apples and place everything into the blender. Blend until a "saucy" consistency is achieved. This recipe is perfect for using up mealy apples that still have good flavor.

Banana Handwich with Nectarine Jam

4 large romaine leaves, 4 ripe bananas (1 lb.), 1 ripe sweet nectarine (0.3 lb.), 3 dates (650 cal.)

Lay 1 banana in each romaine leaf, blend nectarine with dates and pour jam evenly over each banana.

Wrap romaine leaf around “handwich” and devour!!

A twist on the the brainchild of Dr Doug Graham's classic “banana handwich”.

For a real sweet caloric kick try substituting plantains for the bananas, at double the calories it doesn't take many to fill you up!

Side note: Try making different “jam's” by using different sweet or sub acid fruits with the date or any dried fruit. Mango date or mango dried pineapple are amazing!!

Chocolate Date Pudding

½ lb. dates, 1-2 tbsp raw carob powder (630 cal.)

optional: 1 banana.

Pit and soak dates with just enough water to cover, blend with carob powder slowly adding soak water to desired thickness. Add more carob or optional banana to taste.

Great used as a dip with lots of celery and some other sweet fruits :)

By using fresh dates and omitting water, you can make a mean fudge!

Banana Fennel Pudding

4 bananas (1 lb.), ¼ lb. fennel, 2 dates or 2 dried figs (pre soak 1-4 hours) (615 cal.)

Shred or grate fennel, blend banana with dates or figs with just enough soak water to reach a thick pudding constancy. Mix with finely shredded fennel, eat er up!!!

Figgy Fudge

¼ lb. dried figs, ¼ lb. dates (600 cal.)

using a food processor shred both figs and dates. Mix and squish together on wax paper. Freeze and take out just before serving, great treat. Try adding carob, cinnamon or using only fig or date.

This is a dense treat, best to eat along with some celery on top of cucumber or with any green or sweet fruit.

Sweet Celery Sticks

7 stalks of celery (0.5 lb.) , 10 dates (690 cal.)

Squish fresh dates into each celery. That's it!!! ahah goes well with any sweet meal, and a good way to get kids to eat some greens. Eat a few bananas follow with this and you have a filling meal.

Side note: Celery is a amazing green, high in organic sodium and many other minerals.

Hot Chocolate

½ – 1 lb. medjule dates, 1 liter really hot water, 1- 2 tbsp raw carob powder. (625 – 1250 cal.)

bring water to a boil and remove from heat, pit dates and blend along with carob till frothy, be careful its hot! Pour into a thermos or a few mugs and enjoy this sweet treat!

This one helped me out on long hard days working in – 20 to – 40 doing construction.

Calories Information: Nutritional info from www.fitday.com a very useful, free fitness/food logging service.

All fruit is measured as 1 lb. without peel, approximate # of pieces is with peel. This is meant as a reference to help you become acquainted with food amounts and calories. As each piece of fruit has its own unique story, these values are only an approximation. With time your body becomes the best indicator of how many calories and how much veggies you need. To put it simply, in most cases if you're craving fatty or starchy foods you have not eaten enough calories from fruit, alternately if you're craving salty foods generally you have not eaten enough greens and veggies. With time and through listening to your body as it becomes accustomed to higher quality foods, a balance can be achieved. As with everything a learning curve is found in application.

1 lb. of Food	Calories	# of pieces or cups	Fat (g)	Carbs (g)	Prot (g)
Banana	404	4 medium banana's 7"-7 3/4"	1.5	103.6	4.9
Mango	295	2 1/4 -1/2 average mango's	1.2	77.1	2.3
Nectarine	200	3 - 3 1/2 medium (2 1/2" dia)	1.5	47.9	4.8
Mandarin	172	5 - 6 medium christmas oranges	0.2	42.7	3.4
Persimmon	318	2 1/2 - 3 fuyu persimmons	0.9	84.3	2.6
Ripe plantain	553	2 1/2 medium plantains	1.7	144.7	5.9
Red Pepper	118	4 medium red peppers	1.4	27.4	4.5
Celery	73	14 medium stalks (7 1/2"-8")	0.8	13.5	3.1
Cucumber	54	2 medium (7" long)	0.7	9.8	2.7
Dates medjool	1,256	19- 20 pitted medjule dates	0.7	340.1	8.2
Spinach	104	1 1/4 bunches of spinach	1.8	16.5	13.0
Tomatoes	82	4 1/2 - 5 medium tomatoes	0.9	17.8	4.0
Watermelon	136	2 1/2 cups diced melon	0.7	34.2	2.8
Zucchini	95	3-4 medium zucchini	1.8	14.1	12.3
Pineapple	218	1 small pineapple	0.5	57.3	2.4
Romaine	77	3/4 of a large head	1.4	14.9	5.6
Honeydew	163	1/3 of a melon (6" - 7" dia)	0.6	41.2	2.4
Raisins	1,343	3 1/8 cups (not packed)	2.4	355.9	11.4
Pear	263	2 1/2 medium pears	0.5	70.1	1.7
Apple	236	3 - 3 1/2 medium apples	0.8	62.6	1.2
Orange	213	3 1/3 navel oranges (2 5/8" dia)	0.5	53.3	4.3
Kiwi	277	5 1/2 medium kiwi's	2.4	66.5	5.2
Grapes	313	2 3/4 - 3 cups seedless grapes	0.7	82.1	3.3
Papaya	177	1 1/2 med. papaya (5 1/8" long - 3" dia)	0.6	44.5	2.8
Cantaloupe	154	3/4 medium melon (5" dia)	0.9	37.0	3.8
Avocado	726	2 1/4 average avocados	66.5	38.7	9.1
Arugula	113	22 1/2 cups (loose pack)	3.0	16.6	11.7
Dried Fig	1,129	approx. 23 1/2 dried figs	4.2	289.7	15.0
Peach	177	4 medium peaches (2 1/2" dia)	1.1	43.3	4.1
Sweet Cherries	286	3 - 3 1/4 cups pitted cherries	0.9	72.6	4.8
Fresh Fig	336	9 medium figs (2 1/4" dia)	1.4	87.0	3.4
Grapefruit	145	1 3/4 medium grapefruits (4" dia)	0.5	36.7	2.9
Plum	209	7 plums (2 1/8" dia)	1.3	51.8	3.2
Apricot	218	13 average apricots	1.8	50.4	6.4
Pomegranate	308	3 pomegranates (3 1/2" dia)	1.4	77.9	4.3
Blueberries	259	3 - 3 1/4 cups blueberries	1.5	65.7	3.4
Strawberries	145	3 cups whole strawberries	1.4	34.8	3.0

Meal Plans

Figuring out your approximate daily caloric needs is quite easy. Take your ideal weight and multiply it by 10 you get your approximate basal metabolic needs, this is what you need if you do absolutely nothing but sleep/rest. If you are mildly active add 500 extra cal, moderately or very active add a 1000 calories or more. As this is an approximation when fine tuning your needs a calorie tracker can be useful, such as www.fitday.com or www.nutridiary.com

With time, experience, and some monitoring you can come to tell how many calories you need in terms of volume of food. By using the sites above you can easily track your specific daily needs and see what it takes to hit your mark. Its best to relax, simply eat till your satisfied and satiated with your measured goal in mind. Above all listening to your body and intuition while eating as much fresh ripe raw organic fruits and vegetables as you care for is the surest route.

While in transition or beginning stages of eating raw it is not uncommon for people to eat 4-5 meals a day while their digestive capacity expands. This can occur quite quickly as the stomachs elasticity is fast to accommodate the room necessary for high water content foods. More often than not its the minds idea of how much is normal, or fears of eating too much food or fruit that must be overcome. It is nearly impossible to overeat on fresh ripe raw fruits and vegetables, eat all you care for with no restrictions. The only foods that you are best to limit are the overtly fatty foods such as nuts and seeds (1 small handful or 1-2 oz), fatty fruits such as avocado (½ – 1) or the magical durian. These foods are best eaten every other day or less on average at the evening meal. For optimal results aim for under 10% of your total calories coming from fat on average, focusing on getting the bulk of your calories from sweet and juicy fruits, your body will sing and your performance will soar. Personally I feel my best by meeting my needs in fruit and veggies, only eating overt fats once every week or two, often less. For more information and sound science on our optimal calrionutrient ratio I highly recommend Dr. Douglas Grahams amazing book “The 80/10/10 diet”.

I myself am a average fit male 155-160 lb. am moderately to intensely active and most often eat 2 large meals a day hitting 2500- 3000+ calories per day.

Below I shall provide a one week eating plan for both a average fit moderately active male eating 2500 calories a day in 3 meals as well as a average fit moderately active female eating 2000 calories a day in 3 meals.

A few tips: Drink as much water as you desire upon rising, or 15 minutes before food. Its always best to eat only when hungry, on a empty stomach. Hunger is not anxious nor painful, or urgent, try to wait until you are comfortable and relaxed before you eat. Take your biggest sweet meal optimally after some exercise. Its poor practice to eat by the clock ignoring your bodies signals and cues. Eat your last meal at least 3 hours before you go to bed. Lastly relax and enjoy its only food!

Day & meal	Moderately Active Male 155 lb.	Moderately Active 125 lb. Female
Day 1: Breakfast	Honeydew Delight x 1.5 = 750 cal.	Tropical Peach = 500 cal.
Day 1: Lunch	Bananarama x 2 = 1000 cal.	Banana Blueberry Celery x 1.5 = 750 cal.
Day 1: Dinner	Pineapple Berry Bowl =500cal Herb Special x1 = 250 cal. Daily Total = 2500 calories	7 Navel oranges =425 cal. Classic Zucchini Pasta 325 cal. Daily total = 2000
Day 2 : Breakfast	3 lb. grapes = 930 cal.	Watermelon Bliss = 500 cal.
Day 2 : Lunch	Sweet Blue Nectarine x 2	Ultra Plantain Sweetness x 2

	= 1000 cal.	= 1000 cal.
Day 2 : Dinner	3 ½ nectarines = 200 cal. Celery Slaw = 425 cal. Daily Total = 2555calories	Liz's Favourite Salad w/ mango = 600 cal. Daily Total = 2100 calories
Day 3 : Breakfast	Orange Popeye x 1.5 = 750 cal.	Melon Madness = 500 cal.
Day 3 : Lunch	12 bananas, 10 stalks celery = 1250 calories	Minty Banana Pear x 2 = 1100 calories
Day 3 : Dinner	Creamy Tomato = 500 cal. Daily total = 2500 calories	Alla Marina-Raw = 325 cal. Daily Total = 1925 calories
Day 4 : Breakfast	Papaya Dreaming x 1.5 = 750 cal.	5 mango's (2 lb.) = 600 cal.
Day 4 : Lunch	Persimmon Banana Mango x 2 = 1000 cal.	Velvety Banana Persimmon x 1.5 = 750 cal.
Day 4 : Dinner	4 peaches = 200 cal. Presto Sun Dried Tomato Pesto w/ hemp = 550 cal. Daily Total = 2500 calories	Orange Mango Grapes = 500cal. Classic Garden = 200 cal. Daily Total = 2050 calories
Day 5 : Breakfast	Fig 'n' Grape = 500 cal.	Watermelon Orange = 500 cal.
Day 5 : Lunch	Romaine Banana x 2 = 1100 cal.	Orange Mango Grapes = 500 cal. Pomegranate Explosion = 500 cal.
Day 5: Dinner	Citrus Kiwis Madness = 500 Oriental Slaw = 450 cal. Daily Total = 2550 calories	Sweet Tropics Cucumber = 560 cal. Daily Total = 2060 calories
Day 6: Breakfast	Creamy Cantaloupe = 500 cal.	5 juicy pears (2 lb.) = 525 cal.
Day 6: Lunch	6 bananas, 5 plantains with 7 stalks celery = 1650	Persimmon Banana Mango x 2= 1000 cal.
Day 6: Dinner	Mango Gaspaccio = 450 cal. Daily Total = 2600 calories	Popeye's Best = 250 cal. Chunky Cauliflower = 250 cal. Daily Total = 2025 calories
Day 7: Breakfast	Sweet Peaches = 500 cal.	Santa Claus Sweetness = 500 cal.
Day 7: Lunch	Sweet Blue Banana x 2 = 1000 cal.	Chocolate Monkey = 500 cal. Sweet n Salty Celery Slaw = 500
Day 7: Dinner	Creamy Nectarine = 500 cal. Classic Stew x2 = 500 cal. Daily Total = 2500 calories	5 mandarins = 150 cal. Broccoli Slaw = 350 cal. Daily Total = 2000 calories

Contributors :).....With Much thanks :)

There are so many people who have directly and indirectly helped me on my way and in making this book you know who you are, here is only a short list.

Much thanks to Elizabeth Forest for contributing some great recipes to this book, always a joy chatting, fruit feasting, and sharing thoughts, times, and rawsomeness. I enjoyed the fruitful times on Vancouver island this past summer and look forward to more. Liz, as I know her, currently lives in Qualicum beach on the island, she is also a raw food enthusiast and a amazing raw chef. She has been known to cater raw events, do informal personal chef work, and make eco friendly cleaning supplies. In the works are raw food prep classes focusing on healthy raw dishes using minimal equipment, recipe books, and workshops, oops there's some fire under ya :) Look out for more from Liz :)

Thanks to Swayze for contributing some great recipes and sharing her passion for service in spreading the low fat high fruit raw lifestyle. I have not yet personally met Swayze but her knowledge and passion come through in her sites and books. For more info on the raw diet, a upcoming recipe book and more visit Swayze on her site www.fitonraw.com

I would like also to thank Deanna Litz of Saskatoon for being a good friend, and happily sharing the raw nerd label with me laughing all the way. Deanna puts on and heads raw potlucks in Saskatoon in which she graciously allows me to co host and talk at when I am in town. Deanna also puts out a awesome newsletter filled with recipes, uplifting lifestyle tips, and ways to live more eco friendly. She had been know to do classes on uncooking, setting up a raw house and has much more in the works. If you would like to subscribe, learn more about her classes, or are coming to Saskatoon and would like to enjoy the raw potlucks here contact her at deanna@lightliving.ca Be Sure to visit her website at www.lightliving.ca

Always much thanks to Dr Douglas Graham, never in words can I thank him enough, he has impacted my life in so many ways by being the true lighthouse he is. From the first moment I met Doug I felt as if I was struck by lightening and forever changed. His being oozes passion, compassion, energy, truth, love, purpose, and vitality. Following Doug's example of walking the talk, being the lighthouse, and selflessly serving others with compassion is my greatest undertaking. I cant recommend Dr. Grahams book "the 80/10/10 diet" highly enough, its available among other awesomeness and tonnes of free information at www.foodnsport.com .

I want to give special thanks to Frederic Patenaude of www.fredericpatenaude.com and Roger Haeske "the 41 year old teenager" of www.rogerhaeske.com who have both been spreading, living, and promoting the raw lifestyle long before me. Both Durian Rider and Freely Love at their raw community www.30bananasaday.com for sharing the raw passion, sweet vibes, and all the good advice. My good friend Rachel and her family @ <http://www.wholebalancing.com> for being my extended family and sharing all they are, cant wait to see ya guys. Much thanks to Jason Belhumeur at www.sevenstarstudio.com for the website help.

Thanks to you for for interest and kudos for taking this step for yourself and making it here :)

I truly hope you the reader enjoy these simple recipes, may they fill your body with the creators love and help you attain more peace, love, and boundless vitality than you could possibly imagine.

enjoy

peacelovenseasonalfruit ck

Published by: Chris Kendall

411 candle place,

Saskatoon, Saskatchewan

Canada s7k5a8

<http://www.the-raw-advantage.com>

P.S - I'd love to hear from you, any questions, comments, or feedback of any kind is always much appreciated. Simply visit the contact section of www.the-raw-advantage.com

