



CHALLENGE

*meals  
videos  
days*

*e-book*

Fully Raw.  
BY KRISTINA



# Congrats to All of you!



Hey, you guys, it's Kristina!

Looks like you've MADE IT! Yay to all of you for completing the 21 Challenge!

I'm sooo PROUD of you for succeeding to have 21 days with 21 raw vegan meals, and for making the first steps towards a FullyRaw lifestyle!

I'm sure you're already feeling better, lighter and HAPPIER! So let's keep up the good mood and keep on going with the healthy lifestyle!

I've created this ebook for you to have EVERYTHING in one place: all you need to know about the FullyRaw lifestyle, 21 raw vegan recipes and photos, shopping lists, links to videos and more!

So welcome to your new life!

I send you all my sunny love!

*Kristina :)*

Welcome to the FullyRaw community!

We're really HAPPY to have you:)





# What you need to know about being raw vegan?

## WHAT DOES IT MEAN TO BE FULLYRAW

FullyRaw means feeling good about your perfect health, enough to WANT to share the gift of healthy life with others. The best way that I know how to describe what someone feels like when they go FullyRaw or adapt to a 100% raw foods lifestyle is that they simply want to jump on top of the world and yell, "I am free! I found happiness!"

## WHAT'S A RAW VEGAN DIET?

A raw foods diet is made up of fresh, whole, unrefined, living, plant-based foods: fruits, vegetables, leafy greens, nuts, and seeds, which are consumed in their natural state, without cooking or steaming. People who adopt this diet are often referred to as "raw fooders" or "raw vegans."

## WHAT ARE THE BENEFITS OF EATING FULLYRAW?

- o Increased energy
- o Better overall health
- o Weight Loss
- o Glowing Skin or the clearing of acne
- o Decrease of depression resulting in a Happier mood
- o Improved digestion
- o Constipation Elimination
- o Optimal weight easy to reach and maintain
- o Type 2 diabetes reversal
- o Prevention for cancer, heart disease, diabetes, strokes, and more!

## HOW DO YOU MAKE THE CHANGE FROM COOKED TO RAW?

The best way to begin is by increasing the amount of raw food you eat, while decreasing the amount of cooked food. Here are some ideas.

### Breakfast:

Replace milk and cereals with fruits like melon in summer or grapefruit or oranges in winter.

### Lunch:

Replace a sandwich and chips with another type of fruit or a banana/berry smoothie

### Dinner:

Start with fruit and follow with as much raw salad as you desire before committing to the cooked portion of dinner. Eventually, you can replace the evening cooked meal with a large salad made up of lots of leafy greens and some non- sweet fruits like tomatoes.

## HOW REALISTIC IS THIS...REALLY?

Living FullyRaw is just as realistic as eating cooked, processed foods. It's all about planning and convenience. Once you get the hang of it, it becomes a part of your lifestyle and you will achieve it naturally. Stop feeding yourself excuses and start making changes.

YOU CAN DO THIS IF YOU REALLY WANT TO.

I've got even more questions answered **RIGHT HERE**



# Ok! I'm in! How do I start?

## CLEAN OUT THE JUNK!

★ If you have “bad” foods laying around your home, you will be more tempted to eat them...so we need to relocate them. Pack up all of the packaged goods, processed foods, or undesirable foods in your kitchen and go donate them.

FILL UP YOUR HOME  
with raw fruits and  
veggies.

## ★ CHANGE YOUR DIET.

Start eating FULLYRAW. Start with eating 1 FullyRaw Meal a day. I have already done ALL of the work FOR YOU by creating your 21-day meal plan to follow! Follow the basic meals I have given you EVERYDAY for 21 days, and if you want to mix up your meals, do it!

## EXERCISE!

I cannot recommend this enough. Exercising feels AMAZING, and it changes not only your physique, but also makes you mentally stronger! An hour each day! Do 100 squats a day, walk, run, swim...whatever you love that keeps you moving!

## WATER WATER WATER.

Lemon water in the mornings! STAY HYDRATED! Next best thing to water is JUICE or fresh, young coconut water. Keep hydrated.

## VISION BOARD:

put together a vision board of images, foods, passions, anything that inspires you. Keep in mind this is about you getting HEALTHY!

## PLAN PLAN PLAN!

What involves planning? Scheduling your eating plan, food prep, cleaning out the fridge, packing your home with GOOD foods, your workout schedule, and more! Plan to prepare or prepare to fail! Be prepared for success!

## GET SUPPORT!

YOU MUST let people know that you are doing this and that you take it seriously. Don't hide it. Share it!

## LEARN TO LOVE YOUR BODY!

Stand in front of the mirror EVERY day and tell yourself that you are the SHIT! No matter what you look like or how tall you are! This is about HAVING CONFIDENCE! We don't have to be ANY IMAGE other than our own! LOVE YOUR BODY! Do this challenge with me and feed it the BEST foods, encouraging self-talk, and more!

Aaaand you're hooked! You really WANT to be happier, healthier and definitely want to try this fruit'n'veggies new way of living. But remember: all good things come to those who... take things slowly! Changing your lifestyle takes TIME and patience. And the right tips from the right people :)



# LET'S GO SHOPPING FOR FRUITS & VEGGIES!

There's nothing like the sight of a fridge full with fresh fruits & veggies! All those goodies just waiting for you to pick them :) Here is what you need for days 1 to 10.



- 7-10 bananas (remove peels before freezing)
- 1-2 pints raspberries
- 1-2 pints strawberries
- 2-3 pineapples
- 1-2 bottles raw coconut water (or 2-3 fresh young Thai coconuts)
- 20-24 navel oranges
- 16-18 zucchinis
- 6 mangoes
- 1 bunch green onions
- 1 bunch fresh rosemary
- 3 avocados
- 4 carrots
- 3 cucumbers
- 1 pint blackberries
- 7-8 (red, yellow, or orange) bell peppers
- 1 red onion
- 1 box mixed leafy greens
- 3-4 roma tomatoes
- 2 bunches of cilantro
- 12 lemons or limes
- 10-14 apples (honeycrisp, pink lady or fuji - or a mix)
- 1 bunch of celery
- 1 head romaine lettuce
- 1 head kale
- 1 bunch collard greens
- 1 pint cherry tomatoes (or 1-2 beefsteak tomatoes)
- 1 container of baby arugula
- 1 container alfalfa sprouts
- 1 bunch Italian leaf parsley
- 1/2 cup sesame seeds
- 1 bunch or box of spinach
- 1 bunch basil
- 1 bunch Swiss chard
- 1/2 cup pine nuts
- 3-4 lbs dates
- 2 cups figs (dried or fresh)
- Cinnamon
- Nutmeg
- Cumin
- 1 vanilla bean
- Rose water (optional)
- 1 bunch garlic (optional)
- 1 spicy pepper (optional)



Welcome to



## RASPBERRY VANILLA DREAM NICE CREAM

KRISTINA'S  
TIP OF  
THE DAY



Eating fullyRaw  
foods isn't a diet, it's  
a LIFESTYLE. Correct  
bad habits for good and  
you'll feel better for LIFE!

VIDEO OF  
THE DAY



Kristina welcomes  
you to FullyRaw  
with great advice  
on how to start.  
[CLICK HERE  
TO WATCH!](#)

Because it's DAY 1,  
we must celebrate!

There is no better way to  
celebrate than with some  
ice cream, so today, your  
first meal of our challenge  
is the Raspberry Vanilla  
Dream Nice Cream!

*Yum!*

### Ingredients:

7-9 frozen bananas  
2 cups raspberries  
1 cup strawberries (optional)  
Dash of cinnamon  
Pinch/ piece of vanilla bean

Click to SEE  
Kristina prepare  
this recipe



### Directions:

- Freeze your bananas overnight, peeled and placed in a Ziploc bag.
- When ready to make the ice cream, cut them into inch-sized pieces and blend them in a high speed blender like a Vitamix with your cinnamon and vanilla bean.
- Pour your banana ice cream into the bowl. Rinse your container.
- Blend your strawberries and raspberries and then pour them into the side of your bowl where you have your banana ice cream. Using a spatula, create a swirl of color with the red and white.
- Plate your ice cream and top with more berries!

**Savor and enjoy this dreamy  
deliciousness!**





## SWEET PINK SMOOTHIE

DAY 2 of the 21-FullyRaw Challenge calls for a simply Sweet Pink Smoothie!

Smoothies are a great meal replacement and SUPER easy to make in the mornings or for lunch. I like to make my smoothies right

before I drink them to help keep them fresh and flavorful. This one is fantastic to help give you a boost, whether you are starting the day or needing fuel after a workout. It's sweet, it's pink, and it's **TOTALLY DE-LISH!**

### KRISTINA'S TIP OF THE DAY



• Chew your juices and smoothies, don't just gulp them down. Drink them slowly and mix them with your saliva before swallowing.

### VIDEO OF THE DAY

Can you REALLY eat ONLY raw vegan? See for yourself! Here's what Kristina eats in a day. [CLICK HERE TO WATCH!](#)



### Ingredients:

Half of one pineapple  
1 cup of strawberries  
2 cups of young coconut water  
1 cup of freshly squeezed orange juice or 2 small navel oranges  
1 tsp. of rose water (optional)

### Directions:

- Blend all ingredients into your blender.
- Pour into a glass of your choice.
- Enjoy!

Click to SEE  
Kristina prepare  
this recipe





KRISTINA'S  
TIP OF  
THE DAY



Before  
asking if  
raw food  
has enough  
protein, ask  
if junk food  
has enough  
NUTRIENTS!



## THE FULLYRAW MANGO NOODLE AVOCADO SALAD

DAY 3 calls for The FullyRaw Vegan  
Mango Avocado Noodle Salad!  
One of my all-time favorites, you  
could eat this every night if you  
really wanted to... I kinda do!  
This is a delicious, sweet, simple,  
and sassy recipe that you will  
love and can easily share!

VIDEO OF  
THE DAY

What about  
juices and smoothies:  
which is better?  
See Kristina weigh  
the pros and cons.  
[CLICK HERE  
TO WATCH!](#)



### Ingredients:

5-7 zucchinis  
4-5 mangoes  
3-4 green onion tops  
1 Tbs. fresh rosemary  
1/3 an avocado

### Directions:

- Spiralize your zucchinis and place them in a bowl.
  - Then, blend the rest of the ingredients and pour the mango dressing over your noodles.
  - Mix in together and top with some green onions or chives.
- Enjoy this amazing dish!

Click to SEE  
Kristina prepare  
this recipe







# THE FULLYRAW RAINBOW SALAD WITH GUACAMOLE

DAY 4 of our FullyRaw 21-Challenge  
is rainbow delicious!

I hope that you are hungry, because this salad is truly filling, creamy, rich, and satisfying! It's fun and colorful. Have fun with this one. Never limit the amount of greens that you want. If you want more, go for more. Greens are essential to our health and they carry all of the minerals that our bodies need to function.  
**You can have your GUAC and eat it too!**

KRISTINA'S  
TIP OF  
THE DAY



Get yourself  
some good, sharp  
knives. They'll help  
save time, energy  
and product!

VIDEO OF  
THE DAY

Ok, and what  
about all kinds of  
cravings? Well, there's  
a smoothie for that :)  
Learn how to make it!  
[CLICK HERE  
TO WATCH!](#)

## Ingredients:

### FOR THE RAINBOW SALAD:

Carrots  
Mango  
Cucumber  
Raspberries  
Blackberries  
Red, Yellow, and Orange Bell Peppers  
Tiny bit of Red Onion  
Leafy Greens for the Salad!

### FOR THE FULLYRAW

#### LOW-FAT GUAC:

1-2 Cups Chopped Zucchini  
An avocado...or 2  
1/4 Cup Chopped Red Bell  
Pepper  
1/4 Cup Diced Red Onion  
Optional: 3-4 Roma Tomatoes  
1 Cup Chopped Cilantro  
Juice of 1 Lemon (or Lime  
Juice)

## Directions:

- For the salad, chop all ingredients and place them in the salad as shown in the video.
- For the GUAC, you can simply chop all ingredients and then mash your avocado in with a fork, or you can use a food processor and process them until it reaches the consistency you desire.  
**Eat your salad with your GUAC and enjoy!**



Click to SEE  
Kristina prepare  
this recipe







## THE FULLYRAW SOULSHINE JUICE

DAY 5's meal of the day calls for my **ALL-TIME FAVORITE JUICE** (other than my FullyRaw Watermelon Juice Secret!) This juice will give you the FullyRaw glow! For me, 64 oz. of this juice is a meal replacement. It's FANTASTIC to drink in the morning.

Spritz your greens with water and store them in the fridge, in a closed plastic bag. This will keep them crisp and fresh for an extra week or two :)

KRISTINA'S  
TIP OF  
THE DAY



VIDEO OF  
THE DAY

Break the myth that raw veganism is expensive :) Learn how to eat FullyRaw on a budget! [CLICK HERE TO WATCH!](#)

If you want to make this one the night before and drink it in the morning, that is ok too. Get ready for clear skin, shiny hair, and flat bellies! Who's excited for their Soul to Shine?! Grab your juicer and your strainer, and get started!

### Ingredients:

5-7 Honeycrisp or Pink Lady Apples  
Juice of 2-3 Lemons or Limes  
5-6 Stalks of Celery  
1 Cucumber  
Half Head of Romaine  
1 Head of Kal

### Directions:

- Place all ingredients through a juicer, strain it, and pour it into the glass of your choice.
  - Begin to watch your Soul Shine!
- Enjoy and give hugs :)

Click to SEE  
Kristina prepare  
this recipe





# JUICES VS. SMOOTHIES

They're both delicious and easy to make, but what's the difference between them? In case you missed my video from day 3, here are the top things to remember about juices and smoothies. **You can still WATCH THE VIDEO HERE.**

**ONE IMPORTANT THING TO REMEMBER:**  
Be sure to chew your juices and smoothies. Don't just gulp them down. Taste them, drink them slowly, and mix them with your saliva. Carbohydrate digestion starts in the mouth, and you want to be sure that you are absorbing all of the nutrients that you can!

## JUICE

Light drink, with no pulp and no fiber

### WHAT IS IT?

Made with a juicer  
I use the Omega Juicer

### WHAT IS IT MADE WITH?

- Nutritionally concentrated food
- Feeds your body on a cellular level more directly than any other form of eating

### NUTRITION

- Speeds up digestion
- Nutrients are absorbed fast

### DIGESTION

- Gives you a rush of energy because your body is absorbing the nutrients much more quickly
- Undiluted fruit juices can spike your blood sugar

### ENERGY & SUGAR

You CANNOT live on juices alone

### CAN YOU LIVE ON IT?

Sometimes pricier because it takes more produce to make a serving

### COST

Everything except low moisture fruits and veggies like bananas, dates, beets, lettuce, celery

### WHAT FRUITS/VEGGIES CAN YOU USE?

- Better when you're not as hungry and want a concentrated source of nutrition
- Great in the morning because it's lighter and digest more quickly and easily. It wakes up your system, give you fuel after a good night's sleep, and hydrates you after "fasting" throughout the night.

### WHEN TO EAT IT?

## SMOOTHIE

Full drink, with the entire fruit or vegetable pulverized into it

Made with a blender  
I LOVE the Vitamix

Less concentrated than a juice, however, it's more of a complete meal and a complete food

- The fiber in a smoothie slows down its movement through the digestive tract so the nutrient absorption happens gradually
- It's easier to digest than the fruit or vegetable as a whole

- Creates a steady flow of energy over several hours
- The slow release of nutrients into your blood discourages blood sugar spikes
- Keeps you fuller longer

You CAN live on smoothies alone

Sometimes more cost efficient because you are using the whole fruit or vegetable, nothing is wasted

Any fruit or vegetable, however tougher veggies may leave your smoothie a little gritty

- Anytime you want something to keep you full.
- Good for breakfast, but better for lunch or dinner because it is a nearly effortless way to get a complete meal.
- Drinking smoothies regularly helps you easily maintain a FullyRaw diet.





## THE FULLYRAW BURRITO

DAY 6 brings a little culture to your plate! Your 1 FullyRaw meal a day today will be the FullyRaw Burritos! Are you ready for some raw TexMex?!? Hope you're hungry because this one is filling and satisfying to every taste-bud on your palate!

**BIGGEST LIE EVER:**

"I'll start dieting tomorrow"  
... So why not start today?!

I typically eat around 4-5 of these for ONE meal. If you are going to make these for your one-meal-a-day challenge, this may be the best option for a dinner meal. It's SO fun to make and great to make with loved ones because it's SO delicious and flavorful that even if they aren't vegetarian, vegan, or foodies, they will most likely enjoy it as well! These wraps are awesome...  
I really can't say that enough!

### KRISTINA'S TIP OF THE DAY



### VIDEO OF THE DAY



In Kristina's house, even the fridge is FullyRaw! Take a peek in her weekly stash of fruits and veggies: [CLICK HERE TO WATCH!](#)

## Ingredients:

### FOR THE BURRITO:

Large Collards Leaves  
1-3 Colorful Bell Peppers  
Half of One Zucchini  
One Cucumber  
1-2 Shredded Carrots  
Juice of 3 Lemons  
Tomatoes (Beefsteak or Cherry)  
Small Bunch of Cilantro  
Green Onions  
Few Leaves of Arugula  
Alfalfa Sprouts  
Tsp of Cumin  
Less than a Quarter Cup of Sesame Seeds  
Quarter of an Avocado  
Optional: Red Onion, Spicy Peppers, and Celery Bits

### FOR THE AWESOMESAUCE:

Half a Zucchini (more if desired)  
Less than the quarter cup of Sesame Seeds  
Juice of 3 Lemons  
Few Sprigs of Green Onion  
1 Bell Pepper (preferably red)  
Optional: Spicy Pepper

## Directions:

- Take your collard leaf and destem the backend (not fully), but just enough to take away the very thick part of the stem as shown in the YouTube video above.
- Lay out your leaf.
- Blend the ingredients for the saucy spread! Spread on the AWESOMESAUCE with the ingredients listed above.
- Spread the Awesomesauce on the back of the leaf.
- Chop, slice, and dice all other ingredients and layer them on top of the sauce on the leaf.
- Top with a slice of avocado, sprouts, or more sauce!
- Fold in the sides and wrap around the ends.
- Flip over the burrito "baby" and cut it in half with a knife! Allow all the beautiful colors inside to be shown to you....

Take a BIG BITE and savor!



Click to SEE  
Kristina prepare  
this recipe





# THE FULLYRAW ORANGE SPINACH BASIL SMOOTHIE

Make your smoothies right before eating them. In about an hour, oxidation occurs and changes color, taste and nutrient value.

KRISTINA'S  
TIP OF  
THE DAY

**DAY 7 is lucky!**  
I say lucky because I am about to introduce you to one of your **NEW** favorite combinations! The FullyRaw Orange Spinach Basil Smoothie isn't just delicious, but it has a myriad of health benefits that will make you feel **GOOD**.

Best had for breakfast or lunch, this smoothie is filled with simple carbohydrates to give you fuel throughout the day, minerals for balance, and even herbalicious freshness of breath!

This smoothie is made with only 3 ingredients. A smoothie cannot get more simply succulent! I promise this one will make you want to morph into a different taste-bud dimension!

I present The **AMAZING** Orange Spinach Basil Smoothie!

VIDEO OF  
THE DAY

Raw vegan or not, what comes out of your body is equally important as what goes in. **LET'S TALK ABOUT WHAT'S THE SCOOP ON POOP!**



## Ingredients:

1 Pint of Fresh Squeezed Orange Juice  
1 Cup Fresh Spinach  
Half to One Cup of Fresh Basil or Cilantro

## Directions:

•Blend all ingredients in your blender as shown in the video  
**Pour and enjoy!**

Click to SEE  
Kristina prepare  
this recipe



day  
8

## THE FULLYRAW SUNBURST JUICE

DAY 8 of the FullyRaw 21-Challenge  
is the FullyRaw Sunburst Juice!

Do you want to taste a juice that  
will make you BURST with energy,  
goodness, and life?! My Special  
Sunburst Juice will bring Sunshine  
into your day!

KRISTINA'S  
TIP OF  
THE DAY



Ultimately,  
it's about what  
makes you happy.  
When you are  
truly happy, you  
will begin to  
discover true  
health.

To make this juice a meal, I drink anywhere  
from 32 oz. to 64 oz. of this juice. This juice  
is beneficial because it is high in Bromelain,  
Vitamin C, Vitamin K, Vitamin A, and ... wait  
for it... \*sparkle!\* It is known to help with  
inflammation, arthritis, acne, digestion, and  
migraines. It is power-house packed with  
simple carbohydrates to keep you energized  
throughout the day, and it even gives you  
that special raw glow that you seek! If you  
have blood sugar issues or are concerned  
about the sugar, simply juice it with 3-4  
leaves of kale and a head of spinach.

VIDEO OF  
THE DAY



Extra recipe  
today!  
CLICK TO WATCH  
Kristina prepare the  
delicious FullyRaw  
Noodles with Avocado  
Basil Pesto!

Click to SEE  
Kristina prepare  
this recipe



### Ingredients:

1-2 Large Pineapples, Sliced  
5-7 Pink Lady for Fuji Apples  
Juice of 7 Oranges  
Juice of 1 Lemon  
3-4 Leaves of Kale

### Directions:

• Run all ingredients through your  
juicer, strain, and enjoy!







## FULLYRAW LASAGNA

DAY 9 of our challenge is  
**FullyRaw Lasagna!**  
Salt-free, vegan, and oil-free!  
So rich in flavor you'll  
fall in love!  
Share a slice with your  
family and friends!  
**MAMMA MIA!**

Detox may  
feel awful...  
But hang  
in there,  
you'll feel  
**AMAZING**  
once you  
get all gunk  
out of your  
system.

**KRISTINA'S  
TIP OF  
THE DAY**

**VIDEO OF  
THE DAY**

By day 9  
you're probably  
beginning to experience  
DETOX. Learn all you  
need to know about it:  
what, why, how, and how  
long? [CLICK HERE  
TO WATCH!](#)



### *Ingredients:*

#### FOR YOUR ZUCCHINI PASTA:

Mandolin sliced 5-7 zucchinis

#### FOR THE ZESTY SPREAD FILLING:

3 cups of arugula  
1-2 cups of Italian leaf parsley  
1 bunch cilantro  
1-2 diced green onion  
1 small bunch spinach  
3-4 de-stemmed Swiss Chard leaves

#### FOR THE FULLYRAW MARINARA:

4 cups of cherry tomatoes  
Remaining stems of Swiss Chard  
Oregano  
Basil  
Thyme  
Dill

#### FOR PINE NUT CREAM:

1-2 zucchinis  
Half cup of raw pine nuts  
1 small clove of garlic

### *Directions:*

- For the zesty spread filling, process all ingredients in a food processor until it becomes as shown in the video
  - For the marinara, blend all ingredients until smooth like marinara
  - For the pine nut cream, blend ingredients and make cream
  - Assemble all as shown in the video
- Share with family and friends and enjoy!**

Click to **SEE**  
Kristina prepare  
this recipe







## FULLYRAW APPLE PIE

KRISTINA'S  
TIP OF  
THE DAY



Eat only what your  
grandparents would  
call REAL FOOD.  
If it's a plant, eat it!  
If it's made in  
a plant...don't.

DAY 10 is the FullyRaw Apple Pie!

Now, I know I call this a pie, but  
it's LOW-FAT and high in  
carbohydrate, so a few large  
slices can actually be eaten  
as a meal replacement!

If you have a sweet tooth, this  
one will totally hit the spot! The  
main ingredients are apples and  
dates... get ready for a slice!

Yummy yummy yummy  
I got pie in my tummy!

I hope that you enjoy my special  
twist on this classic pie! It's raw,  
vegan, and simply delicious!

VIDEO OF  
THE DAY



Extra recipe  
today: hydration and  
vacation in a bottle!  
[CLICK TO WATCH](#)  
Kristina prepare the  
delicious Brazilian  
Limeade!

Click to SEE  
Kristina prepare  
this recipe



### Ingredients:

#### FOR YOUR ZUCCHINI PASTA:

Approximately 10 apples of your  
choice (Fuji or Honeycrisp)  
3-4 pounds of pitted dates  
Raw dried figs (fresh figs work as well)  
Cinnamon  
Nutmeg

### Directions:

#### FOR THE CRUST:

- In a food processor, combine the dried figs and approx. 2 lbs of dates until it reaches a cookie dough consistency.
- Press this crust into the bottom of your pie pan dish.

#### FOR THE APPLE PIE FILLING:

- Blend 3 apples with approx 1 lb of dates, cinnamon, nutmeg, and a small bit of water until it reaches a thick, smooth, pie filling consistency.

#### FOR THE LAYERS:

- Thinly slice your apples with a knife or with a mandolin and start layering your apple slices with your pie filling as shown in the video.
- I alternate between an apple layer with an apple pie filling spread layer.
- Layer up to the top, remove the hold, and slice yourself a little piece of heaven!

Enjoy immensely and share with family and friends!







## FRUITS & VEGGIES

- 14 ripe, spotty bananas
- 2-3 cups dried mulberries
- 9-10 large zucchinis
- 1 bunch kale
- 1 head romaine lettuce
- 2 bunches or box of spinach
- 1 pint raspberries
- 2-3 pints blueberries
- 2-3 pints strawberries
- 2 thumbs fresh ginger
- 1 bunch parsley
- 3-4 navel oranges
- 6-7 pink lady or Fuji apples
- 4-5 pints cherry Tomatoes or grape tomatoes (or Roma)
- 1 small thumb of turmeric
- 2 bunches cilantro
- 8-10 carrots
- 12-17 tomatoes (beefsteak)
- 4 cups mushrooms of your choice
- 3-4 cups sundried tomatoes (no salt, no oil)
- 8-10 bell peppers (red, orange, or yellow – or a mix of the three)
- 1 bunch celery
- 1 bunch leeks
- 5-6 bunches green onion or scallions
- 1 green cabbage
- 1-2 red cabbages
- 2 pineapples
- 3-4 mangoes
- 2 cups sesame seeds (unhulled)
- 4 cups raw almonds
- 5-6 young Thai coconuts
- 20-24 Medjool dates
- Raw almond butter
- 1/2 lb fresh figs (or dried)
- 1/2 cup raisins
- 1 small bunch broccoli
- 1 package baby carrots (optional – you can use normal carrots, too)
- 2 cucumbers
- 1-2 kiwis
- 1 lb grapes
- 32 oz. FRESH orange juice
- 5-7 small blood oranges (if available, otherwise any orange)
- 1/2 cup hemp seeds
- 1 beet
- 1 cup raw corn (about 2 ears of corn)
- 1 avocado
- 1 red onion
- 1/4 cup carob powder
- 1 container bean sprouts
- 2 limes
- A few tamarinds
- 1/2 cup pistachios
- 1/2 cup fresh apple juice (or juice 2-3 apples yourself)

## HERBS & SPICES

- Fresh sage
- Fresh basil
- Fresh mint
- Fresh rosemary
- Fresh thyme
- 1 vanilla bean (or extract)
- cinnamon
- nutmeg
- paprika
- sage
- cumin
- thyme
- chili powder

## OPTIONAL

- 1 jalapeno (optional)
- 1/4 cup cacao nibs or powder (less fat in the powder – optional)
- A few garlic cloves (optional)
- Rose water (optional)
- A few cashews (optional)
- Cayenne Pepper (optional)



IT'S TIME  
FOR SOME MORE  
SHOPPING!

Whoo hoo! You're almost half way through the challenge! And it's time to refill your fridge with fresh goodies! Here is what you need for days 11 to 21.





# FULLYRAW MINISTRONE SOUP

DAY 11 of our one meal a day FullyRaw challenge calls for an epic soup recipe!

Allow me to reintroduce the FullyRaw vegan minestrone soup! Savory, sweet, and satisfying! If you are wanting to cuddle up with something savory, this is you're new healthy snuggle food! ...yes, I just said snuggle.

You CANNOT get rid of cellulite using foams or lotions or magical creams!

KRISTINA'S  
TIP OF  
THE DAY



VIDEO OF  
THE DAY

HOT TOPIC!  
See Kristina's tips  
on how to GET RID  
of cellulite!  
[CLICK HERE  
TO WATCH!](#)



## Ingredients:

10-15 beef-steak tomatoes  
Strained Tomato Juice  
1 Bell pepper juiced  
1 cup of diced Carrots  
1-2 Diced or Spiralized Zucchini  
1 cup of Baby spinach  
1 cup sliced Cherry tomatoes  
1 cup of chopped celery  
1/2 cup of Parsley  
1/2 cup of Cilantro  
1/2 cup of chopped Mushrooms  
1/4 cup of diced Leeks  
1/4 cup of diced Green Onion  
A few sprigs of Thyme Dried or Fresh  
4-5 Sage Leaves  
A pinch of Cayenne pepper for those who want a kick

## Directions:

### BASE:

- Juice the beef-steak tomatoes, the Red bell pepper, and a few stalks of celery.
- Strain several times until you are left with a tomato broth as a base.

### SOUP CREATION:

- Pour your base into your beautiful minestrone soup bowl, and sprinkle in your ingredients! Voila! You have minestrone soup!
- If you want your soup to be more flavorful, simply allow your soup to sit for approximately 30 minutes to an hour to allow the broth to absorb the flavors.

Click to SEE  
Kristina prepare  
this recipe







# RAINBOW CABBAGE COLESLAW WITH FULLYRAW MAYONNAISE

DAY 12 of the FullyRaw  
21 Challenge is my  
FullyRaw Vegan Rainbow  
Coleslaw Salad Recipe  
with a FullyRaw  
Mayonnaise!

This meal is best eaten  
as a lunch or dinner  
because it's slightly more  
complicated with many  
ingredients, and it's one that  
you want to savor!  
Delicious, healthy, creamy,  
and crunchy, this salad is  
the perfect dish to share!

VIDEO OF  
THE DAY

Extra recipe  
today! See Kristina  
prepare the delicious  
FullyRaw Mashed  
Potatoes... with NO  
potatoes :)  
[CLICK HERE  
TO WATCH!](#)

KRISTINA'S  
TIP OF  
THE DAY



Stop overeating  
when you are stressed.  
Take deep breaths and  
try to figure out  
what's going on  
emotionally.  
Are you REALLY  
hungry?

## Ingredients:

### FOR THE SALAD:

One green cabbage, shredded  
One red cabbage, shredded (adjust as  
necessary)  
2 cups shredded carrots  
1-2 cups green onion  
2 cups diced tomato  
One red bell pepper  
One orange bell pepper  
One yellow bell pepper  
Any other desired ingredients of your  
choice!

### FOR THE FULLYRAW MAYONNAISE:

2 cups ripe pineapple, cut  
2-3 cups ripe mango, sliced  
1 cup unhulled sesame seeds  
Small handful of green onion  
Small bunch of fresh rosemary (approx  
1 Tbsp.)

## Directions:

- Chop all ingredients and mix in a bowl.
  - Blend the ingredients for the  
dressing and then mix into  
the salad.
- Voila! Enjoy!

Click to SEE  
Kristina prepare  
this recipe





# 8 Tips on How to Handle Detox

Detox -- the process in which you rid your body of toxic, unhealthy substances -- is a GREAT thing, but it can be a difficult experience. Some people have headaches, flu-like symptoms, skin or rash flares, acne flare, emotional aggravation, intense cravings, hair loss, itching, and more.

But trust me, it IS WORTH IT! Once you get rid of all the gunk, you'll feel AMAZING! Imagine having abundant energy, clear skin, amazing digestion, proper elimination, weight stabilization, and GOOD HEALTH.

LET ME HELP YOU  
GO THROUGH IT :)  
HERE ARE MY TIPS  
ON HOW TO EASY  
HANDLE DETOX!

**1**  
**Drink lots of water** to flush out toxins and keep you hydrated. I almost always have my glass water bottle with me, a bottle of Evamor water, or a fruit infused water.

**2**  
**Get proper sleep.** This is important because your body repairs and restores when we sleep. REST = REPAIR

**5**

**Do some dry skin brushing.** This circulates the blood flow in your body. It brushes off all of those dead layers of skin, revealing that new glowing skin you have coming up. Skin brush in the shower, and brush in a circular motion towards your heart.

**8**

**Get support:** Sometimes, you're just going through a rough time and you need to hear an encouraging voice. Find 1-2 friends who support you 100%. Allow them to be there for you, and you be there for them.

**3**  
**Get exercise.** This helps to speed up detox at times and it reenergizes you. Get your body

**3**

moving by running, walking, practicing yoga, swimming, boxing, whatever you love.

**4**

**Get some daily sunshine or spend time in nature.** I find that if I spend at least 20 minutes a day in the sun or outside, my mood is immediately elevated, I breath better, I feel more relaxed, and I even get in a dose of Vitamin D. While you do this: pray, meditate, think of things that you love, and be present in the moment.

**6**

**If you wish, start using essential oils.** Oils like peppermint and lavender are great for energizing your body, clearing nasal passages, fighting colds or coughs, skin care, sleeping better, and more. I love Young Living and DoTerra oils, and I use a plethora of them daily. I love my oils.

**7**

**Journal:** keep yourself motivated, inspired, and ON TRACK. Write down your goals. Find inspiration quotes that you love and read yourself affirmations daily. Write DAILY. When I first went raw I wrote down EVERYTHING. Literally. I wrote down what I ate, what I did, and noted all the changes my body was going through. This helped me to push through when I needed encouragement. **The most powerful voice of encouragement that you have comes from within.**





# BANANA CINNAMON COCONUT DATE SMOOTHIE

**DAY 13** is a sweet banana  
coconut cinnamon smoothie!

It's affordable, easy, and satisfying.  
You can have this smoothie at any  
time of the day, for breakfast,  
lunch, or dinner. You can always  
add in some kale or spinach if you  
want it to be more of a  
balanced meal.

KRISTINA'S  
TIP OF  
THE DAY



Make lunch your biggest meal calorie  
wise. Have a fruit smoothie, it  
will make you feel full.

VIDEO OF  
THE DAY

Let's talk about  
EXERCISE and  
finding your inspiration  
to start an exercise  
that YOU love!  
[CLICK HERE  
TO WATCH!](#)



Click to SEE  
Kristina prepare  
this recipe

## Ingredients:

6-7 ripe, speckled bananas  
1 tablespoon of cinnamon  
1-2 cups of raw young coconut  
water  
5-6 pitted dates

## Directions:

• Blend all ingredients in a  
high speed blender, pour, and  
enjoy!







## FULLYRAW CEREAL

DAY 14 is FullyRaw vegan cereal!  
Cereal may be a typical breakfast meal, but you can have this dish ANYTIME of the day! It's free of animal products, it's gluten free, it's low in fat, and it's healthy for you! Start your day feeling GRRRRREAT!

KRISTINA'S  
TIP OF  
THE DAY



VIDEO OF  
THE DAY



How to keep your social life when eating FullyRaw? Kristina does it for 9 years now! So you can do it too! [CLICK HERE TO WATCH!](#)

Learn your true signs of hunger and be STRONG enough to respect and honor them! Don't snack between meals.

### Ingredients:

#### FOR THE ALMOND NUT MYLK:

2-3 Cups Almonds Soaked Overnight and Strained  
Water of 1-2 Coconuts (about 20 oz)  
2-3 Cups of Blueberries or Strawberries  
Half a Cup Pitted Dates  
Cinnamon  
Dash of Nutmeg

#### ANOTHER MYLK OPTION - BANANA MYLK:

2 Bananas  
2-3 Cups of Young Coconut Water

#### FOR THE CEREAL:

2-3 Cups of Mulberries  
Handful of Blueberries or Raspberries  
Quarter Cup of Raw Raisins  
1 Sliced Banana  
Handful of Sliced Strawberries

### Directions:

#### FOR THE ALMOND NUT MYLK:

- Soak your almonds overnight or for 7-8 hours.
- Rinse and strain the nuts.
- Place them in a bowl with your coconut water.
- Run the nuts with the water through an Omega Juicer or a Hurom with a ladle.
- You can also blend the nuts with coconut water in a Vitamix and strain with a nut-milk bag.
- Strain your nut-milk after you run it through the juicer for extra smoothness.

#### FOR THE OTHER MYLK OPTION - BANANA MYLK:

- Blend until frothy, then pour over cereal!

#### FOR THE CEREAL:

- Add your cereal into a bowl, pour over with you mylk.... dig in your spoon and enjoy!



Click to SEE  
Kristina prepare  
this recipe







## FULLYRAW LUNCHBOX IDEAS

DAY 15 calls for some FullyRaw Lunchbox Ideas! Everyone wants something hearty, quick, and filling to bring to lunch. You will LOVE these FullyRaw Lunchbox Sets!

Whether you're a kid or all grown-up, my lunch meal plans are fun, easy, and delicious for all! Size them to fit your needs. For these sets, simply use your Tupperware or Bento Box of choice. I like to use fun colors because eating from colorful food containers makes the experience that much more enjoyable!

KRISTINA'S  
TIP OF  
THE DAY



VIDEO OF  
THE DAY



Weight loss is easier than you think! You just need to learn a few things from Kristina. [CLICK HERE TO WATCH!](#)

Plan your meals ahead of time so that it takes away the guessing game before it happens.



### *Ingredients:*

#### THE BANANA BUTTER BOWL SET:

3-4 Bananas  
1-2 Apples  
Cinnamon  
1-2 Tbs. Almond Butter  
Handful of Blueberries  
Celery Sticks  
Carrot Sticks  
This set can be paired with my FullyRaw Soulshine Juice!

#### THE FULLYRAW TRAIL MIX:

Half Pound Sliced Figs  
1 Apple  
Cinnamon  
Raisins  
2-3 Bananas (Optional)  
Few Cashews  
Broccoli  
Baby Carrots  
Raspberries  
This set can be paired with my Magical Pink Juice!

#### THE FULLYRAW TROPIC BOX:

1/3 Ripe Pineapple  
1 Mango  
1 Colorful Bell Pepper  
2 Cucumbers  
Sliced Kiwi  
Grapes  
1-2 Dates for Dessert!  
This set can be paired with fresh squeezed Orange Juice!

### *Directions:*

• Please note that these amounts are aimed towards children, but these recipes are enjoyable to ALL! You can simply adjust the portion sizes and bring the sets with you to work, picnics, events, etc. They are so fun and yummy that your entire family will love them! Create a happy, healthy home and lifestyle and feel good about the foods that you eat and that you feed your children.



Click to SEE  
Kristina prepare  
this recipe



# HOW TO GET RID OF CELLULITE

Cellulite is a tricky subject. You don't have to be overweight or unhealthy to have cellulite. Anyone can have it. I have had it even when I was at my lowest of weights. I am going to share with you my secrets on HOW to reduce it or completely getting rid of it.

**NO**

## NO LOTIONS

You cannot get rid of cellulite using foams or lotions or magical creams.

## NO TREATMENTS

Medi-Spa Treatments do not work

## NO GIVING UP

Cellulite is not genetic; you CAN get rid of it

**YES**

## YES YOU CAN

You can get rid of cellulite no matter how old you are

## CHOOSE THE RIGHT WAY

The ONLY way to get rid of cellulite forever is with specifically targeted lower-body movements of exercise or with the following tips that I am about to give you RIGHT NOW...

**DRINK WATER** or eat only hydrating foods like fruits and vegetables. Eat FullyRaw... YES, it HELPS TREMENDOUSLY!

**BUILD MUSCLE!** Do squats, lift weights, run, etc.

**STRETCH** or use a foam roller

**EXERCISE CONSISTENTLY.** Not just once a week, but everyday. Specifically target the areas you want to work on and build muscle in those areas.

**SKIN BRUSH!** Get your circulation moving in those areas

**GET A TAN!** Adding a little color helps to camouflage the area.

**EAT A LOW FAT DIET.** Eating FullyRaw isn't enough. Reduce the amount of fats like nuts or seeds that you eat to no more than one handful a day.

**COFFEE SCRUBS!** I once heard about this and thought it was crazy, but it's a great exfoliator that also helps to tighten your skin. Only thing is that you smell like a cup of coffee afterwards.

**MASSAGE YOUR SKIN** with oils like coconut oil, avocado oil, shea butter, and essential oils. It's better for your skin, helps to moisturize, create vibrancy, and helps with the elasticity of your skin.

**HAVE SOME PEPPER!** They say the consumption of cayenne pepper on your food or in your drinks helps to not only eliminate toxins from your body but also help you use energy more quickly. Cayenne pepper naturally heats up the body, increase blood circulation, and boost metabolism.

Missed my Day 11  
Video on cellulite?  
You can still  
[WATCH IT HERE!](#)





## FULLYRAW CURRY NOODLES

DAY 16 of our 21-Challenge calls for  
FullyRaw Curry Noodles! YUM!

If you like curry, you will LOVE this  
FullyRaw Curry Noodle recipe! It's fresh  
in flavor, savor, richness, and nutrition!

This delicious dish is so  
flavor-filled that it will have  
your taste buds bursting  
with flavor!

Cleanse the body,  
cleanse the mind!  
Set a goal to achieve  
something that is so  
big, that it excites  
you and scares you  
at the same  
time!

KRISTINA'S  
TIP OF  
THE DAY



VIDEO OF  
THE DAY



Did you know you  
could shed your  
extra pounds with a  
DELICIOUS smoothie?  
Learn how to make it!  
[CLICK HERE  
TO WATCH!](#)



### *Ingredients:*

3-5 large zucchinis (depending on how much  
you want)  
3-4 small navel oranges  
1-2 cups of orange/red cherry tomatoes  
2 Tbps to half a cup of raw, unhulled sesame seeds  
Fresh herbs of basil, sage, and rosemary  
1 Tbps of tumeric  
1 Tbps of curry powder  
A pinch of cumin

### *Directions:*

- Spiralize your noodles as shown in the video. If you don't have a spiralizer, you can get one at [shop.rawfullyorganic.com](http://shop.rawfullyorganic.com)
- Next, blend all of the rest of the ingredients in a high speed blender like a Vitamix until completely smooth and creamy.
- Pour the sweet curry sauce over your noodles and mix well.  
Enjoy!

Click to SEE  
Kristina prepare  
this recipe







## THE FULLYRAW LOVE ELIXIR JUICE

### DAY 17 of the 21-Challenge needs a little love!

Today, we will be drinking The FullyRaw Love Elixir Juice! A shot of PURE LOVE to the heart! If you prefer another juice, you can search my FullyRaw RefreshMINT Juice on YouTube for more juice ideas! Please cater your meals to fit your needs!

When you eat FullyRaw, you eat foods that LOVE YOU BACK! They are good for your body, for your soul, for your emotions, and for the planet! When you eat these foods that taste good, you cannot help but smile and feel uplifted! This juice is PURE LOVE for your body and spirit and for anyone around you with whom you want to share! It's an elixir! An elixir for Love! ...am I being too cheese for you?!

You don't need anyone to love you to make you feel worthy, you must do that yourself.

KRISTINA'S  
TIP OF  
THE DAY



VIDEO OF  
THE DAY

Who doesn't LOVE a good sandwich? Learn to make them, with NO BREAD, FullyRaw style! [CLICK HERE TO WATCH!](#)

### Ingredients:

Half to one pineapple (3-4 cups)  
5-7 mini blood oranges  
1-2 cups of strawberries  
4-5 pink lady or fuji apples  
1 tsp of rose water

### Directions:

• Run all ingredients through your juicer, pour, and enjoy!

Click to SEE  
Kristina prepare  
this recipe







# FULLYRAW RAINBOW SALAD WITH A HOT PINK SALAD DRESSING

Everyone  
wants happiness,  
no one wants  
pain...but you  
can't have a  
rainbow,  
without a  
little rain!

DAY 18 is a FullyRaw Rainbow Salad  
with a HOT PINK Salad dressing!

I recently made this recipe in a  
YouTube video, and it's TOO GOOD  
not to share. When you eat foods  
that look STUNNING, it's hard not to  
WANT to eat them. This dressing is  
appetizing to the eye, it's sweet, and  
it's just... HOT.

VIDEO OF  
THE DAY

Extra recipe  
today! Learn how to  
make DELISH Rocky  
Road Ice Cream... with  
NO chocolate and NO  
marshmallows :)  
[CLICK TO  
WATCH](#)

KRISTINA'S  
TIP OF  
THE DAY



## Ingredients:

### FOR THE SALAD DRESSING

16 oz freshly squeezed orange juice  
2 green onions  
1-2 cups cherry tomatoes  
2 tablespoons of sesame or hemp seeds  
3 sprigs rosemary  
Small handful of basil  
Slice of one beet  
Optional: small thumb of ginger or  
jalapeño

### ADDITIONAL TOPPINGS FOR YOUR FULLYRAW SALAD

Kale  
Romaine  
Spinach  
Rainbow Bell Peppers  
Shaved carrots  
Purple cabbage  
Raspberries  
Strawberries  
Any other topping that you desire!

## Directions:

- Blend all the dressing ingredients in  
a high speed blender like a Vitamix
- Pour it over your salad and enjoy!

Click to SEE  
Kristina prepare  
this recipe







# My top 5 Weight Loss Secrets

These are way easier than you think. Sometimes it's the most simple of things that are the most effective. Small steps make the biggest leaps! Commit yourself to it and stay committed. You WILL see results!

## GET RID OF THINGS

Slowly but surely remove these five foods from your diet. If you can't remove them completely, then try to reduce them significantly. You will sleep better, have more energy, feel lighter, and ultimately lose weight and keep it off.

- Meat
- Dairy Products (like cheese and milk)
- Gluten (which includes breads and pastas)
- Oils (oils are processed, pure fat)
- Salt
- Each of these effects your health, your hormones, your mood, and more. Replace these foods with raw fruits and veggies. Eat as much of that abundance as you wish! You can find TONS of my recipes at [www.fullyraw.com](http://www.fullyraw.com).

## EXERCISE

My third secret is hardly a secret, but it's SO necessary that I mention it here: EXERCISE. It's not what you think. Exercise doesn't have to be torture. Find something that you LOVE to do! Do it for 30 minutes to 1 hour each day. It's as easy as that. The real secret comes with learning intensity. I will share that short circuit intensity mixed with long distance or endurance reaps the best results.

## MAKE ZOODLES!

This suggestion is totally a-typical, but I have to share it! Two of my best weight loss foods are cucumbers and zucchinis. One of my favorite ways to enjoy them that is pretty much addicting is by making them into noodles... or what I like to call noodley dooldley zoodles. ;) They are filling and delicious and low in sugar and calories too. You can literally eat as MUCH of these 2 items as you wish and be in the negative calorie zone for the day. Try 5-6 zucchinis or cucumbers spiralized for dinner along with a homemade tomato sauce, and voila! You have some deliciousness. If you don't have a spiralizer, you can find one [here](#).



## EAT EARLY, SLEEP EARLY!

I always leave at least 3 hours between my dinner and the time that I go to sleep. Eat the bulk of your calories early on in the day. If you're using energy all day, you want to be replacing that energy with GOOD fuel for you body. Eat all the fruit you care for during the day and reduce the amount of fruit that you eat at night. If you eat the bulk of your calories at night right before you go to sleep, it may cause unwanted weight gain. So, eat fruit during the day and eat salads at night.



## TAKE DEEP BREATHS

...And talk yourself through it. Often we tend to overeat when we are STRESSED. The problem isn't the food. The problem is US. It's our anxiety, it's our STRESS that makes us want to grab for something that will completely numb us from feeling whatever we are feeling. In a time of desperation or distress, the easy solution is to simply sit on your butt and grab the cookie. However, the brave, strong person here will learn to take deep breaths and truly figure out what is going on inside emotionally. Are you actually hungry? Are you eating for hunger or for emotional relief? First, figure that out. If you are eating for hunger, that is perfectly fine. I find that it helps to plan my meals ahead of time so that it takes away the guessing game before it happens. If you are eating to "stuff," then meditate, talk yourself through it, be compassionate with yourself...and most importantly...be strong enough to grab some fruits or veggies to eat with rather than something that you will regret eating later.



Missed my  
Day 15 Video on weight loss?  
You can still [WATCH IT HERE!](#)





## FULLYRAW CHILI

It's DAY 19...are you ready to spice it up?! If so, then you **MUST** try my FullyRaw vegan low fat chili! Hearty, satisfying, rich, and fun, this bowl of epic deliciousness is a special treat to share with all your family and friends!

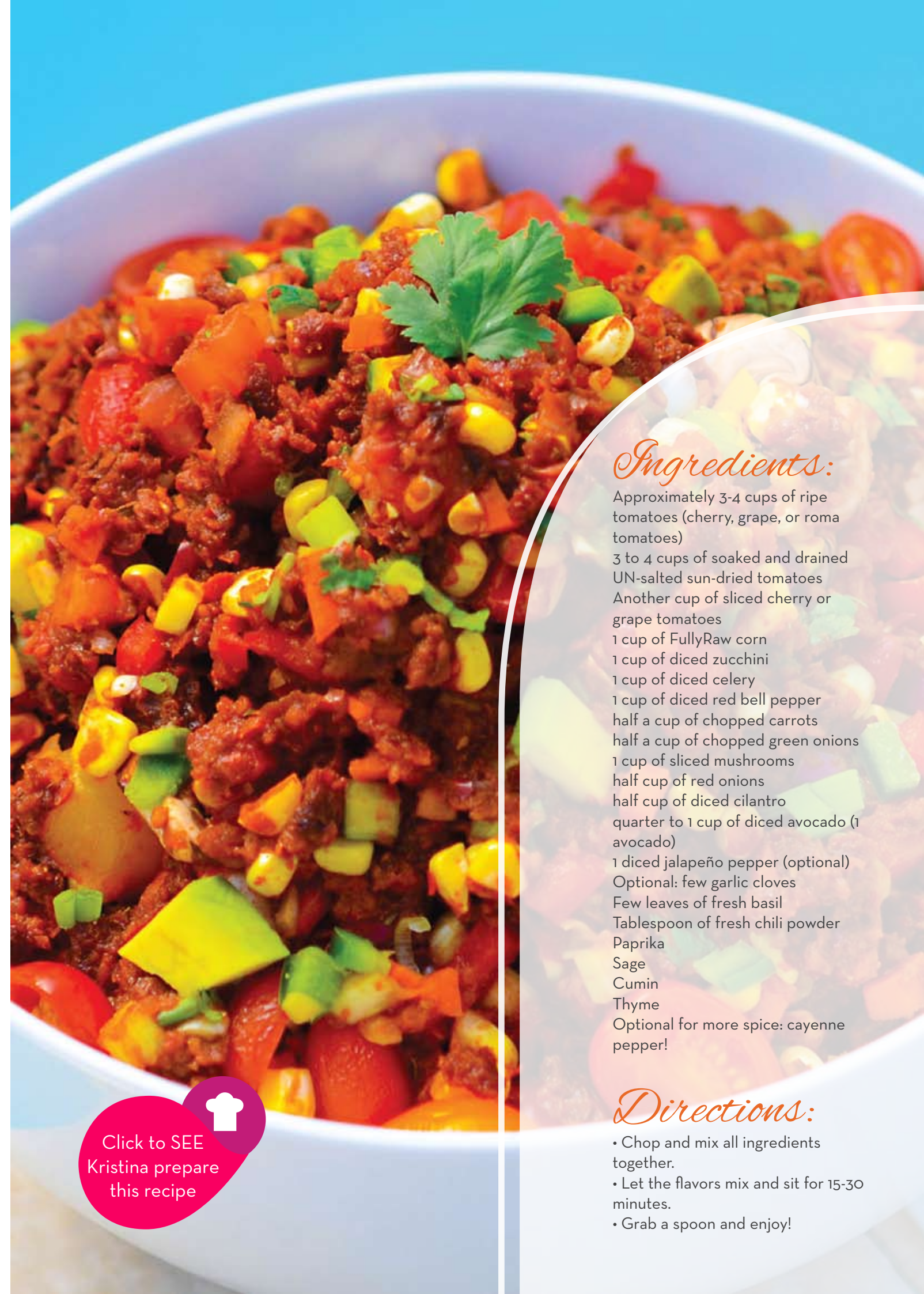
This is a LONG list of ingredients that I use in my chili, many of which are fresh herbs or spice. The main ingredients are listed near the top of the list. Feel free to use whichever items look best to you and leave out the ones that don't. The dish will taste delicious regardless! When you are ready, start chopping... Oh and be sure to get the UN-salted sun-dried tomatoes if you aren't dehydrating them yourself.

Exercise doesn't have to be torture. find something that you LOVE to do!

KRISTINA'S  
TIP OF  
THE DAY

VIDEO OF  
THE DAY

Extra recipe today! Glow from the inside out with this AMAZING juice for clear skin and abundant energy. [CLICK HERE TO WATCH!](#)



### *Ingredients:*

Approximately 3-4 cups of ripe tomatoes (cherry, grape, or roma tomatoes)  
3 to 4 cups of soaked and drained UN-salted sun-dried tomatoes  
Another cup of sliced cherry or grape tomatoes  
1 cup of FullyRaw corn  
1 cup of diced zucchini  
1 cup of diced celery  
1 cup of diced red bell pepper  
half a cup of chopped carrots  
half a cup of chopped green onions  
1 cup of sliced mushrooms  
half cup of red onions  
half cup of diced cilantro  
quarter to 1 cup of diced avocado (1 avocado)  
1 diced jalapeño pepper (optional)  
Optional: few garlic cloves  
Few leaves of fresh basil  
Tablespoon of fresh chili powder  
Paprika  
Sage  
Cumin  
Thyme  
Optional for more spice: cayenne pepper!

### *Directions:*

- Chop and mix all ingredients together.
- Let the flavors mix and sit for 15-30 minutes.
- Grab a spoon and enjoy!

Click to SEE  
Kristina prepare  
this recipe



day  
20

## FULLYRAW COFFEE (IT'S A SMOOTHIE!)

The key  
to eating  
healthy??  
... Avoid  
any food  
that has  
a TV  
commercial  
:)

KRISTINA'S  
TIP OF  
THE DAY



DAY 20 calls for something  
to REVVVV you up!!

It's the second to LAST day of the  
challenge, and it's time to pick up your  
energy! If you are dragging, this recipe is  
the PERFECT one to get you GOING.

I call this my FullyRaw vegan coffee! While  
most people are used to drinking a sole cup  
of coffee, this blend is so nutritious that  
you can drink it as a 32 oz. smoothie! It's  
caffeine-free, sweet, and healthy for you!  
Are you ready to wake up in the morning  
feeling ENERGIZED and ready to GO? Let's  
make some FullyRaw Coffee!

VIDEO OF  
THE DAY



Extra recipe today!  
[CLICK TO WATCH](#)  
Kristina prepare the  
delicious Avocado  
Cucumber Rolls!

*What you need to know:*

### FULLYRAW COFFEE

- no caffeine
- get you off the addiction of coffee
- beware that when you first get off coffee or caffeinated drinks, you WILL get a headache for a few days and you WILL feel a crash, but once it goes away, you feel LIGHT, CLEAN, FRESH!

### KITCHEN ESSENTIALS

- Breville Juicer
- Vitamix Blender
- Coffee cup

### *Ingredients:*

#### FOR COFFEE:

- 1-2 cups of Raw Coconut water
- 5-10 pitte dates
- 1/4 cup carob powder
- a few fresh peppermint leaves
- little vanilla bean or 1 drop extract
- a dash of cinnamon or nutmeg
- 2 tablespoons of cacao
- fresh almond milk if want a creamer

#### FOR ALMOND MILK CREAMER

- 1/2 cups of soaked raw almonds to  
make fresh almond milk

### *Directions:*

- Blend ingredients and you have COFFEE!
- For Almond Milk Creamer: Run soaked almonds through your slow juicer (or blend with a Vitamix and strain with an almond milk bag). Run through juicer with water or with coconut water if you want it to be sweet.

Click to SEE  
Kristina prepare  
this recipe







## FULLYRAW PAD THAI

It's DAY 21 of the 21-CHALLENGE!  
**YOU DID IT!! Woo hooo!**  
FEEL GOOD about yourself! You  
accomplished 21 days of eating 1  
FullyRaw Meal a Day! It's the end to a  
new beginning! I hope that you  
are inspired to continue eating at  
least 1 FullyRaw meal a day and  
continue on a strong path  
of health!

Today's dish is the perfect meal to  
satisfy your palate. It's sweet, it's sassy,  
and it's delicious! I originally made this  
recipe with my mom, and we had such  
a fun time recording a video together.  
It tastes BETTER than pad thai in my  
opinion...give it a try and let me know  
what you think!

We have  
the power  
to change any  
situation: it's not  
what happens to us  
but how we react.  
That energy drives  
everything around  
us!

KRISTINA'S  
TIP OF  
THE DAY



VIDEO OF  
THE DAY



This day calls  
for a CELEBRATION  
Mylkshake: a delicious  
raw vegan, dairy free,  
gluten free and SUPER  
YUM drink!  
[CLICK HERE  
TO WATCH!](#)



### Ingredients:

#### FOR THE PAD THAI:

4-5 cups shredded zucchini  
2-3 cups of shredded carrots  
1 cup shredded red cabbage  
1 sliced red bell pepper  
1-2 cups of sliced mushrooms  
1 cup bean sprouts  
Half a cup chopped cilantro  
1 cup of sliced scallions or green onion  
Thumb of ginger  
Juice of one lime  
Quarter cup of crushed pistachios as a  
topping  
Fresh mint  
Optional: Jalepeño

#### FOR THE FULLYRAW SESAME GINGER DRESSING:

3/4 cup raw, unhulled sesame seeds  
1/2 cup fresh apple juice  
1/3 cup orange juice  
1/4 cup crushed pistachios  
1/4 cup tamarind sauce  
1 thumb fresh ginger  
Half to 1 lime squeezed

### Directions:

- Put all the pad thai ingredients into a bowl
- Blend ingredients for dressing
- Pour dressing over salad, mix, and enjoy!

Click to SEE  
Kristina prepare  
this recipe







# *Keep up* the good work!

It's officially time for another YA BABY!  
You've been having one FullyRaw meal a day  
for 21 days! Or maybe even more, if you've been  
through the online 21 Challenge as well.

Either way, CONGRATULATIONS! Thank you for  
joining me in this Challenge! I've been having a  
wonderful time making all the videos and recipes for  
you and I hope you've had fun preparing them :)

The Challenge is now over, but your healthy lifestyle is  
just beginning! You now have the knowledge and the  
experience to keep on going by yourself. Keep having raw  
vegan meals - why not 2 or even 3 meals a day! You'll feel  
better and better and you'll spread your HAPPINESS all  
around :)

But I'm not going anywhere! When you need help or  
inspiration, I'm right here on [www.fullyraw.com](http://www.fullyraw.com) with some  
more tips and recipes, and on [www.rawfullyorganic.com](http://www.rawfullyorganic.com)  
with fresh fruits & veggies and accessories for raw vegans.

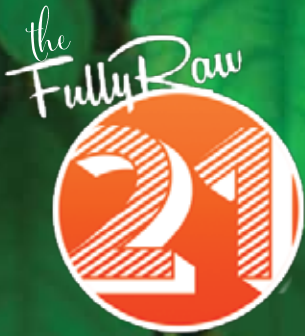
Also, connect with me on [Facebook](#), [Twitter](#), [Instagram](#),  
and [Youtube](#) and I'll be in your feed :)

Hugs and kisses,

*Kristina :)*

**REMEMBER:  
EATING FULLYRAW IS NOT A DIET,  
IT'S A LIFESTYLE!  
SO KEEP ON GOING!**





CHALLENGE

