

KEVIN GIANNI

THE RAW FOOD CHALLENGE



7 DAYS

To Improve Your Health,
Detoxify Your Body
and Lose Weight

THE GO-TO GUIDE

For Starting or Re-Committing to Your Raw Food Journey

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INTRODUCTION

How many times have you forgotten that everything you set out to do begins with just a simple first step?



Driving 3000 miles across the country requires first picking up your car keys off the kitchen counter.



Graduating from a four-year college requires first filling out an application.



Having a successful relationship with a significant other means you must go on a first date.

The first steps are always the most important.

Why?

They build momentum.

Constant forward progress toward your chosen goal will get you there much sooner than sputtering along - starting then stopping and starting and stopping over and over again.

This book, “The Raw Food Challenge” is your first step toward a healthier, happier and slimmer you.

Taking on this challenge does not mean you have to eat raw food for your entire life. It doesn't necessarily mean that you have to give up all your favorite foods forever. It doesn't mean never going out to eat or never barbecuing outside in the summer again.

“The Raw Food Challenge” is an easy to follow path that can reset your body's systems to function optimally -- because raw, plant based diets offer you more nutrition and healing power than any

This is for those who want to start or those who need to get back on track

Take the **Raw Food Challenge** if you:

- Want to shed some weight
- Need more energy
- Are looking for a great detox program that won't leave you hungry
- Want to get to the core of what's making you sick
- Want to start or restart your own adventure into raw foods

other way of eating (NATChat Episode.213 seg1). What you do after these quick seven days is up to you.

What I can assure you is that after doing the challenge, you'll feel lighter, healthier and more energized than you ever have in your life. It just may be the great kick-start for your health that you've been searching for!

When I first found raw foods, I needed a kick-start too.

I come from addiction. My past is littered with alcohol and drug abuse. It started in high school with beer and marijuana. Then, in college I got hooked on liquor and cocaine.

One morning after college, I woke up, peeled my head off my pillow, literally, and asked myself an important question...

"Is there anything better than this?"

What followed was a string of thought provoking answers that lead me to where I am now - a personal trainer, an author of three health books, host of an extremely popular online health show viewed in over 100 countries, interviewer of over 200 well-known health authors and experts, and advocate for consumer awareness.

I've also been addiction-free for over eight years.

Just one step forward helped me change my addictions into a positive force. I didn't realize what it would turn into. I just needed to get started.

Just one step forward can get you started too.

I created this challenge because I realized that many people wanted to get into raw foods - for the health and physical benefits, but were confused about where to start.

For a while, I really didn't have anywhere to send them except to our website, <http://www.renegadehealth.com>. And, while the website is filled with great information, it didn't have a structure for beginners or for those who were already into raw foods but wanted a "re-boot."

The idea of a raw food challenge came to me while Annmarie, my wife, and I were in Atlanta visiting some friends. One of them reminded me that he had done the Master Cleanse a few years back and felt really good afterwards.

I was impressed that he had even heard of the Master Cleanse. I was even more impressed to know he managed to live on lemon juice, maple syrup and cayenne pepper for 7 days straight!

The Master Cleanse is a detox diet that is hard to do. In fact, it's also nutrient deficient in many ways, which makes it even harder to finish. So, I wanted to create something that my friend could do, that would be healthier and more balanced.

"The Raw Food Challenge" is that solution.

This book is engineered for you to succeed. One week gives you plenty of time to start feeling the amazing benefits of raw food without making a huge commitment.

These next seven days will be some of the most rewarding, challenging, eye-opening, relieving, energetic, and exciting days of your life.

You who stay strong will get all the glory.

You will lose weight. You will feel amazing. You will glow. And all your friends will want to know your secret.

PART 1

Your introduction to the Raw Food Challenge.

In this first section, we'll prepare
you for this amazing journey.





CHAPTER 1

Now Is Your Time To Thrive

When you stick to the plan, you will begin to lose excess weight. You will glow. You will feel more energized.

Your friends will ask you what you're doing. They'll want to know your secret.

I know this because people who eat a high percentage of raw foods do experience these amazing things.

But here's the bad news...

Some of you won't make it to the finish despite all of these wonderful benefits and how badly you want to feel the results.

Some might think it's too hard. Some might think it's not for them. Some might think they don't have time to make the easy recipes and blends.

For those of you who've found yourselves saying these things before, I want to bring your attention to these remarkable people and their accomplishments:

Julia Butterfly Hill lived in a tree for 738 DAYS to protest the cutting down of California redwoods.

Vicktor Frankl spent over five months at Auschwitz Concentration Camp from October 19, 1944 to April 27, 1945. After his release he authored "Man's Search for Meaning," one of the greatest books on psychology in the 20th century.

Nelson Mandela didn't want to be in prison for 27 YEARS, but he was. After his release, he was eventually elected the first democratic

president of South Africa and is possibly one of the most well known political leaders in modern history.

These are just three examples of people who did amazing things for extended periods of time.

When I look at their accomplishments, I realize how short and trivial seven days are. Don't you agree?

I'm sure they all struggled and thought about giving up during their challenges. But the commitment to themselves and their ideas kept them going strong.

These same commitments will keep you going strong. A commitment to yourself and a commitment to improving your health, your weight and your energy level.

The fact that you chose this book shows you've got the guts to make a positive change for your health. So, what's seven days, when you can come out on the other side a new, glowing, and radiant you?

You know the answer to that, so...

Let's get started!

The raw food diet has inspired an international movement of conscious thinkers and eaters. Google "raw foods" or "raw vegan" and see for yourself. This challenge is an EASY guide that leads you into some of the awesome benefits of raw food. If it feels like something you want to do long-term, check out my previous book called "High Raw" (the e-book is free at www.GoHighRaw.com) – a very practical guide that maps out all the tools you need to remain healthy on a mostly raw vegan diet.



CHAPTER 2

Why Raw Foods?

Plain and simple, raw foods are what nature intended.

Raw foods contain enzymes, nutrients and minerals in their most pristine state, and in fact cooking food denatures many essential nutrients. (Chrisemer and Lynn xi)

The typical American diet of processed foods contains more toxins than nutrition. Our systems work overtime trying to gather enough nutrients from this food to fuel our bodies. But, when the toxins (stress included) accumulate -- our systems slow down. According to Gary Null's "Food-Mood-Body Connection," this toxic damage affects all body function (13).

When you eat raw foods, your body can understand and use these nutrients to function optimally.

Your body will start to reach its ideal and natural weight. You will cleanse from the toxic load and start your natural healing mechanism.

During this program, you will eat a well-balanced combination of fresh fruits, vegetables, nuts and seeds to get you the most nutrition possible in its most accessible form.

Many of the foods in the program are blended smoothies and soups. This will further break down the fiber in the food to allow for maximum nutrient absorption.

You don't have to eat this way forever.

The idea is to show you how amazing you can feel and look after eating all raw foods for just a short period of time. My hunch is that you'll like it so much that some of the recipes will stick with you for a long time.

Protein Myth BUSTED

Worried about where you'll get your protein for the next seven days? Don't be! According to Dr Andrew Weil, Americans suffer from a "protein obsession" (Weil 5). In fact, an overload of growth promoting, protein rich foods can cause cancer. Dig this -- an avocado contains more absorbable protein than an eight oz. steak. (Schofforo Cook 21).

In our tissues, the essential amino acids from animal foods and plant foods are indistinguishable. In fact, the amino acids in all animal protein are derived from plants. (Davis and Melina 44)

Eating a variety of whole plant foods will provide you with all the 22 amino acids our bodies need for producing proteins.

Where Will I Get My Protein?

The protein question is by far the most popular one we get. And, there are two ways I want to address this.

First, all raw, unrefined fruits and vegetables have the COMPLETE group of proteins and amino acids. So, if you don't eat meat or high-density protein foods for seven days, you will still get enough protein for your body's needs. (Chrisemer and Lynn 21).

Leading health writer John Robbins shakes up the protein myth in his book, "Diet for a New America." According to Robbins, we may need anywhere from 2.5-10% protein in our diets (174). That's a whole lot less than the 30% we often see suggested.

Second, this challenge is only one week long. In many cases our bodies are overburdened with protein, which causes issues with digestion and the kidneys. This challenge will give those systems a break and time to repair themselves. (McGuire Wein and Parsons 6).

It's worth your time to experiment and find out that your protein needs are much less than you've thought in the past. It could save your life!

But, if you're still really concerned about your protein intake, I will recommend a plant-based protein powder that you can add to some of the blends during this challenge.

What Nutrients Will I Get From Raw Foods?

This section is as technical as I'll get during this program, since some of you will want to know exactly why this seven day challenge is effective.

Here are a few of the benefits you'll receive from eating all these amazing nutrient-rich foods in just a short period of time:

Chlorophyll:

Chlorophyll is what gives plants their green color. This chemical is essential for turning light into energy for plants. For us, chlorophyll is a blood builder. In its molecular makeup it contains essential magnesium to help our bodies function properly. I've seen statistics that say over 60-80% of the American population is deficient in magnesium. (Pitchford 228-234)

Antioxidants:

We have all heard about the benefits of antioxidants and how they can protect your body and your skin. Simply put, anti-oxidants stop you from "rusting" at a molecular level. Just like iron reacts and starts to rust when exposed to the elements, a similar process happens in our bodies. Antioxidants work to slow this process and keep you looking and feeling younger. (Pitchford 84-85)

Phytonutrients:

Phytonutrients are "plant" nutrients. There are many classifications of these compounds and each plant has a different blend. Science has only recently begun deeply exploring many of these categories, but we do know that the research is very promising. We've known about some phytonutrients like carotenoids, the compounds that make carrots orange, for some time. Carotenoids appear to protect humans against certain cancers, heart disease, and age-related macular degeneration. (Baker)

Fiber:

Fiber is what keeps our digestive systems clean. A high fiber diet has been shown to decrease risk of heart disease and colon cancer. Fibers in plants are not digested; they simply form bulk to stool to allow smooth and efficient elimination. (Pitchford 353)

Amino Acids:

Amino acids are the building blocks of proteins. Amino acids are found in all plants in different arrays. So a varied diet of plant foods can provide you with a wide range of amino acids to build your own body and keep you strong and healthy. (Pitchford 129-132)

So, just imagine what a nutrient-packed, toxin-free week will do for you! You should feel lighter and more energized just by default. Energy that was once used to break down the red dye number #40 in your cheesy chips can now be used to laugh or even get in another hour of your favorite sport.





CHAPTER 3

Are There Success Stories with Raw Foods?

There have been thousands and thousands of success stories from people who have used raw foods to help their bodies heal. We've done lectures in over 50 cities as well as over 200 interviews of health experts in the past two years.

We've met people who have lost weight, and recovered from many painful and even deadly diagnoses. Raw foods have been key in the reversal of addiction, cancer, diabetes, fibromyalgia, autism, depression, candida, arthritis, infertility, and all kinds of allergies and autoimmune problems.

Here are some examples of the power of raw food:

Angela Stokes-Monarch was morbidly obese at age 29 when she began a raw vegan foods diet. She successfully shed 160 lbs and now lives a vibrant life helping others embrace raw foods. She is also an author and lecturer in the raw foods community. Her website, "Raw Reform" www.RawReform.com offers great tips for anyone considering this path.

Kris Karr was pretty much given a death sentence with her February 2003 stage-four cancer diagnosis. But she wasn't having it. She picked up her camera and began filming her transformational journey in a documentary called "Crazy Sexy Cancer." Raw foods have been a huge part of Kris' ability to thrive. She travels the globe offering inspiration on natural healing and environmental health. You can learn more at her website, "Crazy Sexy Life" <http://www.crazysexylife.com>.

Philip McCluskey embraced raw foods after trying countless unsuccessful diets and exercise plans. He lost his first 100 lbs in a year without even exercising. Philip went from 400 lbs to under 200 lbs, and remains true to the raw foods way of life, even after three

and a half years. Philip runs "Loving Raw" <http://www.lovingraw.com/>, which airs videos, blogs, and tons of great advice.

Gina LaVerde used raw foods to help detox and recover her son from autism. When she learned that his painful digestive disorders and neurological problems were all related to environmental and dietary toxins, she began undoing the overload with a raw vegan diet of juices and smoothies. Her son now thrives on a high raw diet, attends regular school and continues to improve daily. Gina runs Certified Organic Woman <http://www.certifiedorganicwoman.com>, and helps families find their own recovery with raw foods.

Frank Ferrante's transformation from addiction, depression and obesity to raw and thriving is documented in the film, "May I be Frank." At 54 years old, he took one step into a raw café, and that turned his life completely around. It's never too late! If you get a chance -- check out a screening. <http://mayibefrankmovie.wordpress.com/index/>.





CHAPTER 4

The Many Reasons Why You're Not at Your Ideal Weight or Health

Through my research, I've found many reasons why people remain overweight or stay unhealthy and don't feel their best on a regular basis.

This seven-day challenge will help reset some of these tendencies.

Here are some of the most popular reasons I see. Maybe you'll find that you fit into one or two or ALL of these categories.

1. You're eating foods that clog your body's systems.

Many people are sick because the food they're eating is causing systemic clogging problems throughout their bodies. Meat products, dairy products, processed sugars and wheat can all cause digestive systems to overload because they cannot be fully broken down. This overload in the digestive tract dominos out to harm the entire body little by little. Just like pouring grease down the drain, putting clogging foods into your system can really foul up your pipes. They can cause issues with the kidneys, liver, cardiovascular and endocrine system and more. Many people recover from illnesses by simply eliminating the clogging foods from their diets. This does not mean you have to give up all the foods I mentioned above. You ultimately carry the torch here. What it means is that if you're having trouble losing weight or you are sick, these are the first foods to eliminate to see if they are causing a problem. (Body Ecology)

2. You're eating too much.

Overeating is an obvious factor in why you may be overweight or obese. Overeating is linked to emotional issues in many cases. I once heard that obesity relates to a lack of sweetness in your life. I like that phrase. When you recognize this, ask yourself this question: "What is not sweet in my life?" You'll definitely get answers! Louise Hay

has a great book called "You Can Heal Your Life" which deals with the emotional connections to our physical problems. In it she gives affirmations to heal the emotions connected to being overweight (208).

In a population where over 60% of Americans are overweight (as of 2009), it is obvious we're eating too much and too much of the wrong stuff.

3. You're eating at the wrong times.

Most of the overweight and obese people I've worked with as a personal trainer weren't overweight necessarily because of what they ate. It was because of what they ate AND when they ate it. We had one client who was over 350 pounds. She was a sweet and busy person. So, for her, there was no time to eat in the morning. She had to get to work and run her department. Around 2:00 p.m. she'd remember that she forgot to eat lunch, and then figure she'd eat when she got home. By the time she walked in the door at home, she was ravenous and would literally eat until she went to bed.

Most people skip breakfast, eat a small lunch, and then come home and literally "feed" from 6:00 p.m. until bedtime. This causes an increase in blood sugar, which then stimulates the overproduction of insulin. The insulin stores the excess blood sugar as fat to get it out of the blood, and then the process continues when you wake up the next morning. If you're feeding like this in the evening, this program will help you get started with a meal in the morning. (Fellman)

4. Your endocrine system is out of whack.

The endocrine system regulates metabolism, mood and growth. Your thyroid and adrenal glands are key players in this. Due to excessive stress and worry, your body can recruit extra hormone precursors to build excess cortisol - your stress hormone. If your body is creating more stress (adrenal) hormone, there are fewer precursors to produce your feel-good chemicals or your metabolism (thyroid) chemicals. So when your body runs out of the raw materials for the hormone precursors, your entire endocrine system suffers.

Many people have adrenal and thyroid illness due to this recruitment chain of hormone production. When your thyroid starts to sputter, so does your metabolism. That means you can gain weight, feel lethargic and even depressed (Pitchford 8-9).

5. You can't give up your cheese.

Yep, cheese will make you put on weight. It's also one of those clogging foods. If you can let go of cheese, you can let go of that excess weight and regain energy. I've seen it happen more than you'd believe. The fat in cheese goes straight to your waistline and wherever else your body stores fat. Cheese is addictive due to the casomorphins that are contained in dairy. These are opiate-like compounds that keep you coming back for more. They are in dairy products so the baby animals will be able to survive and come back to their mothers for more. For you, they're a likely reason why you can't let go of your excess weight, and you suffer from aches, pains and allergies (Cousens, Perspectives on Dairy).

6. You're lying about the food that you're really eating.

This is the most biting, but it's true. I've seen people in all states of awful health. Most of them tell me they eat relatively healthy. Let me repeat that... most of them tell me they eat relatively healthy. But, from just one look, I know they don't.

Here's why...

I've seen people I KNOW eat relatively healthy. They take no medications, look great and feel great. They all look the same. They're skin glows, they have energy, their eyes are clear and glassy and they are trim and healthy.

This is not a genetic issue. They all come from different backgrounds like Italian, Greek, French, Russian, Mexican, Samoan, African, etc. This issue is directly related to what you put in your mouth. Do yourself a favor and write down everything you eat on a regular basis for three days straight and look at it honestly. Are there things on that list that may be part of the issue?

Do you know about dopamine?

Processed foods and sugars can trigger the neurotransmitter, dopamine which creates a pleasurable sensation in the body. We want to keep eating these foods because they make us feel good on a chemical level. You're craving those doughnuts and cookies for a real reason. You're literally addicted. Raw food is an excellent remedy for this food addiction because the plan eliminates addictive foods and replaces them with unlimited amounts of nutrient-dense foods. So you fill those craving voids. And you stay satisfied! Check out this excellent video on dopamine: ("Chocolate, Cheese, Meat, and Sugar -- Physically Addictive").

Are There Other Reasons?

Sure, but these are the most relevant. The good news is that cleansing and rebuilding your body with loads of nutrients, like you'll find in this challenge, may help address some of these cravings and boost your body's nutritional storage banks.

Each smoothie will bring you one step away from addictive foods and into clearer thinking, increased vitality and strengthened immunity.





CHAPTER 5

Are Raw Foods For Everyone?

This is an important question.

Yes, raw foods are for everyone. There were no microwaves found where the cavemen lived.

Remember that raw foods are simply natural fruits, vegetables, nuts and seeds in their most beneficial state. Of course they are for everyone. According to “The Life Force Diet,” every single bodily function relies on the enzymes and nutrients (found in raw foods), for that function to occur smoothly. And, “with plentiful amounts of enzymes, the body can repair damage, slow the rate of aging and even overcome illness” (3).

We, as a people, desperately need more raw foods.

For the purposes of this challenge, which is only seven days long, it is not necessary to discuss the long-term effects (if any) of a 100% raw food diet, or whether we need cooked food or animal foods for optimal health.

Your body will function well on raw food for seven days.

Your body will actually thank you for lightening the load on its systems with foods that are blended and easier to digest than what you’re likely eating now (McGuire Wein 6).

(In fact, it can function for much longer than seven days on raw foods, which is why we give you an option to extend this program).

Better yet, chances are you will be getting multiple times more nutrition than you are getting now, and your body will function more efficiently. Did you know that most overweight people are mineral

deficient? That's right! Because of the lack of nutrition in our typical diets, even those who are overweight are undernourished. (Bazilian, Pratt, Matthews 9). To lose weight and feel better you actually need to eat MORE. Not more quantity but more quality minerals and essential nutrients.

I was once concerned about recommending a raw food routine to a client because of her specific situation. She was breastfeeding at the time and I was concerned that she may misunderstand my advice.

All this concern was for naught when I realized that the only thing she was eating at that time was one Snickers bar per day. My simplistic recommendations far surpass most people's daily nutritional needs, let alone her extremely deficient diet.

Suffice it to say that with the quality of the standard American diet, I'm no longer as concerned as I used to be about recommending a plant-based diet. Most people today are in desperate need of a dietary cleanse, and are highly nutrient deficient. Raw foods offer a simple approach to providing you with the abundance of nutrition that can push out toxins, and give you the energy you need to thrive.

Some people DO need to consult a health practitioner before embarking on this challenge--particularly those on insulin medication and blood thinners. You may have a pre-existing condition that may prohibit you from doing this challenge. Please meet with an alternative friendly MD or Naturopath, and explain your situation before you get started.

Just for fun, I also recommend that you make sure you can find your last blood work test (or get one from your health care professional) before you start. Then get another one immediately after you finish so you and your doctor can be amazed at the results.

Raw foods are for everyone, but always remember that you are a unique being. You have unique needs. This challenge is merely a guideline for you. Personalize it to satisfy your needs and tastes.



CHAPTER 6

How Do I Do “The Raw Food Challenge?”

It’s really simple.

All you have to do is follow along.

In the second section of this book, we’ve included everything that you need to know about making this challenge work for you. You’ll get shopping lists, menus, instructions and everything else you could possibly need.

Here’s an outline so you know what to expect:

“The Raw Food Challenge” is divided into 2 Phases.

PHASE 1: THE THREE-DAY CLEANSE

For the first three days you will drink and eat some of the most nutrient-dense fruit smoothie blends and blended soups. Even better news is that you can have as much of them as you want! Drinking these meals will give your body a wide range of vitamins and minerals to nourish you and will also help your body cleanse itself of its unwanted toxic load. Blending your meals gives your digestion a huge break and allows your body to spend more energy on healing -- releasing toxins, nourishing your organs, building your immunity and more.

PHASE 2: THE FOUR DAY REBOOT

In this second phase, we’ve introduced some delicious raw food meals that will satisfy you and make you wonder why you hadn’t tried raw food sooner! This stage introduces one, easy-to-make raw food meal a day along with two blended smoothies -- like the previous stage. These four days include more delicious recipes so you can easily follow along. (Again, you can eat as much as you want of

the recipes!) This part of the program also includes a few unique whole food supplements (optional, but highly recommended) that will help you get more nutrients and minerals into your diet.

Proper nutrition and minerals are essential to boosting your metabolism so you can reach your ideal weight easily.

OPTIONAL -- REPEAT PHASE 1 AND 2

Some people may feel so good on this program that they choose to repeat the entire challenge for another seven days (for a total of 14 days). This is fine and we encourage that you do -- as long as you feel great, your health is improving and you're losing weight! All you have to do is start over with Day One!

This is Not a Calorie Restriction Diet.

Good news for you -- we're giving you permission to eat as much as you want of all the foods in this program. When you give your body nutrient rich foods, your metabolism becomes more efficient. This will allow your body to clean out its systems, shed excess weight, and keep you satiated. If at any time you are hungry during this challenge, you can just eat more.

Each day is calibrated for approximately 2000 calories. So depending on your needs, you can eat less or more! To find out your daily caloric needs, use this handy calculator on our site: <http://renegadehealth.com/blog/daily-calorie-intake-calculator/>

Do I Need to Buy Anything to Do This?

Chances are that you already have most of the materials you need to complete "The Raw Food Challenge."

You only need one appliance for this plan and that is a blender. Any blender will do to start. If you don't have a blender -- just ask to borrow one from a friend. We recommend the Vitamix blender for those of you who want to include raw foods in your everyday diet. The Vitamix makes incredibly smooth smoothies and soups.

You can find out more about this powerful kitchen tool here: www.renegadehealth.com/vitamix.

A food processor may be helpful to finely chop some of the ingredients in a few recipes, but it is not essential. (You can do this by hand if needed.)

You will have to buy produce, organic preferred, for this challenge. We give you some tips on how to get produce cheaper in Section Three of the book.

There are a few supplement products that we do recommend to make your journey easier. You don't have to use them if you don't want to, but we've added them for very important reasons, which we'll explain in the Section Two of this book.

Now's the Time to Take Control of Your Health!

The first section of this book is short for a reason.

The more you think and plan and learn, the less likely you are to follow through with this challenge. The most successful people (you included) will get started right away and trust that this is going to help you make radical changes in just one week.

Results speak the loudest!

There's a saying that I like to share with audiences at my talks. I learned it while listening to a motivational talk by Jim Rohn, a notable sales trainer.

He says that most people take this approach when starting something new: "Ready, Aim, Fire!" He then shares that the most successful people slightly re-arrange these words to say: "Ready, Fire, Aim!"

I know you're ready, so now it's time to fire!

PART 2

This section contains all you need to make this challenge work for you - including recipes, tips, shopping lists and more. I'm sure you'll find it very easy to succeed because you really won't need many more materials than what you already have at home.





CHAPTER 7

Getting Started: Appliances and Containers

Let's make sure you have the very basics before you start the challenge. If you don't have some of these things, please stop right now and head out to the store to buy them.

1. A Blender

The majority of your foods on this challenge will be delicious blended smoothies and soups. Most blenders will do the trick. If you don't have a blender, ask to borrow one from a friend. (Maybe you can convince them to do the program with you too!) It should take anywhere from 1-5 minutes to make the recipes -- depending on the speed, quality and size of your blender.

Each recipe provides enough for breakfast and lunch. So, you'll have extra to keep in the refrigerator or bring along with you to work.

This is good news for the time strapped!

2. 2 Drink/Soup Containers

Since much of this plan does include blended foods, you will need at least two quart-sized containers that can hold your extra smoothies or soups. You can use a plastic container, a thermos or anything with an airtight lid. We like to use quart-sized, glass mason (canning) jars, which you can get at hardware stores.

These have airtight lids and are glass to eliminate the possibility of the plastic chemicals leaching into your food.

3. 1-2 Lunch Containers

During Phase 2, you may need an airtight container to carry your meal with you during the day.

4. Highly Recommended Optional Items

These are optional items for those who want to take this challenge to the next level. The reason we've made them optional is because I understand that some of you may not be able to justify the cost of these products. So it's up to you whether or not you add these into your program.

We offer these through our online store, and you can buy them in a bundle here: (<http://www.renegadehealth.com/bundle>)

Hallelujah Acres B-Flax-D:

This is a great supplement for many reasons. It contains:

- Vitamins B6 and B12 which have been shown to manage stress
- Vitamin D for calcium absorption and anti-cancer benefits
- Flaxseed for plant-based omega-3 oils which help your brain, eyes and cells

Healthforce Nutritionals Vitamineral Green Powder:

This is a blend of nutrient-rich grasses, leafy greens and antioxidant-rich foods. This product is a great insurance policy for getting a wide range of nutrients, minerals and vitamins everyday, especially when your diet may not be as balanced as you like.

Protein Powder:

If you're still concerned that you won't be getting enough protein, you can get a plant-based protein powder, like hemp or rice, that will provide you with more than enough amino acids for your needs during this program.

Chlorella:

Chlorella is an algae that is also a powerful super food. It contains an incredibly high amount of the blood cleanser, chlorophyll. It also has been shown to attract heavy metals like mercury, and other toxins (like dioxin) and escort them out of the body (Body Ecology).

You can get these in a bundle at our online store here: <http://store.renegadehealth.com/bundle>. They will be shipped upon order, and should arrive within the next 10 days.

Once you have a handle on all of the supplies you need for the challenge, your whole experience will go much smoother.







CHAPTER 8

Getting Started: Charting Your Progress

The next week is going to be an amazing life-altering experience. I want to make sure you follow your progress from start to finish, so you can really appreciate the results.

So here's what to do now:

1. Take a picture of yourself.

Take a picture of yourself in a bathing suit. You can take the picture of yourself in the mirror, or you can have someone take it for you. You don't need to show anyone this picture. This is just for your own personal reference. If you follow the plan, you will begin to lose excess weight, your skin will glow, and you will feel more alive. And when you take your picture afterwards, you'll be pleasantly surprised with your before and after!

2. Weigh yourself.

Get on your scale and take note of what you weight right now. Write it down somewhere you will remember.

If you want to write it down right here, here's a place do to so:

My Weight: _____ **Date:** _____

If I tell you to get on the scale now, you have to make a deal with me for the next seven days. The only other time you will weigh yourself on this challenge is at the end of day seven. This way you focus on the task at hand, which is completing the challenge and paying attention to all the other great changes you'll feel. Weight is just a number on the scale. Let's not forget that you've got many more positive changes to look forward to.

3. Write 3-4 sentences about how you feel right now.

This is a great way to gain perspective. This doesn't need to be an impossible homework assignment. It just has to be a quick scan of how you feel emotionally and physically. Does anything hurt? When do you get up in the morning? Do you have energy? Is it hard to sleep? Is it too easy to sleep!?! Be honest. You're on the track to fix these things that limit your health -- so its great to have in mind exactly what you want to work on.

Go ahead and write these sentences in a journal or in a word processing document. If you want, you can write it all here:

4. Set your goals.

Writing clear concise goals allows you to focus on what you want. These thoughts will help you stay on track.

My goals for this raw food challenge are:

I will know that I am successful during and after this challenge because:

What could get in the way of my success is:

How I can remove the roadblocks that could get in the way is:

The actions I am committed to taking toward my success are:

Optional:

If you haven't done so recently, you can go to your health practitioner and order a complete blood profile (CBC). This will measure many of your body's indicators of good or poor health - cholesterol, iron, calcium, etc. This should be covered by most insurance plans (check with your provider) so it shouldn't cost you more than the co-pay.

You can also order a Complete Wellness Profile from this website:
<http://www.renegadehealth.com/directlabs>

After the program you can go back for a follow up test to see if anything has improved.



CHAPTER 9

Phase 1: The Three-Day Cleanse

PURPOSE:

To kick-start your body's natural healing mechanism with raw fruits and vegetables. Your body naturally cleanses and heals itself, but fruits and vegetables do provide you with a power-packed punch of nutrients to help your systems function smoothly.

INSTRUCTIONS:

This part of the challenge will include a delicious fruit smoothie in the beginning of the day, another in the afternoon and a warm, blended soup for dinner.

You will be able to eat as much of these smoothies as you like. We don't ever want you to feel hungry. If you do, you can have more smoothie or soup!

Each day is calibrated for a diet of 2000 calories. You can visit our site here: <http://renegadehealth.com/blog/daily-calorie-intake-calculator/> and calculate how many calories you may need in a given day based on your activity level. If you need more, add to the recipes. If you need less, subtract. The most important thing is that you eat enough food during these seven days. So, if you're hungry, make more smoothies!

How to Make a Smoothie

Smoothies and blended soups are very easy to make. All you have to do is add the ingredients into a blender and turn it on. Yes, it's that simple.

The reason you'll be making smoothies and blended soups for the majority of your meals is because it fits into everyone's schedule. I know for myself, the easier the plan; the easier it is to stick to it.

Smoothies are also much easier to digest, and the blended nutrients are much easier for your body to absorb and use. That means you'll get more nutrition from a smoothie than out of a salad. And, you'll feel more satisfied because of it.

If you have a regular household blender, make sure you chop your fruits and vegetables well before you add them to the blender, or else you may experience some difficulty making the blend smooth. Add water to make sure the blender keeps liquefying the ingredients. I like to begin with a small amount of water and fruit in the blender, and continue adding more as I reach the right consistency. The more blended the smoothie -- the healthier it is for you.

If you have a high-speed blender, like a Vitamix, you will get a great texture after about a minute.

We understand that some of you may not like some of the smoothie recipes we've provided. This is fine. Please feel free to swap out ingredients that you don't like with ingredients that you do like. This will make the experience that much better for you.

How to Eat a Smoothie

I know it sounds weird to give you instructions on how to eat a smoothie, but it's important to follow these simple instructions.

You can eat a smoothie however you like, (through a straw, with a spoon, sipped from a glass) but, be sure to chew it a bit before you swallow. This will start your saliva glands producing saliva to aid digestion. Be sure to drink/eat your smoothie like it's a sit down meal. So eat it within 20 minutes for the best digestion.

After you've finished your smoothie, take a swig of water and swish it around in your mouth to clean the sugars off of your teeth. If you're

home, brush your teeth when you're done eating your smoothie. We prefer to use Tooth Soap to brush and Tooth Brightener to whiten our teeth. You can find out more about these products here (<http://www.renegadehealth.com/toothcare>).

How Much Smoothie is Enough for Me?

This is entirely up to you. During this whole program you want to feel full after you eat. So you may find that you need to make your smoothies larger or smaller depending on how you feel.

The best way to go is follow the instructions for a few days and add more or less of the ingredients for your own needs.

Organic vs. Conventional Produce

There is no debate.

Organic produce has more minerals and nutrients than conventional (Pitchford 19). For best results, you will find organic produce the best to use for your challenge.

If you have no option for organic fruits and vegetables, try the Vitamineral Green powder from the optional products list. This supplement is going to add nutrients, which will help you a bunch.

I understand that it may be hard to find organic produce in some parts of the world. If you don't have the option of organic produce, or you have to buy some organic produce and some conventional, that's fine for this program. Meat and dairy have far more potentially dangerous levels of chemical residue than most produce even when it's conventional (Null 128).

While recent studies have claimed that organic produce is not higher in nutrients than conventional produce -- we can all agree that organic vegetables and fruits are pesticide-free. Your body already faces more than 123 toxins each day from a variety of sources. The goal of this seven day challenge is to detoxify. And, there's no better way to do that than to remove the burden of harmful chemicals like pesticides that zap your energy and health. If you've chosen

conventional produce for financial reasons, consider experimenting with organic for this week. Remember that many all studies have the potential to be skewed. But you cannot deny the results you feel in your own body.

How Long Do Smoothies Last?

When you blend a smoothie you break down the fiber allowing the nutrients from the food to be released. Some nutrients are more sensitive to oxidation than others.

You will be able to make extra smoothie and save it in an airtight container for 24-36 hours without a too much oxidation. Some of the nutrients will degrade, but you will still get a massive boost of nutrients.

Ideally, you'd want to make your smoothies fresh every meal, but we understand how busy you can get -- so this is the next best way to make this work for you!

The Dirty Dozen and the Clean 15

Some produce gets zapped with chemicals more than others. Here's a little best and worst list we got from FoodNews.org.

The Dirty Dozen: peach, apple, bell pepper, celery, nectarine, strawberries, cherries, kale, lettuce, grapes (Imported), carrot and pear.

The Clean 15: (these are lowest in pesticides, but still have pesticides): onion, avocado, sweet corn, pineapple, mango, asparagus, sweet peas, kiwi, cabbage, eggplant, papaya watermelon, broccoli, tomato, and sweet potato. (EWG's FoodNews: Shopper's Guide to Pesticides).

PHASE 1 GROCERY LIST



This grocery list will help you get all the ingredients you need for the recipes in "The Raw Food Challenge." It consists mostly of simple fruits and vegetables. We suggest checking out a local farmer's market or produce market to get the best deals on organics. It's often possible to find bunches of greens for \$1 each -- so you don't have to break the bank to eat organic. You can also save money by purchasing cases or half cases of your favorite organic fruit or vegetable.

If you want to cut down on sugar, you can always replace sweet fruits like bananas with something sour like green apples or limes. You can also completely eliminate fruits and use an herbal sweetener like stevia to sweeten your smoothies. Of course, you are going to have to buy more vegetables if you are going to do that. Don't sweat it if you can't find all of the ingredients mentioned. This is your challenge. You're doing your body a huge service by eliminating toxic foods. So, take it easy. Get as many items from the list that you can and enjoy the delicious recipes.

Fruit

- 8-10 bananas
- 2 pints strawberries
- 4-5 oranges
- 3 limes
- 4 mangos
- 6 red ripe tomatoes
- 1 cup sun dried tomatoes
- 2 Granny Smith apples
- 4 cucumbers
- 2 cups cherries
- 1/2 – 1 watermelon
- 1-2 lemons

Vegetables

- 1 bunch carrots
- 2 red peppers
- 8 cups spinach
- 1 head celery
- 1 head Romaine lettuce

Sea Vegetables

- 1/2 cup dulse or dulse flakes

Fresh Herbs and Spices

- 1 bunches cilantro
- 1-2 bunches basil
- 1 bunch mint
- 5 inch piece ginger root
- 1 red onion
- 1 bunch parsley

Dried Spices

oregano
cayenne
cinnamon
cayenne
cinnamon
sea salt

Nuts and Seeds

1/2 cup macadamia or
pine nuts
1 cup flax seeds

Oils and Fats

Raw Organic Olive Oil
3 avocado

Optional:
1 young coconut

QUICK TIP:

The idea of this cleanse is to make it easy on you. So, for those who are strapped for time -- you will be drinking the same smoothie recipe at lunchtime that you did in the morning. Of course, if you have time to make your smoothie at lunchtime, you may want to have something different. If this is the case, please explore the extra recipes we've supplied at the end of this chapter.

If you want even more smoothie recipes, please check out our book "Smoothie Recipes for Optimum Health," this book contains over 165 healthy smoothie recipes. (<http://www.ultimatesmoothierecipes.com>).

DAY 1

TOTAL CALORIES = 1965

MORNING AND MIDDAY

Banana Blast Smoothie

Breakfast Calories = 1309

Ingredients:

- 4 bananas
- 2 pints strawberries
- 5 oranges
- 3 cups spinach
- 1/4 cup pre-soaked flax seed

Process:

Blend. Drink half and save the other half for lunch.

Each one of us has different caloric needs so if you need more, make more!

DINNER

Red Pepper Lime Soup

Dinner Calories = 656

Ingredients:

- 1 1/2 cup carrot juice
- 1 1/2 red pepper
- 1/4 cup cilantro
- 2 tbsp lime juice
- 1 tbsp minced fresh ginger
- 1 tsp oregano
- 1/4 tsp sea salt
- 1 avocado
- 1 1/2 tbsp olive oil

Process:

Put all the ingredients, except the avocado, into a blender and blend until smooth and creamy. Add the avocado and finish blending. Enjoy!

This recipe was contributed by Solla (www.rawsolla.com)

DAY 2

TOTAL CALORIES = 1968

MORNING AND MIDDAY

Mango Tango

Breakfast Calories = 1320

Ingredients:

4 mangoes

5 bananas

4 cups spinach

8 stalks of celery

Meat from 1 young coconut or 1/4 cup pre-soaked flax seed

Process:

Blend. Drink half and save the other half for lunch.

Each one of us has different caloric needs so if you need more, make more!

DINNER

Creamy Tomato Soup

Dinner Calories = 648

Ingredients:

2 cups water

1/2 cup macadamia or pine nuts soaked for 2-4 hours

6 big red tomatoes

8 sun-dried tomatoes, soaked overnight

1 stalk celery

1/4 red onion

4 tbsp lemon juice

2 tbsp dulse or dulse flakes

1/4 tsp cayenne

1/4 tsp cinnamon

20 basil leaves

Process:

Put all the ingredients into a blender and blend until smooth and creamy. Top with a swirl of extra-virgin olive oil and lots and lots of love.

DAY 3

TOTAL CALORIES = 1958

MORNING AND MIDDAY

Mellow Fellow

Breakfast Calories = 1033

Ingredients:

- 1/2 watermelon (fruit and seeds)
- 1 head Romaine lettuce
- 1 cup cherries
- 1 lime
- 1/4 cup pre-soaked flax seed

Process:

Blend. Drink half and save the other half for lunch.

Each one of us has different caloric needs so if you need more, make more!

DINNER

Frank's Summer Cucumber and Avocado Soup

Dinner Calories = 925

Ingredients:

- 2 Granny Smith apple
- 3 cucumbers
- 1 lime
- 2 medium avocados
- 1 pinch sea salt
- 1 pinch cayenne Pepper
- 1-2 tbsp mint
- Water to texture (Use a mint tea for an extra flavor boost!)

Process:

Put apple, cucumber, avocado, lime, cayenne and sea salt in the Vitamix. Blend. Add water if needed. Add mint after and blend quickly.

This recipe was contributed by Frank Giglio (www.rawforall.com)

Your first three days of meals is designed to satisfy all of your nutritional needs, while giving your body a rest from digestion and breaking down toxic foods. Your body will have more energy to shed toxins that have accumulated over time because it is not searching for nutrition. You can begin to lose excess weight during the cleansing phase because those toxins often pack pounds on us.

You can choose to eat any combination of fruit and vegetable smoothies that sound good to you, and still succeed in this detox. Enjoy what you eat! And stay full. You can do this!

Notes: _____

ALTERNATIVE BREAKFAST, MIDDAY AND DINNER RECIPES FOR PHASE 1:

Here are some alternative recipes you can use if you'd like to switch up the plan a bit and customize it to your likes.

ALTERNATIVE 1

TOTAL CALORIES = 1994

MORNING AND MIDDAY

Cherry Sauce Blast

Breakfast Calories = 922

Ingredients:

1 1/2 cup cherries
3 apples
4 handfuls spinach
2 small handfuls parsley
Juice and meat from 1 young coconut

Process:

Blend. Drink half and save the other half for lunch.

Each one of us has different caloric needs so if you need more, make more!

DINNER

Curried Butternut Squash Soup

Dinner Calories = 1072

Ingredients:

2 cups butternut squash
2 cups sprouts (broccoli, pea shoots, clover, sunflower, or any combination)
1-2 cups water
1/2 cup almonds, soaked overnight and blanched
1/2 cup chopped yellow onion
3/4 tsp ground ginger
1/2 tsp cinnamon
1/2 tbsp cumin
1/2 tsp coriander

- 1/4 tsp dry mustard
- 1 clove garlic
- 2 tbsp olive oil

Process:

Blend adding water in slowly to get to your desired thickness. Garnish and serve. If you like it more on the sweeter side you can always add 1 cup of fresh orange juice in place of the water.

Notes: _____

ALTERNATIVE 2

TOTAL CALORIES = 2000

MORNING AND MIDDAY

Tropical Mango Magic

Breakfast Calories = 1015

Ingredients:

2 mangoes
1 banana
1 pint blueberries
6 kale leaves
2 handfuls spinach
3-4 sprigs cilantro
1/2 inch of ginger
1/2 lemon
1 avocado

Process:

Blend. Drink half and save the other half for lunch.

Each one of us has different caloric needs so if you need more, make more!

DINNER

Cauliflower Tomato Soup

Dinner Calories = 985

Ingredients:

1/3 head cauliflower
4 ripe tomatoes
2 chard leaves
2 kale leaves
4-5 tsp sunflower seeds (preferably slightly sprouted)
3 stalks celery
1 avocado
1/2 lemon (peeled)
3 tbsp olive oil
1/2 tsp salt
1/2 tsp pepper
1 1/2 cup water

Process:

Blend until smooth, and top with diced pepper and tomato.

Notes: _____

ALTERNATIVE 3

TOTAL CALORIES = 1999

MORNING AND MIDDAY

The Main Romaine

Breakfast Calories = 1133

Ingredients:

3 apples
2 heads Romaine lettuce
2 pears
3 handfuls spinach
Juice and meat from 1 young coconut

Process:

Blend. Drink half and save the other half for lunch.

Each one of us has different caloric needs so if you need more, make more!

Young coconuts are packed with minerals, electrolytes, healthy fat and protein. They give help make your smoothie creamy and keep you satisfied. You can find them at most natural grocery stores and Asian markets. If you cannot find them, you can choose to replace them with avocados, which are also abundant in minerals, and healthy fats and protein.

DINNER

Creamy Cucumber Soup

Dinner Calories = 866

Ingredients:

1 cup water
1 cucumber, chopped
1 stalk celery, chopped
1 cup spinach or other greens
1/2 bunch cilantro
1 tbsp lime juice
1 avocado, peeled and chopped
1/4 tsp Himalayan salt
2 tbsp olive oil

Toppings:

Ingredients:

- 2 tbsp coconut flakes
- 1 tbsp minced cilantro
- 1 tbsp minced dulse

Process:

Start by blending the water and cucumber until smooth. Add remaining ingredients and finish blending. Serve with the toppings. Enjoy :)

Notes: _____

ALTERNATIVE 4

TOTAL CALORIES = 2000

MORNING AND MIDDAY

The Green Watermelon

Breakfast Calories = 806

Ingredients:

2 stalks celery
Handful cilantro
3 kale leaves
1/2 watermelon
3 handfuls spinach
2 cucumbers
1 banana
1 avocado

Optional:

Small piece of garlic, peeled

Process:

Blend. Drink half and save the other half for lunch.

Each one of us has different caloric needs so if you need more, make more!

DINNER

Raw Gazpacho Soup

Dinner Calories = 1194

Ingredients:

2 cups orange juice (Fresh!) (about 4-5 large oranges)
1 small watermelon
2 tbsp olive oil
1 1/2 cucumber, diced
1 red bell pepper, diced
1 small red onion, diced
1 mango, diced
1 Jalapeno
2 cloves garlic
1 1/2 lime

Handful cilantro, chopped
Sea salt and pepper to taste

Process:

Blend orange juice and watermelon in the Vitamix or blender. Chop the jalapeno pepper and add to the blender. Also add the garlic cloves. Then add 1/2 of all the other ingredients into the blender. Blend.

Pour into a bowl and add the rest of the ingredients, squeeze the lime on top and sprinkle with salt and pepper. Serve chilled.

Notes: _____



CHAPTER 10

Phase 2: The Four Day Reboot

Purpose:

To re-introduce a wider array of nutrients, proteins and fats into your diet, still using raw foods. This part of the program will slow the cleansing process a bit and allow you to maintain your momentum and nutritional needs.

Instructions:

In this part of the program, you will still have two smoothies a day (as much as you want!), but you also will introduce a delicious raw food meal into the plan. Annmarie and friends have provided you with four awesome, easy-to-make, delicious recipes, so now you can experience just how good raw food can taste.

Anmarie has provided extra recipes at the end of this chapter. These are for those who may have specific tastes.

NOTE: If you have nut allergies, please do not eat nuts. You can complete this challenge by replacing the recipes that have nuts with some of the alternative recipes and soups at the end of this chapter.

We've also included optional supplements to take during this rebuilding phase.

Special Instructions: If you like a particular smoothie from Phase 1, please feel free to enjoy it again in Phase 2.

Can I Cheat?

Can you cheat? Of course! You can do whatever you want! Will cheating get you to where you want to go? Likely not. Pete Rose, one of the greatest baseball players of all time cheated. It got him banned from baseball for life.

We're defined by our actions, so when we act a certain way and get certain results we can't be surprised at the outcome.

So, for this seven-day challenge, make your own decisions. And, understand that your actions determine your results.

Also, because we know you may get hungry, and for some of you may want more than the unlimited smoothies -- you can "cheat" and eat 5-10 raw almonds or a half a handful of raw sunflower seeds twice a day.



PHASE 2 GROCERY LIST

Fruit

- 1 pineapple
- 2 mangoes
- 2 lemons
- 1 papaya (or frozen)
- 5-7 bananas
- 6 oranges (or tangerines)
- Small bag of dates -
look for them in bulk
- Small bag of goji berries -
may also find in bulk
- 1 pint raspberries
- 5 bosc pears
- 1 avocado
- 4 red ripe tomatoes
- 1 pint cherry tomatoes
- 1 Roma tomato
- 9 cucumbers
- 1 red bell pepper
- 1 green pepper
- 1 cup sundried tomatoes
- 2 Granny Smith apples
- 1 lime

Vegetables

- 1 head cabbage
- 2-3 heads Romaine lettuce
- 1 heads spinach
- 1 head celery
- 1 bunch kale
- 1 bunch collards
- 1 bunch carrots
- 1 bunch green onion (scallions)
- 1 cup crimini mushrooms
(or portabello)



Herbs and Spices

- 2 bunches basil
- 1 bunch cilantro
- 2 bulbs garlic
- 3 red onions
- 1 yellow onion

Dried Spices

- Himalayan sea salt
- Black pepper
- Mustard or dried mustard
- Chili powder
- Sun-dried tomato powder
- Cumin
- Coriander
- Oregano

Sweeteners

- Raw Honey

Nuts and Seeds

- 1/3 cup pine nuts
- 1/2 cup walnuts
- 1/2 cup raw almonds
- 2 cups sunflower seeds
- 1/4 cup flax seed

Oils and Vinegars Dressings

Organic extra virgin olive oil

Raw Apple Cider Vinegar

(Bragg's is a good brand)

Ume plum vinegar (if you can't

find this just use Apple Cider

vinegar and a little sea salt)

Organic Tamari

_____	_____
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DAY 4

TOTAL CALORIES = 1836

MORNING AND MIDDAY

Pineapple Strength

Breakfast Calories = 685

Ingredients:

5 cups pineapple
2 mangoes
3 handfuls spinach
3-4 stalks celery

Optional:

Chlorella, B-Flax-D, Green Powder

Process:

Blend. Drink half and save the other half for lunch.

Each one of us has different caloric needs so if you need more, make more!

DINNER

Creamy Basil Pesto Salad

Dinner Calories = 1151

Ingredients:

1 cup basil
1/3 cup pine nuts
1/4 cup olive oil
5 cloves garlic
1/2 piece of lemon (peeled)
1/2 of lemon (juice)
1/2 tbsp raw honey
2 tbsp red onion
water to consistency

Process:

Blend and then make Chopped Tomato Salad below to serve over.

Chopped Tomato Salad

Salad Ingredients:

- 3 chopped tomatoes
- 3 chopped cucumbers
- 1/2 cup chopped red onion
- 1 head Romaine lettuce

Dressing Ingredients:

- 2 tbsp olive oil
- 2 tbsp mustard
- 1 tbsp water
- 2 tsp apple cider vinegar
- 1 pinch sea salt
- 1 pinch black pepper

Process:

Pour dressing over chopped tomato salad.

You can also use kelp noodles with this meal. Kelp noodles are a great pasta alternative and are delicious in salad. Rinse kelp noodles really well, then soak them for 15-20 minutes. You can purchase these at some health food stores as well as online at our store here: <http://www.renegadehealth.com/kelp>

Notes: _____

DAY 5

TOTAL CALORIES = 1914

MORNING AND MIDDAY

Sweet Kale

Breakfast Calories = 1297

Ingredients:

- 4 bananas
- 5 bosc pears
- 1 cup raspberries
- 4 kale leaves
- 1/2 lemon
- 1/4 cup flax seed

Optional:

Chlorella, B-Flax-D, Green Powder

Process:

Blend. Drink half and save the other half for lunch.

Each one of us has different caloric needs so if you need more, make more!

DINNER

Not So Chilly Chili

Dinner Calories = 617

Ingredients:

- 1 cup crimini mushrooms, roughly chopped
- 1 stalk celery, diced small
- 1 Roma tomato, diced
- 1/2 cup red onion, diced small
- 1 red bell pepper, diced small
- 1 cup carrot, diced small
- 2 cloves garlic, minced
- 1 cup sun-dried tomatoes, soaked and pureed
- 1/2 cup almonds, soaked 6-8 hours, roughly chopped
- 1 tbsp dried oregano
- 2 tbsp chili powder
- 1 tbsp cumin

1 tbsp Ume plum vinegar
Splash apple cider vinegar

Process:

In a large bowl, mix all ingredients together. Adjust seasoning to desired taste.

This recipe is contributed by Frank Giglio (www.rawforall.com)

Notes: _____

DAY 6

TOTAL CALORIES= 1944

MORNING AND MIDDAY

Cucumber Cooler

Breakfast Calories = 965

Ingredients:

4 cucumbers
1 cup goji berries
3 oranges
1 date
2 green apple
Water

Optional:

Chlorella, B-Flax-D, Green Powder

Process:

Blend. Drink half and save the other half for lunch.

Each one of us has different caloric needs so if you need more, make more!

DINNER

Sunflower Seed Pate

Dinner Calories = 979

Ingredients:

2 cups soaked sunflower seeds
1/8 cup tamari (or less, depending on taste)
1 pinch sea salt
Cumin to taste
1 handful cilantro
2 scallions
2 carrots
2 celery stalks

Process:

Put all in a food processor or blender and pulse for 20-30 seconds.
Serve on anything!

You can use pieces of nori or Romaine lettuce to pick up the pate with or put on this salad below with dressing.

Chopped Cucumber Salad with Mustard Vinaigrette

Salad Ingredients:

1/2 head Romaine lettuce, chopped really small
1-2 cucumbers, chopped really small

Mustard Vinaigrette Ingredients:

1 1/2 tbsp olive oil
2 tbsp mustard
1 tbsp water
2 tsp apple cider vinegar
1 pinch sea salt
1 pinch black pepper

Process:

Blend all dressing ingredients and serve over chopped cucumber salad, and enjoy!

Notes: _____

DAY 7

TOTAL CALORIES = 1966

MORNING AND MIDDAY

Nomi's Favorite Green Smoothie

Breakfast Calories = 985

(From "Smoothies for Optimum Health"
www.ultimatesmoothierecipes.com)

Ingredients:

Juice from 4-6 oranges or tangerines
5-6 cups assorted greens (use leftovers!)
2 cups papaya (for smooth consistency)
1-3 frozen bananas

Process:

Begin by blending your greens with orange juice, then add your bananas and blend to a smooth consistency as rapidly as possible to keep it cold. You might want to start out with fewer greens, because it might take awhile before you begin to crave that slight bitter taste that tons of greens will give to a smoothie.

This recipe is contributed by Nomi Shannon (www.rawgourmet.com)

DINNER

Raw Walnut Burritos

Dinner Calories = 989

Raw Walnut Meat Ingredients:

1/2 cup walnuts (soaked for 1 hour)
1 pinch cumin
1 pinch coriander
Splash tamari

Process:

Blend all the ingredients in the food processor or blender for a minute or so.

Raw Salsa Ingredients:

1 small organic red onion
1 pint organic cherry tomatoes

1 small organic green pepper
1 handful cilantro
1 tbsp cumin
1 lime (juiced)
Cayenne to taste
Sea salt to taste

Process:

Put in food processor or blender, and pulse for 10-15 times.

Mexican Rice Ingredients:

1/4 head of cabbage, shredded
1/2 small sweet onion
2 tbsp sun-dried tomato powder
1/2 tbsp extra-virgin olive oil
1/2 tsp salt
1/4 tsp chili powder or more to liking
1/4 tsp cumin
1/2 clove garlic
1/2 ripe tomato, diced

Process:

Place cabbage in food processor fitted with an "s" blade and pulse until rice like texture. Transfer to large bowl and add onion, sun-dried tomato powder, oil, salt, chili powder, cumin, onion powder, garlic, and tomato, toss gently. You can warm it in a dehydrator set at 125 degrees for 30 minutes – to 2 hours, if you like.

Finally...the Raw Burrito Ingredients:

2 collard leaves
1 cup lettuce
1 small handful of cilantro
1/2 cup shaved carrots
1/2 chopped avocado
(And anything else you want inside!)

Process:

De-stem the collards. Cut up the lettuce, cilantro and avocado. Fill the collards with all the good stuff above and wrap them up like a burrito.

Alternative Breakfast, Midday and Dinner Recipes for Phase 2:

Here are some alternative recipes you can use if you'd like to switch up the plan a bit and customize it to your likes.

ALTERNATIVE 1

TOTAL CALORIES = 1998

MORNING AND MIDDAY

Very Green Cherry

Breakfast Calories = 1329

Ingredients:

- 3 bananas
- 1 1/2 cups cherries
- 1 1/2 heads Romaine lettuce
- 5 stalks celery
- 1 bunch parsley
- 1 cup pre-soaked flax seeds

Optional:

Chlorella, B-Flax-D, Green Powder

Process:

Blend. Drink half and save the other half for lunch.

Each one of us has different caloric needs so if you need more, make more!

DINNER

Brilliant Broccoli Salad

Dinner Calories = 669

Salad Ingredients:

- 1 handful Romaine lettuce
- 1 cup broccoli florets
- 1 cup cucumber, julienned
- 1 avocado, cubed

Dressing Ingredients:

- 3 tbsp lemon juice
- 2 tbsp olive oil
- 2 tbsp minced basil
- 1 tbsp mustard or mustard seeds
- Himalayan crystal salt to taste

Process:

Place all the salad ingredients in a beautiful bowl. Blend all of the dressing ingredients. Pour the dressing over the salad, toss the ingredients together and enjoy!

Notes: _____

ALTERNATIVE 2

TOTAL CALORIES = 1999

MORNING AND MIDDAY

Kev's Favorite Green Smoothie

Breakfast Calories = 1315

Ingredients:

2 apples
2 pears
2 heads Romaine lettuce
3-4 kale leaves
2-3 stalks celery
1 tbsp honey (or 1 date)
Juice and meat from 1 young coconut

Optional:

Chlorella, B-Flax-D, Green Powder

Process:

Blend. Drink half and save the other half for lunch.
Each one of us has different caloric needs so if you need more, make more!

DINNER

Veggie Wraps

Dinner Calories = 684

Raw Tahini Sauce Ingredients:

4 tbsp water
3 tbsp tamari
3-4 tsp raw tahini (more if you want it thicker!)
2 tsp raw olive oil (or sesame oil)
1 tbsp honey (for vegan, use maple syrup)
2 tbsp ginger
1 clove garlic
1 tbsp lemon juice
1 pinch cumin
1 pinch sea salt

Process:

Blend!

Raw Collard Vegetable Wraps Ingredients:

- 6 collard leaves
- 2 small carrots
- 2 small zucchini
- 1/2 small red onion
- 1/2 small red cabbage
- 1 handful chopped cilantro
- 1 handful chopped basil

Other suggestions:

red Pepper, spinach, mango, and cucumber.
1 1/2 tsp olive oil

Process:

Cut the stem out of the collards and blanch for 5 seconds in almost boiling water than run under cold water to cool down (this is debatable whether it's raw or not, so you don't have to do this if you don't want!). Julienne the veggies and wrap them in the collards, adding some sauce for flavor and to seal the wrap. Makes 12 wraps!

Notes: _____





CHAPTER 11

Is This The End?

Nope, this is definitely not the end. Not for 2 reasons.

First, you still have a few things to do.

Go ahead and take a picture of yourself and weigh yourself again to see where you are now. You might be surprised!

Also, be sure to read the paragraph you wrote just seven days ago. Has anything changed?

Take a moment to write down any new changes that you notice in your body and your health. I know it's only been a week, but you've set out to do something extremely powerful to improve your health. Note even the smallest changes -- the things that make you happy.

Second, it's time to make a decision. If you got some awesome results and you want to keep going, you can do the challenge for another week

Each little bit of whole, living foods that you consume will enhance your health exponentially. So, you will be doing your body a huge service by simply adding more of these fruits and vegetables to your diet. "The Raw Food Challenge" can be used as a kick-start back into health or even a seasonal cleanse. If you want to go further and start incorporating raw foods daily, check out my free online book "High Raw" www.GoHighRaw.com -- it'll give you an in-depth guide to living the raw life successfully. It's full of toolboxes that make each step so easy.

Whatever you decide, I hope you've had an amazing experience.

Notes: _____



CHAPTER 12

Your Support Tool Kit: What to Do When The Going Gets Tough

How to Deal with Cravings

We all get cravings, and as I mentioned in chapter 4 -- we get them for good reasons. We may be eating foods, like dairy products that contain natural addictive substances (casomorphins). We may be eating processed sugars and packaged foods that trigger a dopamine reaction. And let's not forget our emotional attachments to what we eat. We also sometimes crave foods because we are deficient in a nutrient that it provides, or because we are actually allergic or sensitive to it.

This challenge is very helpful in dealing with cravings because it fills your many nutritional needs, and keeps you full. Remember that you control the quantity of food you eat on this challenge. And, if you're full you are way less likely to want more food.

That said depending on your body, you may still get cravings. So, here's what to do...

Substitute the Sugar

Many of us crave sugar. And the sweet taste is something we deserve to have. So, if you find that the fruit in this challenge isn't enough to sustain your unusual sugar needs, try stevia. It's an herb that's much sweeter than sugar and is non-toxic. You can use it in a warm herbal tea. A little stevia goes a really long way.

Supplement

Take advantage of the supplements we suggest. They will offer you that extra nutritional boost to fulfill any possible deficiencies.

Get the Junk Out

That's right. Clear your pantry and fridge of any unhealthy foods that you know you might crave. Why have the temptation around you this week, or ever?

Exercise

Light exercise is a great way to aid in cleansing. It will speed up the process of eliminating toxins.

Practice EFT

EFT is just one form of emotional healing that can help you deal with your emotional connection to addictive foods. It involves tapping on energy meridians while saying affirmations to yourself. Check out <http://www.tappingsolution.com> for information on how to use EFT for yourself.

Colon Therapy

Go ahead and see a colon therapist before you begin the challenge. This will help you release a lot of toxins even before you begin. Oftentimes, when we detox with diet we experience a die-off that can make us want more of the foods we used to eat. You cut down your chances of experiencing bad die off cravings by getting one or several colonics first. Do this especially if you think you might crave bread, cheese or junk foods.

Think Beyond the Snickers

You are really doing something huge here. And, as you cleanse you will start to understand your bodies' true needs. So, if you are craving Snickers, think about why? Can you simply have some soaked almonds? There is always a healthier solution.

Celebrate Yourself

Focus on the enjoyment of the delicious fresh smoothies and how great they are for your health. Be happy for each little moment of

extra energy or mental clarity. Know that you are ridding yourself of things that don't suit you, and you will come out THRIVING.

And, guess what? Pretty soon -- those cravings DO go away.

What to Do If You Get Emotional During This Program

There are a lot of theories about raw foods and how they can help release emotions.

The truth is that no one can really put a finger on what causes this release. But regardless of what is causing it, chances are you may feel a release of emotions while you're doing this program.

One theory that I like to believe is that as we gain weight, we literally "stuff" our emotions down into our bodies to suppress them. It's a coping mechanism of sorts. So when we eliminate the "heavy" foods from our diets, the heavy thoughts are released as well.

Again, this is just theory, but those I've interviewed can completely affirm this is what they feel is happening to them.

If you're feeling strong emotions, be sure to seek out the help of a friend, family member or maybe even a professional to help you through your emotional challenges.

EFT can also be used to release anger in a productive way, just as it helps with physical cravings. Often just 10-15 minutes of tapping while saying affirmations is enough to shift your mood. That's definitely more lasting and effective than eating a doughnut!

What to Do Around the Holidays

Some of you may be starting the program around the holidays, which is awesome.

Please make sure you put yourself first and start right away.

There will always be something in the way anytime you start something new. It's the normal process of change. So start now and deal with those situations as they arrive.

Too many people delay their health until it is too late. They start caring when something is awfully wrong.

When you do this program around the holidays, you will experience a little more pressure than other times during the year. Treats at work, office parties and family dinners can all threaten to throw you off.

My recommendation for these situations is simple. Plan ahead.

For treats at work, keep a bag of almonds of dried raw trail mix around as a snack if you're tempted. You can make your own with raisins, cashews, almonds, and pumpkin seeds.

For family dinners, make your meal for the day for everyone! So if you're making a blended soup or a raw meal bring it as your contribution. By doing this, you'll be able to share the meal with others and feel connected with family.

What to Say When People Say You're Doing Something Silly

I can't tell you how many times I've heard stories of people trying to get their health together only to be derailed at a family dinner or by co-workers who have little education in health or nutrition (formal or self-taught).

When someone tells you that this is silly, let them have their opinion.

I'd rather talk politics and religion in the same conversation at the dinner table than talk nutrition.

Often the people who are challenging what you're doing will never change their own behaviors. They're challenging you in an attempt to affirm that what they are doing - not changing - is the correct thing to do.

Let them be. Tell them you're "just doing an experiment" and "have no idea where it's going to lead."

I still tell family members and friends these lines when they question what I'm doing - even though I'm in extremely good health and

many of them (some who are the same age!) are overweight, can't make it up the stairs without heavy breathing and are on prescription medications for illnesses that are easily reversed with a healthier diet.

The most important thing of all is that you believe in yourself and what you've chosen to do. If you believe in yourself, it doesn't matter what other people think. If you believe in what you are doing, you can listen to conflicting opinions from others and still feel good about your chosen path.

How to Get Cheaper Organic Produce

There are a few ways to get cheaper organic produce. One of the biggest excuses we hear is "organic food is too expensive."

In actuality, losing your health is too expensive. Imagine all the medical bills, co-pays, and prescriptions that start to add up due to poor diet. That's a hefty monthly expense if you ask me. Particularly if many of these things can be prevented by spending a few extra dollars a week at the grocery store.

In a 2005 Gallup poll people aged 50 to 64 spend \$58 per month on just prescriptions, and adults aged 65 and older spend \$93 per month.

(<http://www.gallup.com/poll/20365/half-americans-currently-taking-prescription-medication.aspx>)

Regardless of these stats, someone on our blog posted that they manage to eat all organic foods and only make \$5,000 a YEAR. So if they can do it, you certainly can.

Grow Your Own

Start a garden outside or even just start in your house with some herbs.

Find a Co-Op

Many parts of the country have food co-ops. You can become a member and get food at a discount. Some farms do this as well and provide you with fresh vegetables in season each week that you can pick up or have delivered. These are often called CSAs or Community Supported Agriculture. All you have to do is search online for a local place near you.

Go to Farmer's Markets

Just about every county we've been to has some sort of farmer's market - and we've been to just about 45 of the 50 United States. Ask around, search online and you'll find a place to go to get your produce cheaper -- since buying direct from the market cuts out the middlemen in the produce distribution process. Check out <http://www.localharvest.org> to find farm shares and farmer's markets near you.

Help! I Have Gas!

If you're having gas, give it a few days. Chances are that your body is getting used to the extra fiber during this challenge. If you're having gas and seeing undigested food in your stool, you may want to take a digestive enzyme supplement to help you digest the food you're eating. You may also want to test your HCL (hydrochloric acid) levels and see if you're producing enough to digest your food properly.

A good digestive enzyme product is Houston Enzymes. The company is very helpful and can assist you in choosing the best enzymes for your needs: <http://www.houston-enzymes.com>

I'm going to the bathroom 2-3 times a day!

Good!

This is how often you're supposed to go.

If your bowels aren't clean or are stopped up, you can't possibly have great digestion.

Smooth transit means good health.

Help, I'm Constipated!

When you are constipated, your body's detoxification pathways are clogged, so especially during this cleanse, you want to help open them up. Colon therapy is good for this. Once you clean your colon, your liver and cells are able to cleanse as well (Body Ecology).

Chances are you won't experience this during the challenge because the foods are so easily digestible and cleansing. But if you do, here are some things you can do:

1. Replace the bananas in the recipes with some other fruit you like. Sometimes bananas can be clogging to the digestive tract.
2. Make sure you're hydrated. In most cases, if you're following the plan correctly, you'll be plenty hydrated. On the off chance, you're dehydrated, be sure to drink some extra water.
3. Try some magnesium. Magnesium is an essential mineral for your body. It's also a great laxative. You can find a magnesium product like "Natural Calm" online and take some of this (added to your water) for some quick relief.

My Acne is Getting Worse on this Program

Your skin is your largest organ and often shows immediate results from dietary changes. For most people, your acne will improve, since you're eliminating many foods that can cause acne. But for some, acne may become worse. If this happens to you -- chances are you're dealing with a digestion issue that must be addressed.

I recommend looking into a specific book written by Donna Gates called "The Body Ecology Diet." This will give you insight into how to rebuild your gut flora to support your health.





CHAPTER 13

Raw Food Challenge FAQ

How can I introduce this to friends and family?

This is the easy part!

All you need to do is show up to your friend's house a few days after day seven. They'll see that you're glowing and ask you what you've done differently.

This is when you share "The Raw Food Challenge" with them and tell them your experience!

Which Diet is Right For Me?

Each person has unique dietary needs. Organic, whole, raw foods are certainly a lot healthier and more healing than processed foods. That said, you really won't know which diet is best for you until you begin trying. Even people who follow a raw diet have different preferences for the food they eat. Even those who do complete raw diets can differ from the foods they choose to eat. With this plan, you will begin clearing your body of stored waste -- which will help you understand which foods work best for you. Then, you can piece together your favorite combination of ideas. Give it time and trust the process. And, know that you are getting healthier each day.

Can I add wild foods into this program?

Chances are, if you're asking this question, you're pretty savvy. Yes, you can replace the greens or add additional wild greens to any recipe in this book. Wild greens are hardy and nutrient-dense. Dandelion is the best place to start, since you can find the leaves and flowers just about anywhere.

Dandelion is a liver cleanser (Pitchford 146). The young spring leaves are the least bitter and best to put into your smoothies.

Do I need to rotate my greens?

It's best to rotate all foods in your diet. This way you can get a larger nutritional profile. So yes, rotating your greens is great to get more nutrients into your diet.

How important is food combining in the raw food diet?

Food combining is the practice of combining foods for the best digestion. So this is important in any diet. Generally, bad food combining involves excess fat combined with sugars. This tends to cause the most digestive stress. Combining starches with proteins also can cause gas and bloating.

In most cases, if you pay attention to how you feel with your meals, you'll find that certain combinations work well with you and others don't. These personal rules will be the best to follow when it comes to food combining for this challenge.

What are some good healthy sweeteners?

- Stevia leaf is a very sweet herbal sweetener that is not habit forming.
- Raw honey has many nutritional benefits, including antibacterial qualities. However, it may be too sweet for those with known candida issues, as it can feed candida (yeast).

Where do I get my Omega 3s?

- Our optional supplements list suggests Hallelujah Acres B-Flax-D, which is a great way to get omega 3s. (<http://www.renegadehealth.com/omega3>)
- Ocean's Alive brand marine phytoplankton provides another excellent source of these essential fatty acids and so much more. (<http://www.renegadehealth.com/marine>)

What smoothies are good for kids?

As long as your child is walking and talking, you can give them smoothies and they'll love them. Kids love fruit, so that part is easy. You can also make some of the smoothies in this book to "sneak" greens into their diets.

If you like, we've created a whole food supplement powder called Kev's Super-Delicious Super-Smoothie Powder that is a blend of fruits, berries and green grasses that tastes great, so you can give your kids more nutrients without them even knowing it! (<http://renegadehealth.com/smoothiepowder>).

I have allergies, how do I get rid of them?

Allergies are an overload of the immune system. Most allergies are linked to diet, so it's essential to pinpoint what foods are causing these issues. The foods most implicated in allergic reactions are dairy and wheat.

The best way to determine what is causing allergies is to identify the items in your diet that could be causing allergic reactions and then systematically eliminate them from your diet and see what changes occur.

This is a two-week process.

To do this, you pick one item, for instance dairy products, and you remove them from your diet for 2 weeks. Track how you feel during this time. If you feel better, extend the time you've removed the food. If there is no relief, then start again by eliminating another food. Continue this process until you've identified some problem foods. This personal knowledge of your body is priceless.

Can I eat too many nuts?

Yes! Just like a squirrel eats nuts to get fat for the winter, you can too. Because of our modern food production industry, we no longer have to find, gather and crack open our nuts. I guarantee that if you had to crack open your own nuts you'd eat much less than you would if you had a shelled bag of almonds or cashews.

Too many nuts can not only give you too much fat, they also can be difficult on your digestion.

If you choose to eat some nuts to satisfy your cravings, please be sure to soak them first and only eat 5-15 at a time depending on your body size and caloric needs.

Soaking nuts and seeds before you eat them is a must because nuts contain enzyme inhibitors that make them indigestible. Soaking and sprouting helps bring them back to life. To soak, simply rinse them off, place them in a clean glass jar or bowl and cover with clean water, a pinch of salt and a lid. Leave enough space in your container for the nuts to expand as they absorb the water. A good ratio is 3 parts water to 1 part nut/seed. Almonds need to be soaked for 8-12 hours. Sunflower seeds should be soaked for 2-3 hours. You can then rinse them off and eat them, blend them into a recipe or dry them out in a dehydrator or on a tray on your counter-top. For a complete chart of soaking times click here: http://www.veggiewave.com./soaking_chart. Don't worry about sprouting for this challenge. (Rudell 42) To watch our episodes on sprouting click here: <http://renegadehealth.com/sprouting1> and <http://www.renegadehealth.com/sprouting2>.

What if I have blood sugar issues?

Please see a health practitioner before you start this program. Raw foods have helped many people who have blood sugar issues (See "There is a Cure for Diabetes" by, Dr. Gabriel Cousens). It is important that you always monitor your blood sugar levels and don't reduce your medication unless advised.

If you experience dips in blood sugar that create physical and emotional symptoms, but have no formal diagnosis, please be sure you are eating enough to keep your blood sugar strong. You may need to eat more or more often if you feel your blood sugar starting to dip. Be prepared.

How do I know I'm getting enough nutrients?

You will be getting a ton of nutrients during this challenge that you likely aren't getting in your diet currently. If you're concerned that you're not getting enough nutrients, you can get a blood test to confirm many of the regular markers of good or poor health. You can do this through your health practitioner. You can also go to www.DirectLabs.com and order your own tests at a discount. On this website, you can also get tests for minerals and fatty acids.

How many greens do I need in a day?

The average food pyramid (which I believe is skewed and inadequate) suggests we need 3-5 servings of fruits and vegetables per day. What most health experts can agree, however, is that people are not getting enough of these important foods -- particularly the nutrient-rich leafy greens.

Leafy greens contain minerals, fiber, phytonutrients and vitamins. They are at the base of all healthy diets from all cultures around the world. Your mission is to blend or eat as many greens as possible. Because of the high-speed blender like the Vitamix, it is much easier to increase our consumption of greens by adding more and more into our smoothies. A normal smoothie for me contains 2-3 fruits and at least two heads of leafy greens.

I have candida can I still do the challenge?

Candida (systemic yeast overgrowth) problems can be very serious if not taken care of, and raw foods can be a fantastic way to eliminate candida. Please make sure that you have validation that your problem is definitely candida related. If so, I recommend reading "The Body Ecology Diet" by Donna Gates. You can absolutely still do the challenge, but you may need to eliminate sugars and some nuts. Even people with the same condition are still unique beings with unique needs.

What do I do next?

This is a great question! The only thing that I want to caution you from is jumping right back into your regular eating habits. It may cause you a little digestive stress.

Your body has been adjusting to less work, and to snap back and give it the old workload will stress your systems.

So to transition from this plan to a new healthier plan, the best way is to keep a smoothie in the morning have a salad with some cooked grains, potatoes or legumes (beans) for lunch and dinner. This is what many people who are extremely healthy are eating on a regular basis.

If you want to be like them, you have to do as they do!

(We've also included some resources on the next chapter to help you learn more!)



♥ *Testimonials* ♥

Lisa Miller, Carmel, NY 2/10/10

I'm happy to report that I've been incorporating A LOT more raw foods into my diet and I'm super excited about it! This is not at all what I expected.

I've kept 4 pounds off, incorporated green smoothies into my daily regiment and have been eating raw everyday at lunch. I also purchased a dehydrator and have made kale chips to snack on. I'm looking forward to playing around with different recipes for the dehydrator to make raw crackers, raw cookies and fruit leathers.

I have more energy and drive during the day. My mood has evened out and I feel happier and lighter. I'm able to focus and remember things much more easily than before the Challenge. My hair is shinier and I have that raw food glow...I now feel comfortable leaving the house without makeup.

My cravings for sweets have decreased by 80% and so has my day and night time stress eating. I no longer feel the need to graze throughout the day and turn to food when I'm tired, bored, happy, angry or sad. That's HUGE for me!

I'm really happy I tried out the Challenge and got my feet wet with raw foods. I figured out for myself how essential they are for optimal health and how simple it is to incorporate them into my daily diet. I also came away with a ton of AWESOME recipes that I've already used numerous times. The Challenge was tough, but it taught me a lot about myself and exposed my strengths and weaknesses (some of which I didn't know existed). I'm looking forward to trying it again in the future!



Julie Hurley, Michigan

I'm happy to report that I've gone pescatarian! Before the raw diet, I ate chicken and turkey, but now I cannot stomach the thought of eating those two animal products anymore. I've been motivated to purchase more books on the subject and I'm very excited about the changes I'm making in my diet. I have a history of digestive issues and one thing I noticed on the raw diet is that I had zero issues - no bloating, constipation or pain. Because I didn't follow the diet past week one, those issues have reemerged slightly. But, through more careful food choices I can control it better. I'm very happy to know (after years and years of prescription drugs, supplements, laxatives, stressing out, etc.) that I can control this via diet.

My cravings for sweets have lessened a lot, which is HUGE for me. I can stuff an entire bag of Skittles down my throat and come back craving more 20 minutes later. I've found that I can limit myself to a handful of sweets and be fine with it. I've experimented with raw treats and found that they satisfy me better than anything artificially sweetened.

I always knew what I was supposed to eat, but never thought I had the willpower to follow through on that knowledge. I look at grocery shopping as an entirely different experience now, and have cut out a lot of what I thought were healthy (yet still heavily processed) foods. I'm excited for summer and all the wonderful farmers markets around our town. Trying to do this during the winter, blizzards, etc. is not ideal. Thank you Kevin for giving me the kick in the butt I needed to get rolling!

Kate Kennington, Berwick, ME 2/15/10

I'm 2 weeks out of finishing the challenge and have to say it's almost been more challenging now! I made it through the 14 days with only cheating on a piece of raw chocolate for my husband's birthday one night. That accomplishment alone has made me feel very strong. Overall I felt great during the challenge, though hungry in the first 5 days. I was not trying to lose weight at all, but ended up losing at least 5 lbs. My body really can't afford to lose weight so I did have to modify the program with adding in daily 2 avocados



and coconut butter in addition to some raw nuts/seeds. I felt very energetic, focused and clear through out the 2 weeks (minus day 5 which was an emotional struggle). I also got 2 colonics during the challenge and think that helped with my detox process. It was amazing to start adding in raw meals the second week and felt very satisfied.

I enjoyed knowing what I was going to be eating for 14 days and having all the recipes laid out for me. I think the hardest part of all was adding cooked foods back in. I think there should be some sort of guide, because the reality of people switching to all raw is very slim. Even adding in rolled oats or quinoa was upsetting to my stomach. I have still not added in dairy, but I did have gluten/wheat and have been negatively affected by it.

I was most surprised at how much I've craved raw foods and smoothies physically when mentally I'd like to go back to the way I was eating before (which was very clean). I think in the summer I will incorporate more raw meals in, but am still searching for a balance during the winter. Lastly, I would not recommend this to anyone as a short term diet- only a cleanse- I think the emotional support is lacking and very challenging for someone who is trying to lose weight. That's where having a guide for coming off the challenge would be very beneficial! For me personally and why I was doing this in the first place, it worked well, but still did not cover any emotional aspect of this type of challenge.

Katie Rupp, Davidson, NC 2/16/10

This challenge is incredibly motivating and offers wonderful raw food recipes for those of us just getting our feet wet. I LOVED all of the smoothies and have continued drinking them for breakfast, but the first leg of the challenge with so much liquid was tough on me- I had to incorporate some raw, but "real" foods! I LOVED the dressings in the challenge and the food combinations overall. Even though I wasn't able to stick it out through the whole challenge as I had hoped, I still hope that one day I can use the basis for this challenge as a way to overall my lifestyle, until then- baby steps!



Irene Jones

First, I lost a total of 11 pounds AND I'm keeping it off. I can't remember the last time I was under 130 lbs.

My skin feels awesome. I feel younger, I have more energy AND no more heartburn.

I stuck to the diet the first week with my daughter, Julie. Our guys were on a golf trip and made it pretty easy to do. We supported each other. We did cheat a little with wine and popcorn.

The second week, the guys came home. My husband, who is the sweetest guy out there, agreed to do it the raw food diet with me. He lost 8 lbs at the end of the week. I didn't follow Kevin's menu everyday. I did love his Chili and burrito recipes. It felt so good to chew again!! I really liked how we had a menu to follow. It kept me focused. I'd go to the store everyday to get the ingredients that I needed to make the meals for the day. Going raw is like learning how to cook all over again. A lot of trial and error. I wish we lived in an area where healthy eating was more popular.

My goal is to eat raw two meals a day. I don't think I'd ever eat meat again, though. I only ate chicken and turkey before but after going 14 days, I didn't miss it at all. The thing I still miss is coffee. I had major headaches the first 4 days of the fast. I drank lots of coffee. I figure anything that would leave me with such major withdrawals isn't worth starting up again. So I'm learning to like tea.

I've almost become obsessive. I'm looking into expanding my garden this spring and getting a compost. My husband bought me a juicer for Christmas and since the fast, I have purchased a dehydrator and spiralizer. I'm like one of those annoying ex-smokers. I don't understand how anyone can eat meat.

I want to thank Kevin for starting this fast. It has changed my life!!!



CHAPTER 14

The Raw Food Challenge Additional Resources

If this plan has been successful for you, I'm guessing you'll want to know where you can learn more!

What I'm going to provide here is a short list of places where we like to go to get information on health. It's hardly a complete list, but sometimes starting out small is better than overwhelming yourself. (Actually, it's better all the time)!

The Renegade Health Show - Here you'll find our daily video blog. On this site, we answer your specific questions and present them by video in a fun and entertaining way. I like to call this edutainment. Right now, we're at 500 shows and going strong.

<http://www.RenegadeHealth.com>

The Renegade Health Store - This is where you can find all the great health products we recommend to supplement your diet. You'll find everything from tasty treats, to supplements, to Annmarie's own Annmarie Natural Skin Care line.

<http://www.RenegadeHealthStore.com>

The Renegade Health Nation - Here is where you can find a caring community to help you on your journey. Come join the Renegade Health Nation and finally feel at home with people who care about their health.

<http://www.RenegadeHealth.com/social>

High Raw: A Simple Approach to Health, Eating and Saving the Planet - A free book for you download right now, which is one of the best "next-steps" you can take on your health journey! Over

25,000 people have read this informative (and quick!) read to help them improve the decisions they make everyday.

<http://www.GoHighRaw.com>

Smoothies for Optimal Health - This is a collection of over 165 great tasting smoothie recipes for all occasions... green smoothies, fruit smoothies and elixirs. Each recipe is contributed by health experts.

<http://www.UltimateSmoothieRecipes.com>

The Gerson Tapes - Discover an alternative approach to healing. I found a set of dusty tapes at the Gerson Institute and realized they were gold! In collaboration, I asked to turn this collection of audios into digital MP3s. They each contain incredible and real testimony about how alternative therapies can help the body heal.

<http://www.GersonTapes.com>

Natural News - Mike Adams' natural health site. Over 25,000 articles on natural health and healing.

<http://www.NaturalNews.com>

Mercola.com - Dr. Joseph Mercola's natural health website. Breaking health news and studies.

<http://www.Mercola.com>

HealthFetch.org - A website that features health news feeds from popular websites.

<http://www.HealthFetch.org>

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