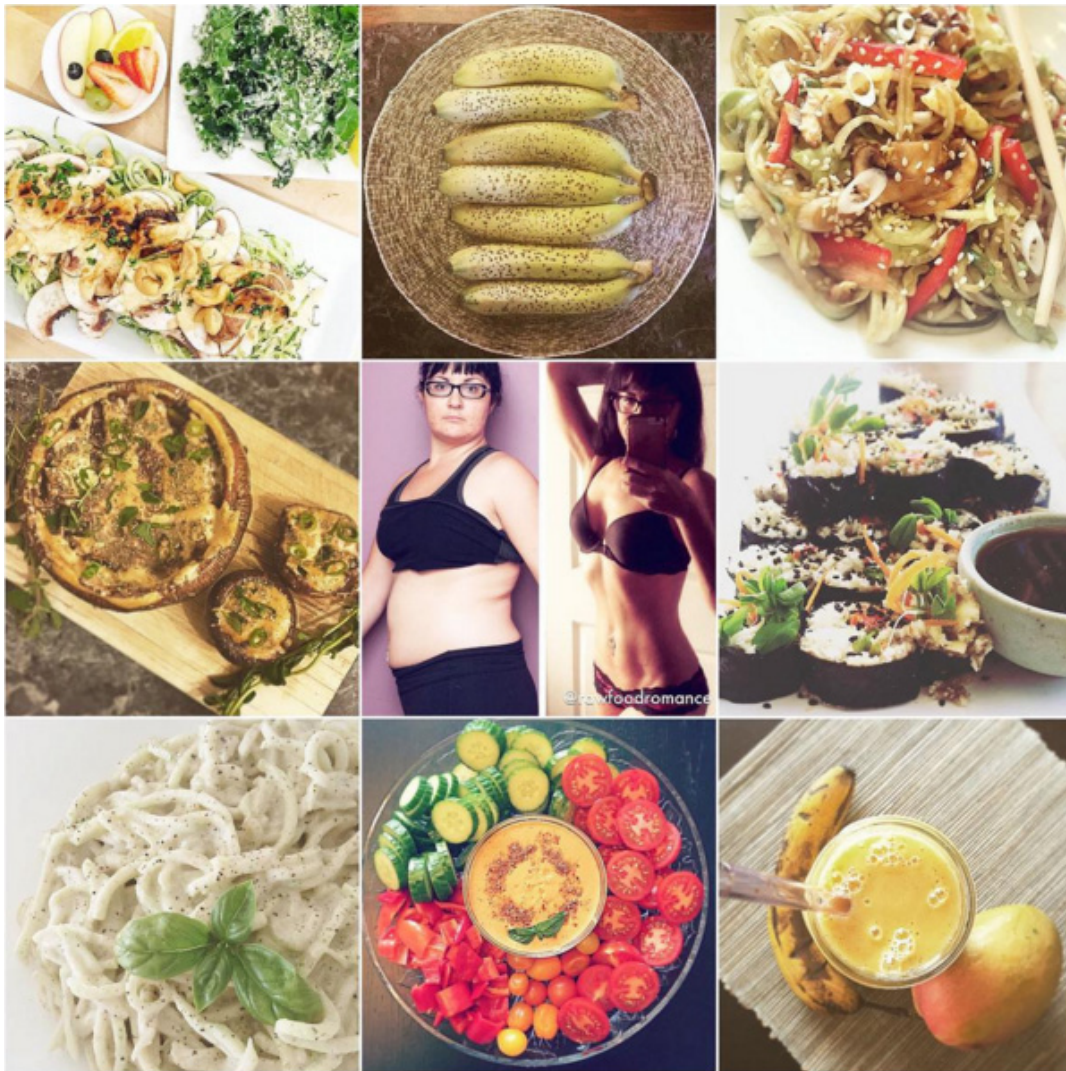




Lissa's Raw Food Romance ~ 52 to a New You



52 Steps
to becoming raw vegan
and improving your overall health
(ebook includes 8 recipes and 52 weekly steps)

by Melissa Raimondi



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About 52 to a New You

Thank you for purchasing this ebook and making the decision to improve your life! This ebook is basically everything I did (well almost - still working on a few things) overnight. I became a raw vegan in one day with no transition whatsoever. I know that a lot of people can't do that dramatic of a change and need time between steps to release foods and make smaller improvements week by week instead of all at once.

I am not a medical doctor or expert so keep that in mind because I am simply just sharing what I did to become a raw vegan. Make sure you are getting your nutrition and eating enough calories to be healthy. Consult a practitioner if you need guidance or tests to make sure you are getting what you need nutritionally. As I mentioned, this is how I would do it if I had to transition at a slower pace. Do your own research and take information and apply what you want to your life to improve.

This eBook is designed for educational purposes only and is not intended to serve as medical advice. The information provided here should not be used for diagnosing or treating a health problem or disease. It is not a substitute for professional care. If you have or suspect you may have a health problem, you should consult your health care provider.

My journey was overnight. I did not transition.

Over 16 months, I lost 70lbs and healed many health issues that were botheing me.

I know not everyone will be able to do what I did overnight so I want to provide an easy guide with step by step things you can change in your life to improve it and gain a deeper level of health.

At the end of every lesson is a link to my 52 to a New You YouTube Playlist. I will also include links and other tips in this ebook for you to help you even further on your new journey to a healthier you, a clean planet and a more ethical way of life.

Always remember, fruit on.





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How to Use this Book

You can use this book any way you desire. It is meant to be a week to week guide, but if you feel you want to go faster or slower, that is totally up to you! That is exactly why I have created this book - for you to be able to go at your own pace.

Each week you will have a new thing to do to improve your health and life. There will be information, videos to watch and new things to try. You will need to make these changes week by week in order to change your life.

If you decide to do the program slower, that is your call. I do however warn you that it is **incredibly** easy to become complacent and continue without a clear goal as to when the next step will be started. If you are wanting to take it even slower than week to week, make sure you set goals of when to start the next step. This is critical in your success as you will need to be clear on those goals. If you feel a step needs 2 or 3 weeks to implement, then take that time. Set a notification in your phone or your computer to remind you when to start the next step.



You are also more than welcome to take the steps faster if you feel you want to fast-track your move over to a raw vegan diet. You can combine weeks or do them days apart. You can even do it as a daily guide, or do some steps back to back and some steps you might want to take slower or more time to accomplish.

Overall the goal is for you to be a raw vegan by the end of the 52 steps. Whether it takes you a full year, a month, or overnight - the point is that you are making moves to a brighter, healthier and more ethical lifestyle. Keep at it and remember that you only fail when you stop trying!

Getting Started

You don't need much to start this new journey and we will go over certain steps where you will collect items, recipes, watch videos and other things to incorporate into your new life. To start you need nothing but determination, patience, self love, consistency, a plan and a love for raw vegan foods.

Remember to set goals. Once you read through the first step, decide how long you feel you would like to spend on it and move forwards from there by choosing a new date for when to start the next step. If you feel you can move forwards faster, by all means please continue with the next step. Remember this is your journey and you can take it as quickly or as slowly as you need to to succeed but don't let things go too long before a new change or you run the risk of falling back.

If you do fall back, you can always start again. The beauty is that you can. I believe in you and I believe that you can succeed at healing yourself and improving your health. If you do happen to fall back a few steps, just keep going. Let's get started!





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Week 1 ~ Photos, Movies, Inspiration

For this first week, you are going to need to do three things. This is the biggest step in your journey and the most important one.

First things first, go and take some before photos. There are a few things you will want to keep in mind when taking these pictures. Make sure you have a great camera and awesome lighting. Find a window in your home with beautiful light to get crisp photos. A dark room will not be the best quality for these. Get someone to take your photos for you or set a timer on your phone or camera to get them yourself.

You will need photos of your face and your body. Start with photos of your eyes. Your eyes will change as you go. The whites will be whiter and the colour in your eyes brighter. Some people will even experience colour change and more clarity. The skin around your eyes will change too as you increase hydration and antioxidant levels in your diet. These are important images to get so you will always have them. You will be happy that you do when you reach your one year mark.



Next you will need images of your face. Take one straight on and one profile image. Take some photos of any skin problems you might have.

Finally, take body shots. Find swim wear, gym wear or whatever clothing that would be good in your taste to show off your current state. Make sure you get a straight on shot, a 45 degree angle shot, a side profile shot and a back side shot.

Ladies, take some close ups of your cellulite. You will be pleasantly surprised in a few months what will happen in that department. Save these photos.

Continued....

Week 1 ~ Continued

Next up, you are going to watch three movies.

- Earthlings - www.earthlings.com
- Cowspiracy - www.cowspiracy.com - can be watched on Netflix
- Forks Over Knives - www.forksoverknives.com - also on Netflix

These three movies will show you the angles at which the world must move towards a vegan diet.

Earthlings is a movie about ethics. It's difficult to watch but is a must to get your mind right about the whys of being a vegan. Cowspiracy is about the environmental impact we as a whole are having on the planet. We need to move to more sustainable eating patterns. Forks Over Knives is based on the book "The China Study" and deals with the health aspects of being a plant based eater. All important reasons to change.

Third homework is to create your reasons why you are doing this.

My four reasons are: the animals, the planet, my health and being an example to family and friends.

You are more than welcome to use my reasons, and/or add your own! Write them down and pin them on your bathroom mirror. Maybe make a notification in your smart phone calendar to send you a reminder daily about your reasons. Set an alarm on your phone with your reasons so you go over them daily for the rest of your life. This is very important for the days you need encouragement. It sets your mind on the right path every day. Continued....





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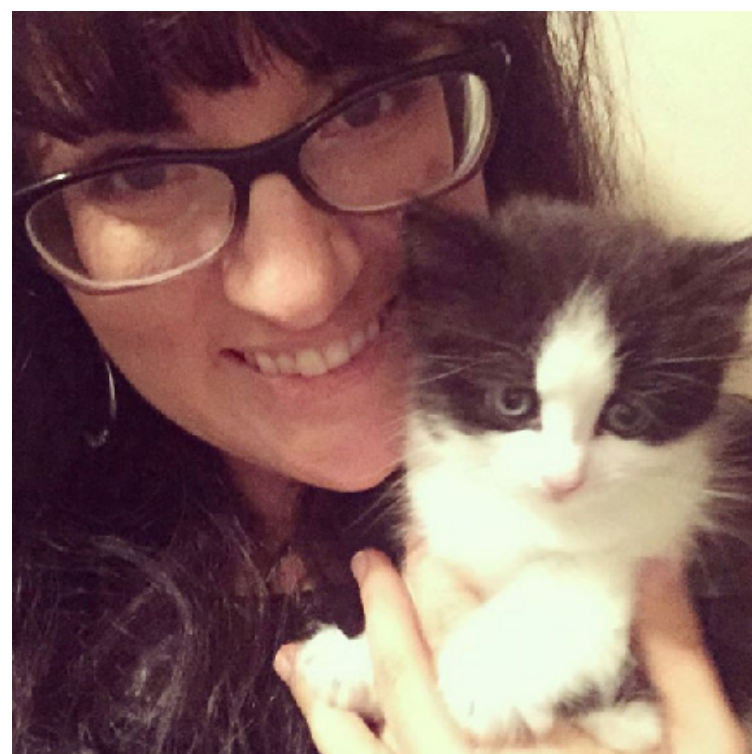
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Week 1 ~ Continued

One last thing. If you decide to, you can become a vegan right now.

There's nothing stopping you from doing so. The next couple of weeks we will work on releasing the animal products from your life, but if you are ready to release them right now, please go for it! The best thing you can do is to become a plant based eater, vegan or whatever you want to call it. Being a vegan is indeed a lot more than just eating plant based foods.

Being a vegan means letting go of leather, feathers, fur, animal entertainment, animal tested products, and other things. This can be incredibly difficult and there is no such thing as a perfect vegan. Don't be hard on yourself if you can't achieve perfection in this respect because none of us can. Just do your best and stay away from all known animal products. I choose to be vegan for the animals. If you are simply doing it for health then that's still great, because it indirectly helps the animals and the planet too. You are still playing a big part in being a shining light.



If you decide to become a vegan right now, you can skip the next steps (or read them anyway).

Start with finding vegan and raw vegan recipes and include them immediately into your diet. At this point, it will be ok if you are eating cooked food as that will be released later in this program. Don't worry about that for now unless you are also ready to be raw.

As I have mentioned, I became a raw vegan overnight. If you need a little bit of extra time to process all of this information and the homework for this week, feel free to take it.

Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>

Week 2 ~ Release all flesh

I use the term flesh because it refers to a lot more than just meat. Some people seem to think fish don't count, but they do. You will this week be releasing ALL animal flesh from your life. No more fish. No more chicken, turkey, pig (bacon, pork, ham), cow (beef, ground, roast, steak), rabbit, bird of any kind, lamb, goat, sheep, horse... cat... dog... you name it. They are all off the plate as of today. No more.

Your homework this week is to replace these sentient beings with real food items made from plants. There are plenty of options. Again for now you are welcome to eat cooked items if you need to, but try and find some raw vegan alternatives for a few things. Right now you just want to get off the flesh, so finding cooked alternatives is fine while in transition. Remember you will be releasing these foods as well later so don't get too attached to them. Many companies are now offering vegan alternatives and you can find at most grocery stores now. Gardein, Yves and Field Roast are a few good ones. Mostly based with soy, mushroom, grains, beans, etc. Plants!

You can also venture into finding recipes for vegan meals that are completely meat free. Hunt down some recipes (not animals) on the internet, library or bookstore.

A great one that my family likes is Thug Kitchen (if you don't mind coarse language).

www.thugkitchen.com

The recipes are great and you can make them at home with very easy and simple ingredients.

If you are worried about protein, grab a book called Proteinaholic by Dr. Garth Davis. Don't worry about it. As long as you eat enough calories you will get your protein. You will be better off with whole plant amino acids anyways!



This is RAW and VEGAN

Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>



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Week 3 ~ Release all Dairy

I know, I know... You can't live without cheese. This is probably going to be the hardest to let go of, but is very necessary. The dairy industry is incredibly cruel and damaging to the planet. On top of that, dairy is a top allergen and not easily digested by more people than you might think. It is not food for human beings. There are lots of plant based alternatives that you can move towards. Almond or other nut milks. Soy milk and cheeses. Coconut milk and yogurt. You can even make your own raw vegan cashew "chesses and milks" that make for great dips or toppings on zoodles.

Dairy is actually more cruel than the meat industry and all dairy cows end up as meat anyways. These cows are raised to be pregnant their whole lives, suffer through emotional turmoil when their babies are taken from them (because isn't the milk supposed to be for us? Can't have the baby calf drinking the profits even on organic farms) and then suffer countless health conditions from being constantly milked day in and day out for their whole lives. There is pus and blood that they try to filter out of the milk but still end up with some in the final product that is pasteurized.



Baby boy cows are sold as veal or cheap hamburger meat. Baby girl cows follow in their mamma's pregnant footsteps.

The natural life span of a cow is 20 to 25 years but dairy cows only live about 2 to 5 years depending on the farm they belong to. Once they are deemed unprofitable, they are sold to be cheap meat.

Milk produced from a mammal is meant to be for that mammals young. Rat milk is for baby rats. Dog milk is for baby dogs. Cat milk is for baby cats and cow milk is for baby cows.

Condintued....

Week 3 ~ Continued

A baby cow will grow from a 60 lb calf into an adult cow over 500 or 600 lbs. For this to happen, nature has included certain hormones and chemicals in dairy. Firstly, there are casomorphines in dairy to addict the baby calf to the mother so it doesn't wander off and starve. These morphines are also addicting to humans. Wonder why cheese is so hard to let go of? Because you are addicted to it.

The hormone responsible for growth stimulation is called IGF-1 or Insulin-like growth factor-1. It has been shown to produce undesirable growth in the human body, to be cancers of the breast, prostate, lung and colon. A great reduction in the IGF-1 hormone is also considered to be anti aging. A bonus to ditching the dairy.

Dairy is loaded with high concentrations of protein, calcium and other nutrients meant for rapid growth for a baby cow, not a human being. Human milk has about 4 times less of these nutrients as human beings need different ratios. Human milk is for humans. If you want milk or cheese, find those plant based alternatives.

What about the calcium issue? You can get lots of great plant based calcium if you make sure you get enough calories and variety. Dr. Michael Greger mentions that vegans do need less calcium than typical meat eaters, and to aim to get a minimum of 600mg a day from plant based options that are used more efficiently.

Arugula, collards, any dark leafy green, broccoli, oranges, sesame seeds and lots of sea vegetables just to name a few. You can even include blackstrap molasses if you feel that you really need to get that boost.

Excess dietary protein in the human body increases urinary calcium loss and can cause a negative calcium balance in the body which can lead to osteoporosis. The acid load created by protein metabolism is so heavy a burden that the body needs to buffer it with the alkaline properties of calcium. The body will steal it from your bones if it needs to. The top milk and dairy consuming countries (and top protein consuming countries) have the highest rates of bone fractures and osteoporosis. It's not worth it.

So find those alternatives! Almond, cashew, coconut, soy, hemp, flax milks. For ice cream just use frozen bananas with a little water to make "nice cream". You can even find coconut yogurt. Also remember you will eventually release these foods as well unless you want to stick with making your own raw nut milks which is completely okay as well.



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Week 4 ~ Release Eggs, Honey and other stuff

The egg industry is also quite scary. Chickens in nature actually only lay 12 to 17 eggs a year. That's right. A year! They have been bred in modern times to produce well over 300 a year. Hens have to use so many nutrients to make hard shells every day which depletes their bodies. This is extremely hard on the hens and eventually they will also be killed after they become unprofitable. The majority of hens are sold as cheap meat that would end up in canned soups and ground into processed lunch meats. Ew.

Eggs are not healthy or safe. We have been taught since childhood that it's "perfect food" and an excellent source of protein. Eggs have more cholesterol in them than anything else in our diets. Dietary cholesterol is pro-inflammatory and has oxidative effects on our good cholesterol. This can damage our endothelium and increase risk for artery plaque build up. Also... why do we need all this protein again? If you haven't already, read the book "Proteinaholic" by Garth Davis that I recommended during the releasing flesh week. Again, you can get all the protein you need if you eat enough.

Honey is another touchy one. I choose to also release honey. This is for the bees, not for us, and this topic is heavily debated on the vegan forums. Please decide for yourself but know that because it does come from an animal, it is not considered to be vegan. I use dates and water to make a sweet syrup and you can also use syrup made from coconuts and agave.

Please always remember to keep your calorie intake high. Releasing all of the animal products will leave huge gaps in your diet. Replacing with plants will keep your energy up and the variety will give you great nutrition. Don't be scared to try new things. It's good for you!



Week 5 ~ Find Five Staple Fall back Recipes

Time to start looking for some recipes that will become your fall back recipes. These should be RAW vegan recipes that can hold you through all phases of your new life. The reason you want fall back recipes is because there will likely be times that you're going to need something quick and easy to make with ingredients that you should have on hand at all times. The same way that you used to throw a pizza in the oven after a long stressful day at work, or just as easily pick something up on the way home, these recipes should be very simple to make and something you will enjoy. Hunt these recipes down and learn to always have ingredients on hand. It's recommended to choose recipes that do not have strange or seasonal ingredients.

I have my fall back recipes. I always have various spices, smoked paprika, lemons, garlic, apple cider vinegar, and dates on hand for a variety of dressings that only take a minute to blend in the blender, and I just add to salads or zoodles. Since I always have fresh produce in the fridge, it's very easy to grab a bunch and take only a few minutes to chop it all up.



My top five Lazy Fall Back Recipes:

- Fruiting Vegetable French Dressing
- Red Pepper Cashew Dip
- Tomato Curry Zoodles
- Asian Ginger Salad
- Spicy Marinated Mushroom Salad

I will have recipes for these on the next page!

I highly recommend finding other raw vegans on YouTube who share countless recipes.

Check out Instagram, Pinterest and use Google to search for new ideas as well.

Continued...



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Week 5 ~ Fruiting Vegetable Salad w French Dressing

Lissa's Famous French Dressing

- 5-6 dates
- Juice of 1 lime (OR use 1 tbsp apple cider vinegar for a more intense flavour)
- Some garlic (optional - however much you want - I used 3 tiny cloves - start with 1)
- 1/4 tsp smoked paprika
- 1/4 tsp chipotle powder (optional)
- 1/2 cup water (OR to consistency - use less for a thicker dressing or dip, or more for a water-like vinaigrette)

This dressing is my number one go to dressing when I need something quick. The chopping of the salad is the only thing that takes a bit of time, but you get used to doing it and will become quite efficient. The reason I consume ALL of this dressing on my salad is because the dates provide a great calorie count to compensate for the low calories in the veggies. I feel satiated and full after this salad. I love it!



The Salad

- 1 head or heart of romaine lettuce or red leaf lettuce (any green will do)
- 1 long english cucumber
- 2 spring onion stalks
- 1 whole red pepper
- 2-4 vine ripened tomatoes
- 1 cup of cherry tomatoes
- Sprouts, microgreens, or any other vegetable you would like to add.

Mix the salad a bit and add your dressing. Spice the salad if you want, topping it with red pepper flakes, more green onions, or any other flavour you might enjoy.

Continued....

Corresponding YouTube Video French Dressing Recipe: https://youtu.be/_IJCdD1T6ag

Week 5 ~ Red Pepper Cashew Dip

Lissa's Famous Red Pepper Cashew Dip

- 3-4 tbsp soaked cashews (or almonds, or other nut if you want)
- 5-6 pitted medjool dates
- 1 tomato
- Half or a whole Sweet Red Bell Pepper
- 1 tbsp coconut aminos
- 1tsp apple cider vinegar
- 1 clove garlic
- OPTIONAL: 2 tbsp nutritional yeast

SPICES: 1/2 tsp red pepper flakes and smoked paprika. You can add ANY spices you like! If you like it spicy, add some other stuff to your dip - REMEMBER to taste and add more ingredients as desired so you totally love it! MIX in blender with about 1/2 cup water or to make it dip consistency. Top with green onions, garlic scrapes and/or more spice!

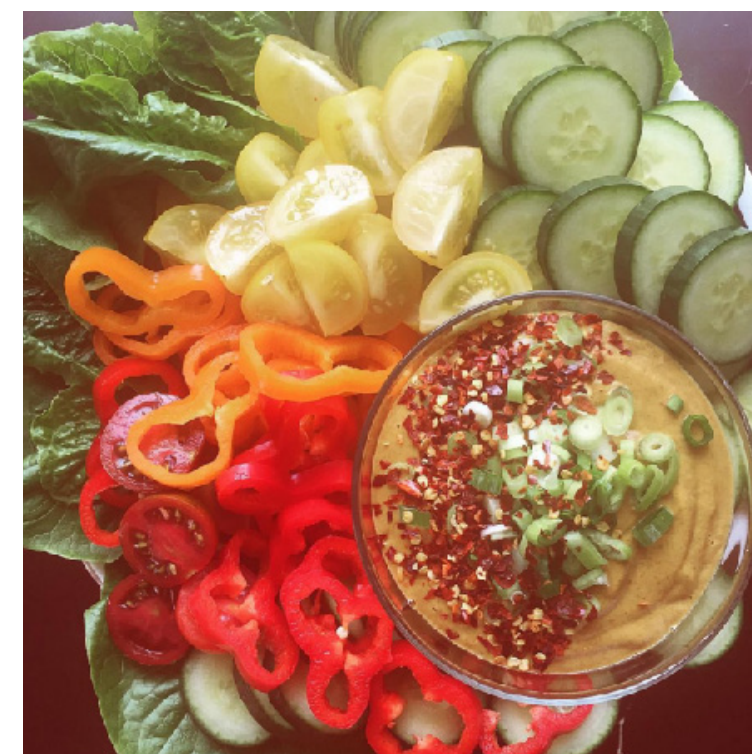
Veggie tray (eat lots of veg please)

- Lettuce leaves to roll and dip
- Tomatoes
- Cucumbers
- You can add carrots, zucchini, sweet peppers, cherry tomatoes, etc

THEN ENJOY!! xoxoxox

This is my most favourite dish to make on those days where I feel super lazy or if I felt I may start to have a craving for something. I do not use the entire dip that the recipe yields because of the nut content. I use half and save the rest for the next day.

Continued....



Corresponding YouTube Video Red Pepper Cashew Dip: <https://youtu.be/O4-CC0z2BpU>



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Week 5 ~ Tomato Curry Zoodles

Tomato Curry Sauce

- 1 red pepper
- 1/2 zucchini
- Juice of 1 lime
- 4-6 dates
- 1-2 tbsp sesame seeds
- 1 tsp flax or chia for your omega 3!

Seasoning: A chunk of ginger, a clove of garlic, 1/4 tsp cumin, 1/2 tsp curry powder, 1/2 mustard powder and 1/2 tsp smoked paprika.
KEEP NOTE: Start slow with the spice and add as desired

Add water to the blender and blend all ingredients until you achieve the consistency that you like.

In a bowl add about 2-3 or more cups of leafy greens as the base of your salad. Use kale, romaine, arugula or whatever green you have on hand.

Spiralize 1-2 zucchinis into Zoodles and add to the bowl. Add your dressing and top with LOTS of fresh chopped tomatoes, green onion and feel free to add anything else in your fridge! More zucchini, cucumber, carrot, anything really! Make it as big as you want. Dressing is enough to save some for the next day.

Mix and enjoy! Super fast and easy and yum!

This salad is great to make if you are feeling like a spaghetti like dish. The reason I recommend adding greens as the base to your salad is again for more nutrition and calories. Just having zoodles is great, but add extra veg anytime you can.

Continued...



Week 5 ~ Asian Ginger Salad

Lissa's Awesome Asian Ginger Salad Dressing:

- 4 pieces of sun dried tomatoes
 - 6 pitted medjool dates
 - 1 clove of garlic
 - 1 generous chunk of ginger
 - 1.5 tbsp sesame seeds (save 0.5 tbsp for sprinkling after)
 - Spices: 1/2 tsp red pepper flakes, 1/2 tsp cumin, 1/2 tsp smoked paprika and a pinch of cayenne. Adjust to taste.
 - 1 spring onion
 - 1 tbsp coconut aminos (OPTIONAL)
- Start with 1/2 cup of water and add more if needed
Blend with water to consistency you like. I like to make this dressing thicker because the cucumber noodles that you are going to have in the salad get quite watery. The thicker the dressing, the better.



Create "Coodles" or Cucumber Noodles with a hand held julienne slicer, or spiralizer. Use two long english cucumbers.

Chop and add to the Coodles:
1 small head of green cabbage
1 julienne sliced red pepper
2 green spring onions chopped on an angle
Julienne carrots, lemon grass, snow or snap peas, beets, whatever you want extra.

Mix in dressing and plate, adding some angle sliced green onions, chopped cashews, sesame seeds and some spice if you like.

Continued...



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Week 5 ~ Spicy Marinated Mushroom Salad

Marinating mushrooms:

Slice a bunch of mushrooms and add to a bowl

Use lemon or lime juice (and 1 tbsp coconut aminos optional) as the marinade

You could also add Mexican spices too for a fiesta flavour!)

Add chopped green onions, leeks, garlic hot chili peppers or other ingredients to marinate with the mushrooms!

For spices you can use red pepper flakes, black pepper, dill, smoked paprika, really anything you feel like! :) Switch it up and try different combos!

MARINATE mushrooms in a SUNNY SPOT on the counter for a few hours. The longer you marinate the better they get! You can also put them in the dehydrator, but the sun marinated ones are epic!!! I marinate for roughly 2, sometimes 3 hours - just depends on my day. This recipe will take more time, but if you are thinking of having it, chop and marinate the mushrooms in the morning so they are ready for you when you get home or for your evening meal.

Dressing:

Twist on my classic french. This one is spicy so you might need to start with less spice

About 5-6 dates

Garlic, cumin, mustard powder, red pepper flakes and smoked paprika for spices - adjust to taste!

Sprig of green onion and a few cherry tomatoes!

Blend and again - adjust spice and water to your own desire

Salad:

Anything you want!

I start with half a head of red leaf lettuce chopped followed by lots of any veggies. Add dressing, mix and then top with the mushrooms.



Week 6 ~ Download Calorie and Nutrition Tracker



This week you are going to find and download a nutrition tracker and start tracking your calories and nutrition.

A lot of people think this is not a good thing because we shouldn't worry about tracking, but we do need to worry in the beginning to make sure we are eating enough and getting our nutrition. Once you get used to knowing the amount of food you should eat, you will only have to track once in a while to make sure you are still going strong.

The number one reason people fail at this kind of lifestyle is that they are not eating enough.

You will possibly be surprised at how little you might be eating. When you eliminate all animal products (and even moreso when you release cooked vegan foods) you also eliminate a bunch of calories and other things that you need to replace. Without replacing them, you run the risk of being malnourished. It is completely possible to thrive as a raw vegan if you do it right and eat enough balance and variety to get all of your nutrition.

Calorie count will be different for everyone, but start aiming for 2000 calories a day. This should help cover most of your nutrition. If you have holes, you may supplement or find raw vegan options. Venture out to find foods that can fill your nutrition gaps and calories. Bananas and dates are my go to foods if I need to fill up on extra calories especially on workout days. This week I want you to track and see where you are at.

Great apps are www.cronometer.com and www.myfitnesspal.com but there are others if you spend a little time looking for one. I like to use Cronometer.



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Week 7 ~ Drink Water

Water! Yes if you are not already doing so, this week you are going to start something that will be a daily habit for the rest of your life. You are mostly made of water so we should be drinking it. When you move over to the raw part of this journey, you will feel even more hydrated.

We don't consume enough water. The vast majority, pretty much everyone, eats cooked food. When you cook your food, you evaporate the water content to super low levels. The body has to then find water somewhere to help digest the food. Nature had it right with the proper water content for fruits and vegetables to be digested.

Water will help you lose weight, prevent cancer, focus your mind, lighten your mood, increase physical performance, lessen joint pain, flush out toxins and bacteria, help heal skin conditions, fill out wrinkles, prevent headaches, improve circulation, help to regulate body temperature through healthy sweating, improved digestion, aid to filter kidneys, relieves fatigue and can help you look and feel younger.



Infuse your water with a citrus or berry to add flavour and bonus benefits to your drink.

Lemon or lime water is great and known to stimulate the liver while you are filtering toxins.

As you lose weight, your fat cells will be releasing stored toxins into your bloodstream. Your liver is in charge of filtering these, as are the kidneys. It's best to support these organs especially during this time to help with that.

This should become a life long daily habit that you will never stop. Start now and be forever hydrated!

Week 8 ~ Eat 1 Raw Meal Daily plus Progress Photos

This week you will start eating one raw meal every single day. You can choose breakfast, lunch or dinner as your one raw meal. You can also switch it up if you want - one day doing breakfast raw, and the next day doing lunch raw. You are even more than welcome to do two raw meals a day, but there is a point in a bit where we will move to that. For now just make sure that one of your meals every single day is raw vegan. This will help with transition as you get used to eating more raw vegan meals.

Finding new recipes and creating your own will be very beneficial for you this week and beyond. Make sure the raw meals you are eating are low fat and high calorie.

Next you will want to take more progress photos as you move more into the raw part of your new lifestyle. Take the same angles you did in the previous photos and please continue with the same clothing that you wore in the first ones. Keep these photos because you will be happy that you have them when you get to your goals. If you are already at your goals for weight, it's still nice to have progress images to show how much healthier you have become. You will be able to see it hopefully in your skin, eyes, face, and body as you lean out with healthier muscle mass and body composition.

Be proud of yourself. You have come so far. This week you may also want to take some time to reflect on your journey. Maybe journal some feelings down about how much you have achieved and where you are at now. Write about all the things you are grateful for and write a letter to yourself explaining how much you love the changes you are making. It is important to have self love. There is way too much negative talk going on in our heads. Let's change that and write yourself a little love letter.





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Week 9 ~ Clean Cupboards and Release the Junk

It is time to start cleaning out your cupboards. I left this step out for a while to let you have some time to use what you might have left but since we are moving into raw you will really need to get ready to release things.

If you have any junk food left in your diet, you must release it this week. No more chips, popcorn, candy, baked pastries or stuff like that. Get rid of cereals, crackers, boxed pasta dinners and anything that is processed. Eliminate store bought dressings and condiments. You have enough knowledge now that you will no longer need those foods in your life. If you are still eating them, it's time to say goodbye. You can work with your mindset to think of these foods as inedible. Think of things like cupcakes as pretty decorations that smell like nice air fresheners.

For right now, clean the cupboards so the only foods left are things you have to cook yourself at home such as rice, beans, bagged potatoes and other vegan foods.

Give away anything you can to your local food bank or friends and family. Throw away anything opened that won't be eaten anymore. Say goodbye if you need to. Don't eat anything, just throw it away. It's not food for you anymore. You won't be eating that stuff again. You have a wealth of real, fresh, hydrating and healing foods in your future. These foods are just survival foods, they will keep you alive but will not help you to reach your full potential.



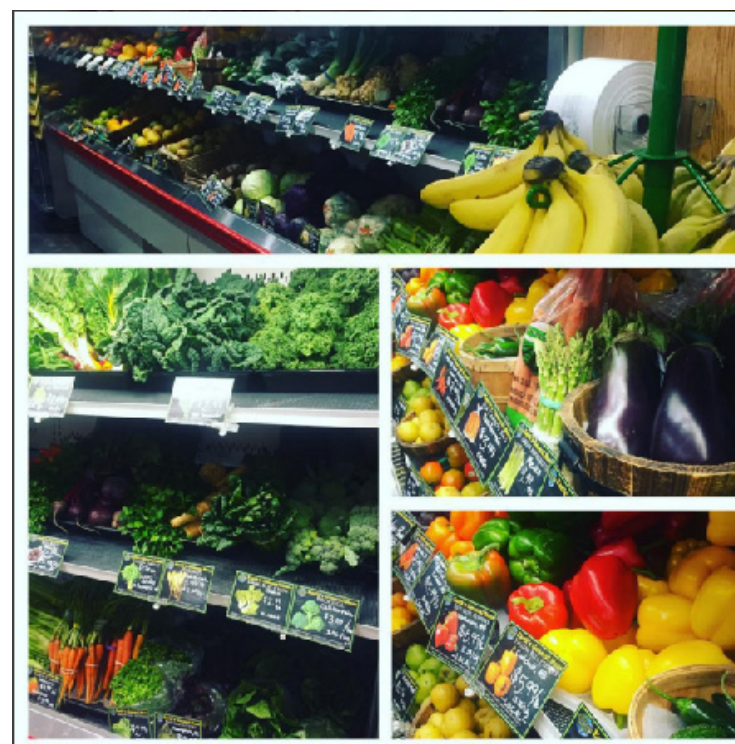
Releasing all the old stuff in your cupboards will help with your mind in clearing the way to becoming a raw vegan. The bulk of your diet should be produce, and while you may still be eating cooked foods, keep them low fat.

Week 10 ~ Learn to Shop More Often for Produce

You will now need to start shopping more often to always have fresh produce in your house and ripe fruit ready anytime. Bananas will be very important (unless you don't do well with bananas, you can choose another fruit for a staple) and you will need to make sure you always have bunches ripening at all stages. You won't want to run out of your main source of calories.

You will get used to shopping more often and you will end up spending less money as you will only be stopping in to top up what you might be low on or picking up random new ingredients for new recipes. I always buy enough greens to last until the next shopping trip and rotate different new berries or fruits to enjoy between shops.

Find farmers markets and other smaller markets that might have less expensive food. I do not eat completely organically for financial and variety reasons. I would love to, but I would rather be able to get a variety of foods for nutrition and keeping things interesting. Try to get organic if you can, but don't make it a priority if you can't.



This week I want you to practice going more often to the store. You should try for twice a week and practice making sure you get enough for the next few days.

Anticipate what you might want to eat, and what are your staple meals. Make sure you ALWAYS have the ingredients on hand for those recipes that you fall back on in times of cravings and laziness.

I also want you to try and find new stores around you that might have exotic or different varieties. Check out some ethnic stores if you have any and look for markets that have beautiful produce.



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Week 11 ~ Kitchen Essentials

Okay so we are almost ready to get started but you will most likely need certain kitchen equipment to succeed as a raw vegan. You definitely don't need to have these items because it's not like we had blenders ten thousand years ago, but it makes things a lot easier. This week, make sure your kitchen is ready!

- 1) A good blender. This is probably the most important item you'll need. I use mine at least 3-5 times a day, depending on what I am making. I use a Vitamix but any high speed blender will work. There are many options, get one that fits your budget. If you already have one, which hopefully you do, that is just a bonus.
- 2) Spiralizer. These are getting more recognition and becoming more popular since people are looking for alternatives to pasta. This is an essential in my kitchen to make zucchini and cucumber "noodles". I love this machine so much, highly recommended.
- 3) Big bowls, a really nice set of kitchen knives and I love my bamboo cutting board.

Less essential, but nice to have:

- 1) Mandolin slicer. An alternative to the spiralizer with julienne setting but is nice for other cutting shapes
- 2) Handheld flat and julienne peeler
- 3) Hand juicer for citrus
- 4) Dehydrator (I don't use mine a lot so it's not necessary unless you want one)
- 5) Sprouting jars
- 6) Little bowls for dips and sauces
- 7) Fancy plates for presentation
- 8) Mason jars for water/smoothies



Week 12 ~ Recipe Essentials

For this week, we are going to make sure you are well stocked and have an in depth list of the ingredients you should always keep on hand. This is my list, and what I feel is essential. Please feel free to include other ingredients based on your fall back raw vegan recipes that you love.

DO NOT worry if things are considered not "legit" raw. We are not trying to be purists, we are just trying to eat uncooked raw vegan meals.

The following are things I ALWAYS have on hand and make sure to pick up extra if I feel I will run out before being able to go out again:

- 1) Bananas
- 2) Dates
- 3) Greens (any kind will do)
- 4) Smoked paprika, red pepper flakes and chipotle powder
- 5) Garlic and green spring onions (scallions)
- 6) Coconut aminos
- 7) Cashews, almonds, pine nuts, walnuts
- 8) Nutritional yeast
- 9) Citrus - lemons and limes
- 10) Apple cider vinegar
- 11) Mustard and curry powder
- 12) Cinnamon and nutmeg
- 13) Sacred Salt (or pink salt)
- 14) Other herbs like sage, basil, dried oregano, horseradish powder, black pepper, dill, etc
- 15) Chia seeds, Sesame, and flax
- 16) Sundried tomatoes (not in oil)

Optional (I have these occasionally):

- 1) Dried trumpet mushrooms
- 2) Raw cacao and vanilla powder
- 4) Coconut Nectar
- 5) Miso paste
- 6) Seeds for sprouting





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Week 13 ~ Start eating Two Raw Vegan Meals Daily

This week you will release another cooked meal and start eating two completely raw vegan meals every single day.

Most people will do breakfast and lunch all raw and then have a cooked vegan meal in the evening. This would be the ideal situation for this week and beyond.

If you want, you are also more than welcome to have some full raw days. Feel free to experiment with doing raw dinners. Soon you will have to release the current vegan foods that you use right now. This will come with time so start getting used to it by trying some full days.



You will need to possibly experiment with new recipes as well. Find some new lunch and breakfast ideas, and some new things you could make for dinner. You don't have to if you are happy with the current repertoire of recipes, but it is nice to find new ones.

You should have your fridge and pantries stocked with essentials to become a full raw vegan. Make sure that you are eating enough calories since you are now eliminating even more cooked food. Make your salads a bit bigger, add an extra date or two to your dressings to boost calorie and iron content. Eat an extra couple of bananas or other fruit throughout the day to keep your energy levels up and keep cravings at bay. Always grab and snack on fruit between meals if you feel you need something. It is completely okay to eat!

Also think about keeping your fat intake low. We are going to talk about that next week. If you can, find a book called The 80/10/10 Diet by Doug Graham and start reading that. It will be part of the next step.

Week 14 ~ Read 80/10/10 and Let go of Oils

This week you are to read The 80/10/10 Diet by Doug Graham.

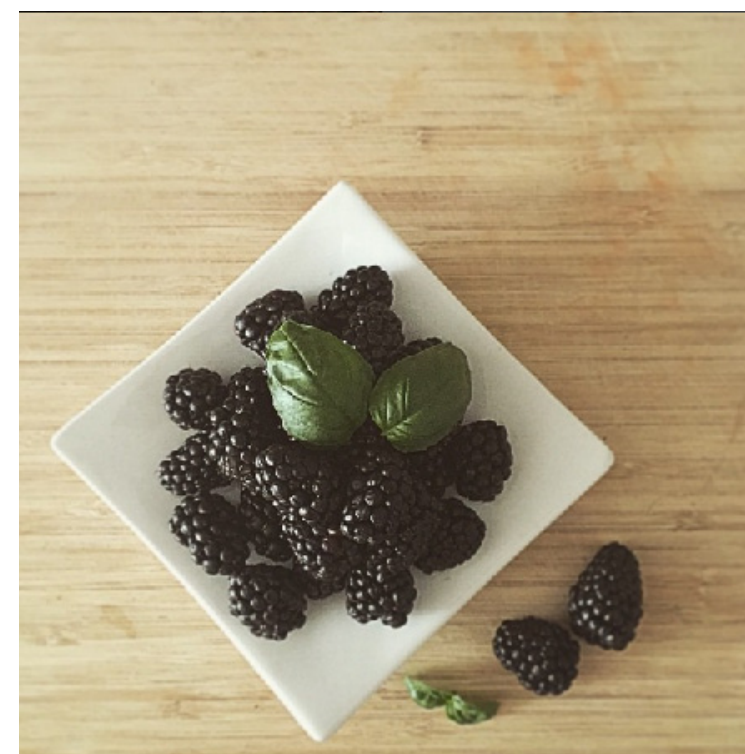
I want you to keep in mind, I do not follow the whole entire diet exactly the way he describes. I rarely do mono meals and I still consume garlic and certain things. The reason I want you to read this is to understand the ratios of carbohydrates, proteins and fats that are perfect for the human body.

This is also just a guideline. Some people do better with a little less fat and some with a little bit more, but in general this is a very good guide for the ratios. Low fat is really anything under 20% fats.

80% of your calories should come from carbohydrates (fruits and vegetables)

10% of your calories will come from proteins that you get from your plants

10% of your calories from fats. Fats are in all foods, you will get about 5% from your fruit and vegetables. The rest will come from nuts and seeds.



This week you are also releasing the use of all oils. No more coconut oil, olive oil, flax oil, vegetable oil or anything like that. Oils are not the greatest things to be eating and I never consume them anymore. If I want coconut fat, I will eat a young thai coconut with it's water, the way nature created it. If I want flax oil, I will just use flax seeds ground in my dressings.

Oils will boost your fat % too high and can cause insulin issues if you eat too much. Focus on seeds that provide omega 3, such as flax and chia.

Remember, this is not ANTI fat This is anti TOO MUCH fat.



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Week 15 ~ Buddy Up and Be Accountable

Okay next week we are going to be transitioning over to a full raw lifestyle and it's time to get accountable!

You can skip this step if you do not have someone in mind, or you can incorporate this step however you want in order to be accountable.

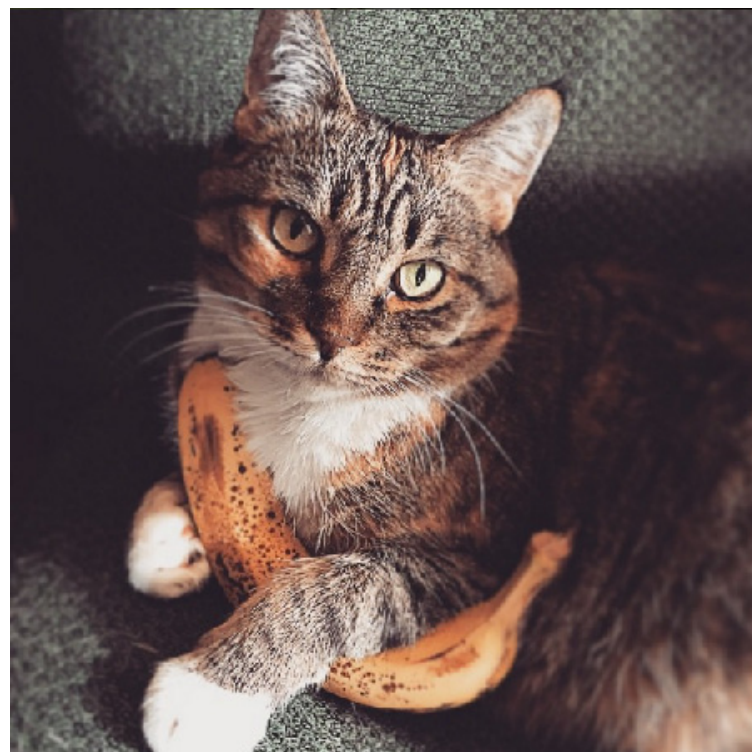
Find someone in your life or online who will be your bud and who you can report back to for accountability. It can be a close friend or family member who will not judge your choice of doing this lifestyle. It can even be a new friend, maybe someone online that you met in a vegan forum that might want to try being raw with you. Share how you would like to be accountable and set up guides of what will happen (examples could be sending a text daily with what you ate, giving words of encouragement, etc)

If you do not have anyone that you can buddy up with, you can always be accountable to yourself by daily journaling and keeping track of how you are feeling and what you are eating.

You can also sign up to a new app called "YouFood", where you can post your meals and be accountable to other people who might be following you and what you are eating.

Also you might want to let anyone around you that you are embarking on this.

Let them know you are doing this for YOU and you would appreciate support. Not everyone is going to be supportive but at least let them know so they're not going to offer you cooked food.



Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>

Week 16 ~ Going Raw ~ Releasing Grains and Bread

You are now ready to start releasing cooked foods, hopefully!

This process will take five weeks so you will have time to adjust. Keep in mind, you can also take extra time if you are having a harder time with certain foods. If you do need to take extra time however, please make sure that you set a date when to move onto the next step. Staying in one place is completely fine, and if you feel good here or there, you are more than welcome to stay. This isn't about being perfect. You can stop at any step but if your goal is to be a raw vegan, you will need to continue.

First we are releasing all grains and breads. This will be rice, quinoa, millet, barley, wheat, oats, any other grains you are still eating and breads made from them. You can keep corn as long as it is raw and organic. Conventional corn is typically GMO so stay away from that. Corn flour and popcorn are to be released as well. If corn bothers you, just eliminate it. Grains contain phytic acid which blocks mineral absorption and gluten which is sticky like glue and causes digestive upset.



Cows and zebras are animals made to digest grasses and grains.

Human beings were made to eat fruit and vegetables and those are the easiest to digest for our body physiology.

Replace these items with more greens and fruit. There are not many raw vegan alternatives to bread unless you want to venture into the dehydrator world. I do not recommend fully dehydrated foods like raw crackers and breads.

I have experimented with them in the past and find them much too dehydrating on the body and act like cooked foods. Best to avoid.

Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>



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Week 17 ~ Going Raw ~ Releasing Beans

Today you are releasing beans.

Beans are also hard to digest in cooked form. They are indeed high in protein and carbohydrate, but are much better for you in sprouted format.

This week you are going to learn how to sprout beans. Sprouted beans are much higher in nutrients and since the water releases the dormant enzymes that keep them from going bad in your cupboard, the life is awakened and the sprout grows. This is life. You can certainly eat sprouts if you feel you want to keep beans in your raw vegan life-style. There is no harm in that.



How to sprout beans:

- 1) Purchase dried beans (do not sprout red kidney beans as they are not a bean that should be eaten raw) the best options are adzuki, garbanzo, lentil, mung, pinto and pea. You can find companies that already have sprouting combos in bags.
- 2) Soak your beans (normally about 1/2 cup dried beans should be fine) in a mason jar with a mesh lid or cheese cloth top with elastic band. The beans should be covered in water a few inches over the beans. Soak for at least 8 hours overnight.
- 3) Once soaked, rinse the beans with fresh water and drain. Let the beans sit and rinse them again every 4-6 hours if you can. Depending on the bean this can take anywhere from 12 -48 hours. Normally a small tail is okay, but if you wait until the tail is the length of, or double the length of the bean, transfer them to the fridge and use within a few days on salads.

Week 18 ~ Going Raw ~ Finding New Recipes

This week it's time to try three new recipes. By now the only cooked items that should be left in your diet are potatoes, and steamed vegetables both with no oil or salt. We will leave these for now for this week and you can take a break from releasing. Take a moment and look for some new recipes that can liven up your raw vegan menu. Here are three more recipes that are a bit more involved to try on days that you can do so.

Lissa's Raw Vegan Sushi

"Rice" is Cauliflower, parsnip and 4-5 dates chopped in a food processor or blender until fine like rice.

Use untoasted nori from an ethical harvester. I like www.seaveg.com as they try their best not to bother the critters in the sea when they hand harvest their sea veggies.

Veggies for inside. Use sprouts, carrot, pepper, cucumber, and grated horseradish.



Make a paste to use to make the rolls stick together better:

- 5 dates
- 3 tbsp black sesame seeds
- Slice of ginger
- Scoop or two of nutritional yeast
- Water to consistency, blend

Use paste on the nori sheet and cover half way up the sheet with cauliflower rice. In the center of the rice, lay your veggies and sprouts. Roll the nori up and seal with more paste if you need to. Slice into rounds and place on pretty plate.

Use coconut aminos as a dip, stir in horseradish powder for a kick

Continued...



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Week 18 ~ Tuscan Tomato Basil Mushroom Zoodles

Marinating mushrooms:

Slice a bunch of mushrooms and add to a bowl

Use lemon juice (and coconut aminos is optional) as the marinade

Add chopped green onions and garlic

For spices you can use: red pepper flakes, black pepper, oregano and basil.

MARINATE mushrooms in a SUNNY SPOT on the counter for a few hours. The longer you marinate the better they get! You can also put them in the dehydrator, but the sun marinated ones are epic!!! I marinate for roughly 2, sometimes 3 hours - just depends on my day. This recipe will take more time, but if you are thinking of having it, chop and marinate the mushrooms in the morning so they are ready for you when you get home or for your evening meal. You will stir these into the tomato sauce once it is ready and the mushrooms are marinated.

Grab some zucchini and spiralize them.

Sauce:

5 dates

3 fresh tomatoes

1/2 cup sundried tomatoes

1 red sweet bell pepper

6-8 large basil leaves

2-3 tsp dried or fresh oregano

1-2 cloves of garlic

1 tsp apple cider vinegar

1/4 tsp smoked paprika

Blend with 1/2 cup water.

Add water as needed but not too much because you will want it to remain slightly chunky.

Fold the marinated mushrooms into the tomato sauce and pile on top of the zoodles.

Add some dried oregano on top and fresh basil.



Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>

Week 18 ~ Italian Mini Mushroom Pizzas



1) Scoop out the insides of as many larger brown crimini mushrooms that you want for the pizzas. I usually make about 12 for dinner.

2) Chop the insides into fine tiny pieces. Place in a bowl and coat with a little coconut aminos and pink salt for added flavour.

Set aside to marinate while you create the tomato sauce and the cashew cheese topping.

3) Coat/soak your mushroom caps with coconut aminos so they don't get too dry in the dehydrator. If you don't want to use coconut aminos, you can use water or apple cider vinegar, or nothing at all! Keep in mind they do dry out on the edges

4) The marinara will be about 10 sundried tomatoes, 5 dates, a clove of garlic, about a cup of cherry tomatoes, 1tsp of apple cider vinegar, fresh oregano, and basil with a little water blend in the blender until smooth.

5) The cheezy sauce on top will be 1/4 cup soaked cashews, 3 dates, 1tsp apple cider vinegar, garlic, cayenne and salt if you want. Taste this and add anything else you wish. To make the sauce thicker, you can also add some of the extra mushroom if you have any left OR add half of a red pepper. Blend with water to consistency

6) Assemble your pizzas! You can put anything you like inside, but I love to have green onion, and use some zucchini for the "pepperoni". Start with the tomato paste, add zucchini or other vegetable. Fill with the marinated mushroom and top with cheese.

7) Dress them up with dried oregano, smoked paprika and basil.

8) Place them in the dehydrator and let them warm up for about 30-45 minutes. You can certainly leave them in longer if you want them a little drier. The longer they sit, the more intense the flavours. I wouldn't let them in there for more than 90 minutes Plan ahead.

Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>



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Week 19 ~ Going Raw ~ Release Potatoes

Oh goodness this is going to be one of the hardest things to release aside from dairy cheese. This was my personal demon that was difficult to release. It is every vegans fall back at restaurants, and very filling, comforting and satisfying.

Potatoes are however (despite how we might think) quite dehydrating and addicting. This is only coming from personal experience and from what I have witnessed from hundreds of people that I coach and help trying to give up cooked food. Potatoes are always the last to go for most and even taking a few bites can cause one to binge and eat more than your stomach can hold. You can always remain at this stage. You are not being forced to give them up but if you got this ebook to eventually become a raw vegan and change your life, releasing potatoes is the next step.

You really shouldn't do raw potatoes. Just like eating green or yellow bananas (you should never eat green or yellow banana) they are too high in indigestible starches that can cause gas and bloating.



Raw potatoes may also contain an unusually high level of solanine when they turn green or get eyes and sprouts.

This can cause nausea, cramping, loose stools and headaches. In extreme cases, green potatoes have been said to possibly cause organ failure. Best to just not eat them.

You can still however, in smaller quantities, enjoy raw orange sweet potatoes and yams

Release these and now as you should only be consuming lightly steamed greens and veggies with no oil or salt. Use spices to spice them up. This is your last week eating cooked foods!

Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>

Week 20 ~ Going Raw ~ Release All Cooked Food

You are now on your last mission in becoming a fully raw vegan. This week you are going to cut out the rest of any cooked foods that you are still eating. This is the last and final step in cutting out the cooked. Take some time and reflect on all you have achieved, because not many people can get to this point. Replace the cooked with raw salads. If you feel you still want some warm things, you can try making some soups in the blender. If you leave the blender on for a while the liquid warms up. Just make sure you don't go over 115F. You can make raw soups with anything. My favourite is tomatoes, half a zucchini, a red pepper, handful of basil, clove garlic, lots of water. Add spices as desired, you might need to add a pinch of salt, oregano, cayenne, and maybe black pepper. Blend for at least 5 minutes straight and the soup should heat up. Otherwise you can also use your dehydrator to warm things up slightly. You can also stick with tea. Remember we are not trying to be purists. Whatever will work to keep you predominately raw is what you should do. After this week, you will be eating the highest vibrational foods around, and in only 20 weeks have made huge improvements in your life. I want to say congratulations!

When it comes to the ratio of how much fruit to vegetable to eat, to be honest, it really doesn't matter.

A lot of people will say to eat all fruit. I do not agree with this. Fruit is very important because it will be the main source of your calories, but we need greens and vegetables (most of which are fruits anyways) to provide us with more mineral and nutrition variety. Greens are also really grounding and need to be included.

Include a variety of both. I like fruit in the morning and as snacks, and then veggies with date based dressings for lunch and dinner.



Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>



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Week 21 ~ Just one Brazil Nut

Now it's time to fill those nutrition holes you might be seeing. If you haven't already, let's venture into a few things you might need to keep an eye on. This week it's selenium. I want you to go out and grab a bag of (preferably organic) brazil nuts that you will enjoy daily in your dressings or alone as a supplement.

Dr. Greger says we only need four brazil nuts a month to get the heart healthy benefits, but if you want a daily source for selenium, this is it.

Brazil nuts also have magnesium, copper, phosphorus, zinc, vitamin E, potassium and riboflavin.



Selenium is a trace mineral that we need to have a healthy immune system and thyroid. If you go too long without consuming selenium, you run the risk of suffering anxiety, asthma, depression, heart disease and arthritis. A deficiency is also associated with infertility.

Selenium plays a key role in metabolism and is a wonderful antioxidant. Because most people are eating grains, dairy, seafood and organ meats, they don't need to worry about this specific nutrient. Unfortunately as a raw vegan, eliminating all of these products produces a slight imbalance in this respect.

A brazil nut a day is a great solution. Please don't overdo these nuts. You only need one. You can toss one into your evening salad dressing, munch on it alone or grate it and mix with a little nutritional yeast and salt for a "parmesan" topping to salads.

Week 22 ~ Vitamin B12 and D3

B12 and D3. Misconceptions of these vitamins are rampant especially when you tell someone you are vegan. They assume that you can only get B12 from your diet, but this is completely not true. In fact, most of the B12 the average person is getting in their diet is actually already in supplement form. Added to breads, cereals, and even added to animal feed for the animals because they aren't getting any of it either.

B12 and D3 are NOT diet vitamins, meaning we are not meant to naturally be getting them from our food. These vitamins are ENVIRONMENTAL vitamins. We are supposed to be getting D from sun exposure and B12 is made from a bacteria that blankets the wild earth.

When sanitation came a long, living in houses, cities, clean water, wiping our butts with soft pillowy toilet paper and most of us not even having access to a garden, is we created a B12 deficiency. Now don't get me wrong, I do love that my water is clean and I like how I live in modern society, so I will happily supplement my B12.



Try to find Vegan versions of these vitamins. D is obviously best made from the sun itself, but if you can't get outside or live too high north, a supplement is necessary. Look for D3 (not D2) and do not buy the ones from lanolin because that comes from sheep. I have one that is made from sunflowers. You just have to ask your local vitamin store if they can find you a vegan D3.

For B12, *Garden of Life* has a spray that is vegan.

The best form is methylcobalamin in spray or lozenge that is dissolved under the tongue. This is best absorption. We only need around 2500mcg a week so you can split it up if you need to.



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Week 23 ~ Omega 3

Eating fish is unsustainable for our planet. The oceans are dying and the flesh is not healthy for us. Besides... did you know that fish do not produce Omega 3 on their own? They get their fatty acids from micro algae. So basically, when you're told that you need to supplement with omega 3 by eating fish, you are actually eating the omega 3 that the fish got from the micro algae. Why not get it from the source, which is much better for the planet and ethics anyways! Chlorella is a great source. Blue Green Algae is another. If you don't want to do sea products, you can always head on over to my favourite seed, the Chia.

Chia seeds are pretty much a miracle seed. One tablespoon of chia seeds (which are a very sustainable crop) provides over 2gm of omega 3 fatty acids. Flax, walnut and hemp are other phenomenal sources. "Chia" is an ancient Mayan word for strength. It is recognized as a Superfood and you can get a lot of nutrition in one tbsp compared to a lot of other things you can eat.



This week go grab a bag of chia seeds, or any other item to increase your omega 3 intake. It doesn't matter if you use white or black chia.

Chia is high in fibre (one of the highest sources in the world), lots of omega 3, bone nutrients, can help lower cholesterol and reduce inflammation.

When it comes to fat, don't be scared of having your omega 3. I love adding chia seeds on top of my evening salads, or I include them in my dressings. I like them in dressings because it breaks them up so the fatty acids are easily used.

Week 24 ~ Elimination 1 ~ Salt

Ah salt. Time to almost say goodbye. Since you are not eating cooked food anymore, your salt intake should be dramatically reduced anyways and this should be a little bit easier. We need to limit the amount of salt we are eating. The average north american is eating over a teaspoon and a half of total salt per day, and medical practitioners are saying we shouldn't even eat over 1 tsp a day. The average intake is 9-12 gm a day. This is incredibly high. As a raw vegan, we need to make sure we are not including this high amount of salt in our dressings and sauces.

Salt is essential to life however so you are really not going to want to eliminate it completely. You will need it to regulate fluids in the body and which in turn balances your blood pressure.

Too much salt can cause hypertension or high blood pressure, osteoporosis (it causes calcium to be excreted through the urine), and can be linked with stomach cancer.

I get Sacred Salts from a Canadian company called Nature's Cargo

www.naturescargo.ca

The sacred salts are very high in minerals and from 4 lovely areas of the earth.

Black salt from Hawaii, Pink salts from the Himalayas, Crystal salts from the Atlantic Ocean, and Rose salts from the Andes Mountains.

I typically can tell if I need to use a pinch or two of salt here and there if I feel light headed or dizzy from not eating enough. You can also eat raw celery if you don't want to use salt as a better option.

Eliminate all *excess* salt.





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Week 25 ~ Elimination 2 ~ Caffeine

It is time. You don't have to do this, but it's for the best.

Time to break up with coffee.

Of course there are plenty of studies promoting the health benefits of coffee, but there are also countless other studies that say it's no good. I don't like the idea of consuming a stimulant and as a raw vegan, and it's definitely not raw.

More than 4 cups of coffee a day is linked to early death. It has also been shown to increase risk of heart attacks in young adults, inhibits collagen production (wrinkles anyone?) and interferes with ossification in the bones. Caffeine may also increase cravings for refined sugar products, causes sleep disturbances (I suffered from panic attacks almost every single night), it impairs glucose metabolism in those with type 2 diabetes, and probably also in those with sugar sensitivities.

If you need to, move to herbal teas while you transition off of coffee.

Again, we are definitely not trying to be purists here and herbal teas can help and are definitely a better option. A lot of raw fooders do not consume tea either since you are adding boiling water (well over the allowed temperature for raw foods) to a dried herb (that also may have been dried at very high temperatures), but in all honesty, a tiny amount of tea I don't think is going to be a bad thing, especially if the alternative is coffee.

Let go of your coffee. If you need a few weeks here, by all means take them, if you are like me and can do it overnight, that's cool too!



Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>

Week 26 ~ Elimination 3 ~ Alcohol

Let's be real here. You don't want to really be putting this into your body do you?

Alcohol is a waste product and should not actually be ingested in the first place. Even small amounts are not good for us, despite what some studies might say. We all know it's not good to consume, but we will fall onto those few random positive studies to justify our love for drinking (just like with coffee).

Alcohol makes it hard to absorb many B vitamins and to control bacteria. It can inhibit hormone production and cause infertility. There are lots of circulatory issues linked with the consumption of alcohol, such as irregular heart beat, high blood pressure, heart disease, and is also linked to weight gain. It can lower your immune system, affect your memory and cause inflammation in the body. It's even linked with some cancers. It's just not worth it, especially since you are now eating so cleanly, why put something so toxic into your body when you are doing so well?



Many people will still drink raw and vegan wine. I do not. I have had an issue with alcohol in the past and do not want to even taste raw home made vegan wines.

Remember this is once again a step you can take or leave. I would love to see you let go of alcohol because if you are trying to live a more healthful life, it is necessary to just let it go.

Some people will try kombucha as a raw vegan alternative, but not for me.

Dr. Michael Greger had a video on it stating it was not the healthiest thing for us to consume so I just don't bother. Water for me!

Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>



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Week 27 ~ Exercise Time ~ Squats

Time to work out!

I do hope that you have already been doing some kind of working out. Anything from walking, running, swimming, dancing.. anything! But if you are like me and really lazy, it's time to get our butts in gear and start small. Something you can do daily that only takes a few minutes to kickstart some movement. If you are already working out, this can be a nice little boost to your daily regime. It's really simple so why not?

Starting this week (and hopefully you will do this daily for as long as you possibly can), you will be squatting first thing in the morning (or whenever is convenient for you).

You will begin with 25-50 squats and daily add 5-10 until you are at 100 per day. When you get here, slowly add either more squats, or weights. This literally only takes about 2-3 minutes out of your entire day and will greatly benefit your behind. It will also

Squat proper:

- 1) Feel shoulder length apart. Knees over ankles, hips over knees. toes pointed out about 30 degrees
- 2) Roll your shoulders back so you are straight with a neutral spine.
- 3) Extend your arms straight ahead so they are parallel to the ground.
- 4) Make sure that your chest and shoulders are upright as you sink down leading with your butt as if to sit in a chair.
- 5) Keep eyes forward and maintain your neutral spine
- 6) Go as deep as you can without compromising form. Never let your knees go over your toes.
- 7) Come back up with body weight in your heels, use your core and squeeze your butt at the top of the movement.



Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>

Week 28 ~ Exercise Time ~ Walking



Time to start moving your body if you aren't already! Walking is the simplest and easiest thing you can do to improve your physical fitness.

Even if you have to start with 10 or 15 minutes a day because of time, then do that. I would love to see you start this week with 20 minutes of walking daily and keep doing this daily for the rest of your life. Create a habit. It's only 20 mins out of your life and you can reflect on things, listen to music, play a podcast or ebook, learn something new, like a new language!

This is a commitment.

If you need to wake up earlier in the morning to get this done, then do it. If you need to take an extra break instead of sitting around online, then do it. If you need to wait a little before starting your favourite TV shows, then do it. Make it happen.

Once you are used to doing 20 minutes a day, work your way up to an hour. It can take time, maybe some days you will have more time to walk longer, but if you can work up to that, it is ideal.

Walking increases circulation, is low impact, relaxing, refreshing and is great exercise. Find a walking buddy if you want to as well to share the healthy habit with.

The best thing to do is to walk and then do your daily squats. Over the next few weeks we will add a few more things to your new workout routine so try to make sure you have enough time to fit everything in.

Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>



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Week 29 ~ Exercise Time ~ Abs

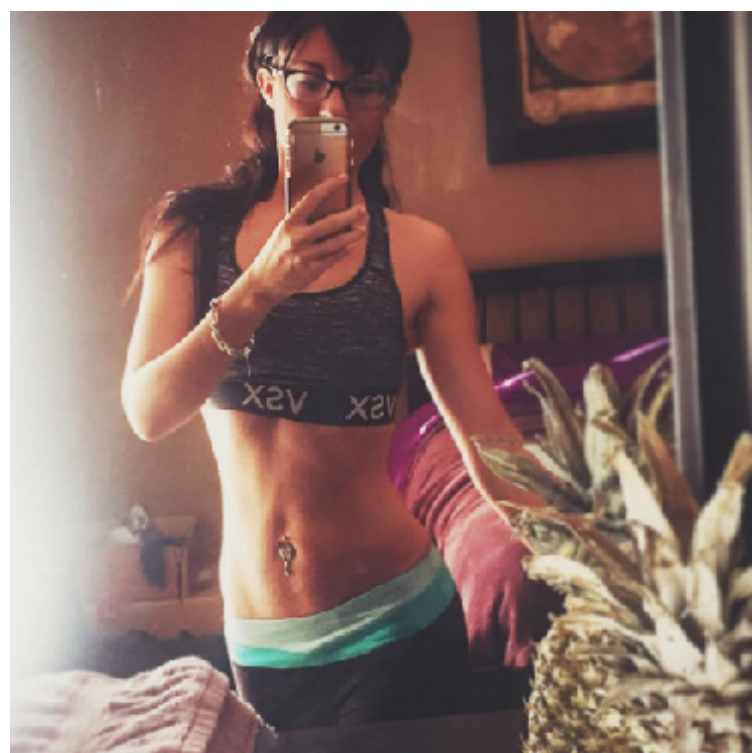
We all want them.

The best thing to get abs is to eat right in the first place. I didn't do a whole lot of ab work to get here, but I am slowly adding, much like you should be starting today!

I do regular crunches, oblique side crunches and medicine ball sit ups.

The crunches are easy, we all know how to do those. The side ones are just that, a crunch to the side so you feel it in your obliques.

The medicine ball sit ups are a little different and you will need a weight ball to do them, or just do regular



Medicine ball sit ups:

- 1) Lay on your back with your knees bent, feet flat on the floor.
- 2) Hold the weighted ball above your head on the floor with both hands.
- 3) Keeping neutral spine, engage your core and lift the medicine ball in an arch movement over your head
- 4) When the ball is straight above you, and using a bit of momentum from the initial lift, start your sit up until you are in full sit up, holding the ball in the air
- 5) I like to give the ball a little bounce in my hands, you don't need to do this, I just find it fun and distracting from the work.
- 6) Lower yourself down as slow as you can. Once your head and shoulders are on the floor, lower the medicine ball back to the starting position on the floor above your head.

Try to do three sets of 12 of each exercise, work your way up as the weeks go on.

Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>

Week 30 ~ Exercise Time ~ Extras

This week is for the ambitious! Time to add a few extra minutes into your new daily routine.

This week you are going to add:

- 50-100 jumping jacks
- 15 pushups
- 15 tricep chair dips
- 15 shoulder presses with weights

Do one, two, three, four... sets of these depending if you have time. You can even switch up the arm exercises if you want with some of your favourites every week to keep your muscles second guessing. The point of this week is to add some balance to your workout.

Now you should have your cardio from walking (or running) and your full body work with squats for legs, abs for core and now these new arm exercises for your upper body.

Remember these are just starting exercises. You can switch up any exercises for anything you want. I just want you to start adding some movement into your life to improve your physique and health. Moving is so important and as we all know, modern society has us sitting way way too much.

Get up and move!



Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>



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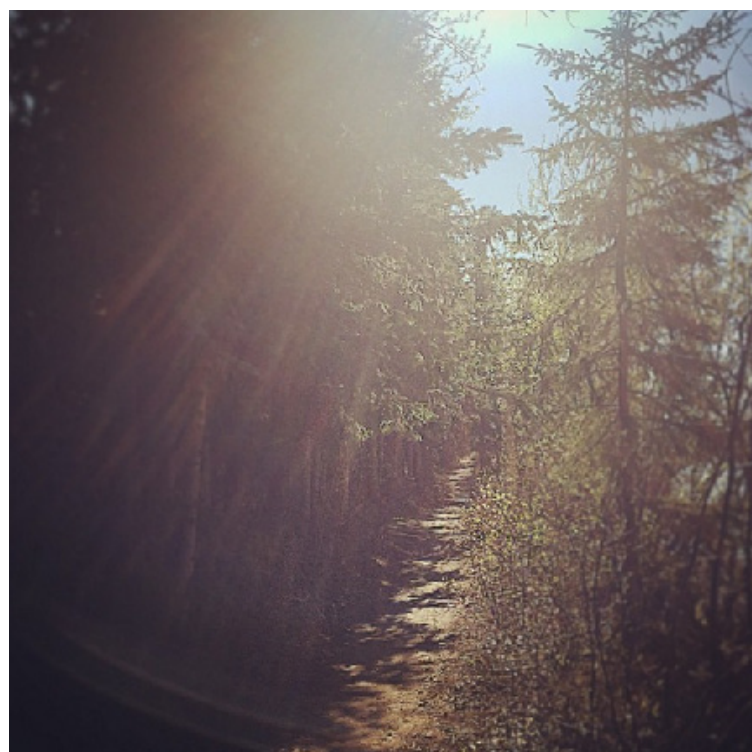
Week 31 ~ Exercise Time ~ Stretching

Now we are on the final stage of your own personal little workout. Again, if you are already on a workout plan, you can add any of these to your life that you want. These are just suggestions and ideas to motivate you to move.

Time for adding stretching. You can do this in any way. Stretch on your own in silence starting with arms and moving down to your legs. Try and stretch for 15 minutes at least. The easiest suggestion is to find some yoga tapes or poses you can do.

Stretching is very important not only to increase range of motion and flexibility, but also for the mind. You can even take this time to reflect on your reasons for doing all of these great changes to your life. Smile and enjoy spending some quiet time with yourself.

Stretching can help minimize workout injuries and help improve your workouts. It will also help to increase your balance and coordination.



You should now have a complete workout plan that you can improve on and stick to for the rest of your life.

Check out some YouTubers, blogs, exercise videos and other ideas to include in your workouts. Try to do at least something every day.

Challenge yourself to say a month of 150 squats a day, and when you are done, challenge yourself to something new. Always change things up and keep things fresh, but also always be in routine. Hopefully these last few weeks have opened your mind to letting movement back into your life if you have been distant friends.

Week 32 ~ Learning to Listen and More Photos

Time for more pictures. Progress photos really help you see how far you have come. Get your camera out and take the same photos that you did before. If you are using your smartphone, you can make side by side comparisons with an app called Diptic. It's neat to see the change that can happen when you make changes in your life.

This week we are going to listen to the body. I don't mean listen as in, "wow I sure crave potatoes, there must be something I need in them..." No. I mean listening to see what you might need to change in your current diet.

Examples can include things like tomatoes bothering you, or bananas. Maybe garlic burns your tummy and you need to release that. What about berries, if you aren't buying organic ones, maybe the pesticides on them are irritating your mouth. Are your fruits ripe? Is your pineapple unripe and burning your mouth? Are your bananas unripe and causing digestive upset?

Try to pinpoint anything that might be bothering you and replace it with other things you know you are okay with.

Remember we are not trying to be purists, we are just trying to eat raw vegan and as healthy as we can. Since you have come so far and have cleaned so much out of your diet, you can start to eliminate a few other things if you feel that they need to go.

This will be all up to you and how you feel. Just keep in mind that you will need to replace any nutrition you will be also giving up by releasing other foods.

Take your time, you're doing great!





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Week 33 ~ Try New Produce and Recipes

This week you are going to venture out and look for THREE new fruits OR vegetables that you may have never even tried before (or haven't eaten in a really long time) and go looking for some raw vegan recipes to use them in.

Pictured is Turmeric. A lot of people haven't tried the raw root before, it can be added to curry style raw dressings. You can find horseradish root to put in some raw sushi.

Maybe some exotic fruits you might want to try adding into morning smoothies or as snacks, even just simply eating them as they are.



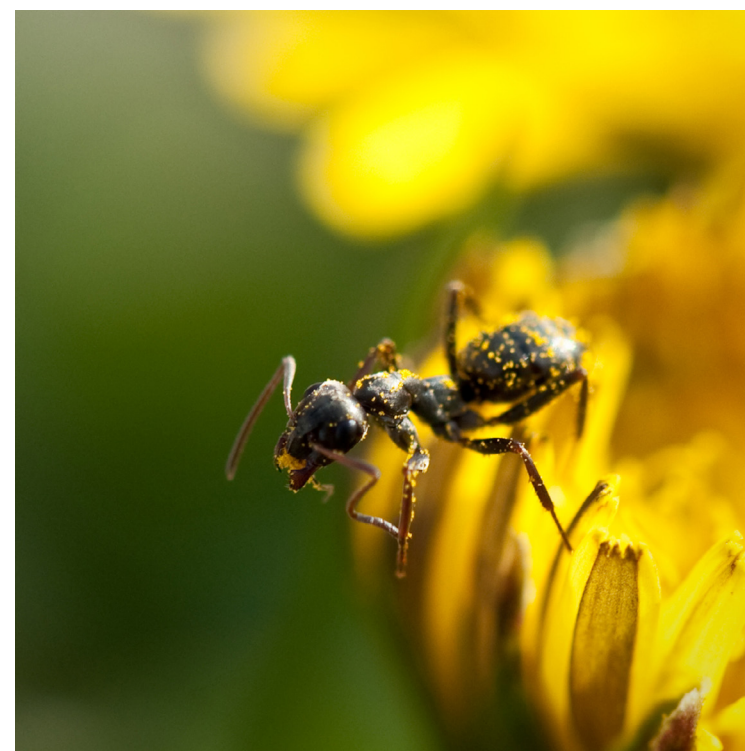
Try finding online, some recipes that correspond with the new fruits and veggies that you are going to try. The goal here is to venture out from the normal and add some variety into your diet.

Check out some ethnic stores that sometimes carry interesting new items that you have never tried before. Local farmers markets also may have heirloom produce that look cool and can add interest, colour and a different range of nutrients.

If you are not able to find some new produce in your area, maybe experiment with some new flavours, new spices. We have a local spice store in my city that sells a huge range of herbs and spices that I have never tried before. You can even experiment with flowers! Edible flowers include pansies, rose petals, onion or garlic flowers and stems, clover, dandelion, calendula, borage, hibiscus and violet. Make sure they are wild, home grown and not sprayed or bought from a flower store.

Venture out and enjoy the abundance that nature has for you!

Week 34 ~ Learn To Love



This week you are to try to learn to love something you don't like.

I am certainly NOT saying to go consume something that makes you feel unwell. I am saying to find a fruit or vegetable that you just don't like eating, as if you were a little kid and just didn't want it.

For example, I completely dislike raspberries. I can't stand eating them. But now I like them because I decided to try and fall in love with them because they do offer a nice nutrient profile that I would be missing out on if I never ate them.

So think of something you don't like to eat. A lot of people might choose a green they can't stand, like dandelion (pictured above) or arugula. Some might have an aversion to something else, like with myself and raspberries.

Now go online and do a little research on this food. Find out what it can offer you. Find out what it's been used for in the past. Look for raw vegan recipes that include this food that you can start including in your diet.

When you eat this food, learn to love it. Really taste it for what it is, remembering what you researched and why you should be including it in your life. Maybe it makes it's way back into your diet, maybe it doesn't, but since you have been eating raw and vegan for so long, your taste buds will have changed and you can appreciate different flavours than before without being distracted by all the salt, refined sugar and fat that we covered everything in. Time to enjoy something for what it is. You can do this with other foods as well if you want!



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Week 35 ~ Sleep

Yup we all need more of this and it's time to start making changes in your sleep patterns.

This can be difficult and even if you are only able to make small change, then please make them, otherwise try and do the best that you can. I know not everyone has the luxury of having a regular bedtime, but most of us actually waste too much time on the computer, TV and our phones when we really should be sleeping and healing.

The best times to go to sleep are around 9:30 or 10pm but that can be different for everyone. Think of a time you would like to aim for.

Tips go to sleep earlier:

- 1) Start gradually. It can be difficult if you are going to bed at midnight and suddenly lay down at 9:30pm and expect to get to sleep. Start with trying 15-30 minutes earlier or so. You might not go to sleep at that time, but it will help reprogram you to know when it's bedtime.
- 2) Reduce light exposure. Especially electronic devices that produce a blue light which, when taken in by your retinas, suppresses melatonin production, which is the hormone you need to help you fall asleep. Light completely affects your internal clock and you need to limit light as much as possible. Listen to music before bed in a darker room or take a bath with low light and candles to help relax and limit light.
- 3) Your bedroom should be for sleeping. Don't have your TV on, books or computers around that can distract you from actually going to sleep. Create a bedtime routine.
- 4) Try some yoga, calming meditations or something relaxing. Talk to your family and let them know this is your plan. Start slow until you hit your bedtime goal time.



Week 36 ~ Oral Care

This can certainly be of concern to most people when they are on a raw vegan diet, if they are going to decay their teeth because they eat so much fruit. There are things you can do to help lessen any damage, but in all honesty, a raw vegan diet is much better than the standard american diet with high fructose corn syrup any day. Any diet you are on, you will have to care for your teeth properly.

- 1) Oil pulling is a great thing to add to your oral routine. You can either use unrefined sunflower or coconut oil. Take a tablespoon and swish around in your mouth for about 20 minutes and spit into the toilet. Rinse your mouth. This helps to get rid of bacteria and toxins from your mouth and helps keep things clean.
- 2) Drink smoothies with a straw. I have a glass straw to drink my smoothies and juices with because the sugars bypass the mouth area. This can be a double edged sword as it has been said to "chew your juices" but this can cause more sugars to remain in the mouth. I like the straw for high fruit smoothies and juices.
- 3) Rinse after fruit. If you have a banana smoothie or monomeal of just fruit, it's

smart to take a moment after you eat to rinse your mouth out and any lingering sugars.



- 4) Brush only after waiting about 45 minutes after eating anything. Any citrus or acids soften the teeth and if you brush right after, you can cause more damage than waiting. Rinse your mouth and wait before brushing. It is a good idea to brush at least twice a day,
- 5) Use remineralizing toothpastes that are natural and vegan. You can make your own by googling some remineralizing toothpaste recipes or you can buy commercial pastes that have these properties.
- 6) I have to tell you to go to the dentist regularly too. Hehehe!



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Week 37 ~ Rewatch Movies and Re-Motivate

This week we are going to re-motivate ourselves. Even if you are still going strong, perhaps there are things you have slipped on or need help getting back to.

Rekindling your motivation should happen regularly, so this week we will focus on this in case you need it again.

First check out your before and after images. See how far you have come. Take more photos if you feel you have changed since the last ones.

Rewatch the original movies (you don't need to re-watch Earthlings unless you have fallen back to eating animal products). Watch more movies that have recently been released, and others that you might have never watched before.

Find new raw vegan YouTubers to follow, or watch older videos from some of your favourites. Take a few hours this week to watch others and keep motivated.

Do research.

Check out www.nutritionfacts.org for nutrition as a vegan. Learn some new things and listen to the newest in nutrition science.

Head over to some vegan forums and share your story with people. Helping others is a great tool to keep you motivated because you will be looked up to, and since you are living the life, people will be very interested in learning how you came to be a raw vegan and in learning what health issues you may have healed or helped.

Being the example is the best thing there is to motivate!



Week 38 ~ Learn to Grow and Regrow Food

This week is a fun one. You will learn to re-grow some of your raw kitchen scraps and save some money with the power of nature. Choose at least one, if not more of the following things, and try your hand at regrowing them:

- 1) Green or spring onions, leeks, fennel, onions. Place roots in water but do not submerge. Change the water daily. In about 5 days you can harvest your new vegetable and keep doing it over and over.
- 2) Romaine, butter leaf lettuce, celery, bok choy, cabbage. Place the base of the head in about an inch of water but do not submerge. Spray the top with water a few times a week and replace the base water every few days. Leaves will sprout after about a week. Plant when the leaves start to grow and harvest when fully grown
- 3) Garlic. Start with a large clove and plant in a small pot. Keep the pot in a sunny window and keep the soil moist. You can harvest this bulb in the early summer when the bottom third leaves are yellow.

Also grow your own little gardens!

I love love love mustard greens. To no end actually, and they are great in salads and raw sushi for that spicy extra. Grab a pot and sprinkle some mustard seeds, cover with a little dirt and harvest the micro greens when they have small leaves.

Grow your own spices, herbs, micro greens (any leafy green or veg that is harvested as a sprout or very very young).

Grow anything your heart desires. Try a few things and expand. This week start slow with kitchen scraps and move into more later.



photo from Black Thumb Decor



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Week 39 ~ Eating Out

This week I want you to venture out and find a new place to eat. Get online and search out a RAW VEGAN place. I know a lot of cities will not have this option, but you never know unless you look. If you simply can't find a place that will cater to your raw vegan needs, most major cities will have completely vegan restaurants, and you can email or call them and ask if they are willing to or have any raw options.

It's so important to maintain your social life and knowing where you can eat is very critical in keeping things level. At least you will know there are places to go to if you are asked to go out. Most of your friends will still enjoy meals there and can certainly benefit from eating a vegan dish. It's also a great idea to get to know where you can stop for something quick when you are in a rush or won't be home for a little while. Grocery stores will always be your fall back fast food place, but when you want to sit down and be catered to, there's nothing like knowing for certain that there is a place you can go and get something that works with your diet.



If you have no vegan places in your area, try going to higher end places and talking to the chef. I have had lots of success in getting a huge beautiful salad made, and using lemon juice with black pepper as my salad dressing. Most places have all the raw ingredients. Look at the menu just to see. Mango tuna means they have fresh mangoes in the kitchen.

Maybe one salad has cucumbers and spring onions, but the salad that you really want doesn't. Ask if they can add extra to the one you like. There are endless possibilities, you just have to find a place that is happy making you a nice large salad. See what you can find this week and enjoy a night out.

Week 40 ~ Eat Slower

This week we are going to slow things down a bit and learn to be mindful eaters. I am sure by now you are used to eating larger quantities of fruit and vegetables, but slowing down and taking your time eating is incredibly important.

Mindful eating will benefit you in many ways. Nutrition is in the food and by chewing food slower, you are making it easier for your digestion to get to all that goodness. Boost your health to the next level by releasing as much nutrition as you can.

Carbohydrates begin to digest in the mouth through enzymes secreted in your saliva. The more you chew, the more they mix with your food and begin digestion. This will help also with any gas or bloating you might be still experiencing, if any.

Mindful eating also helps lower stress and slows you down. Being in the moment and putting down your fork will help with feeling like you need to rush to finish your meal. Enjoy everything nature has for you in that meal. Enjoy the flavours and smells.

So spend some time to really enjoy your food. Chew thoroughly. Many say that chewing about 30 times per bite is a good goal to have for mindful eating.

It's difficult in the beginning as we are so used to eating quickly that we forgot how to take things slower. This week your focus is on slowing down and really enjoying your food.

A bonus is also that it can help with those suffering from GERD and acid reflux. It can help steady insulin.

After reading much on the subject a lot say it helps with portion control. Don't worry about that. You can eat a lot of raw food. Enjoy every bite.





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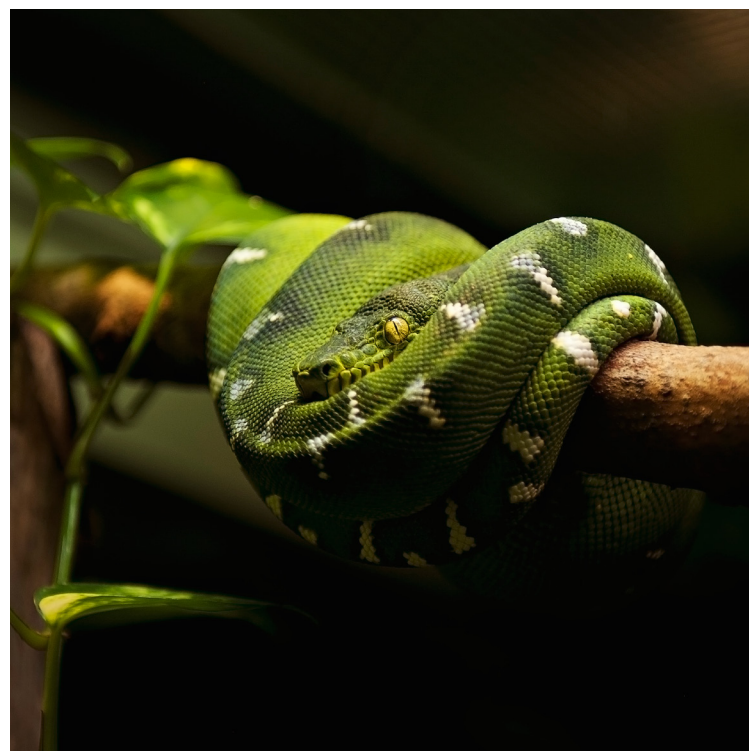
Week 41 ~ Dry Brushing and Cold Showers

This week we are going to start caring a bit more for the skin.

Grab a dry brush at any store. Please make sure that your bristles are not derived from an animal. As vegans, we should be aware of purchasing items even made with hairs from any animal. The ideal bristles are cactus or from other vegetable sources.

Dry brushing is simple and easy, and you will start every shower with a quick brushing session.

Use upward strokes starting at your feet and moving up. Always brush towards lymph draining points



Dry brushing helps to release stored and stagnant toxins and has been thought to help with the dreaded cellulite. With time it can certainly help and any kind of toxin release and will be beneficial, even if slight.

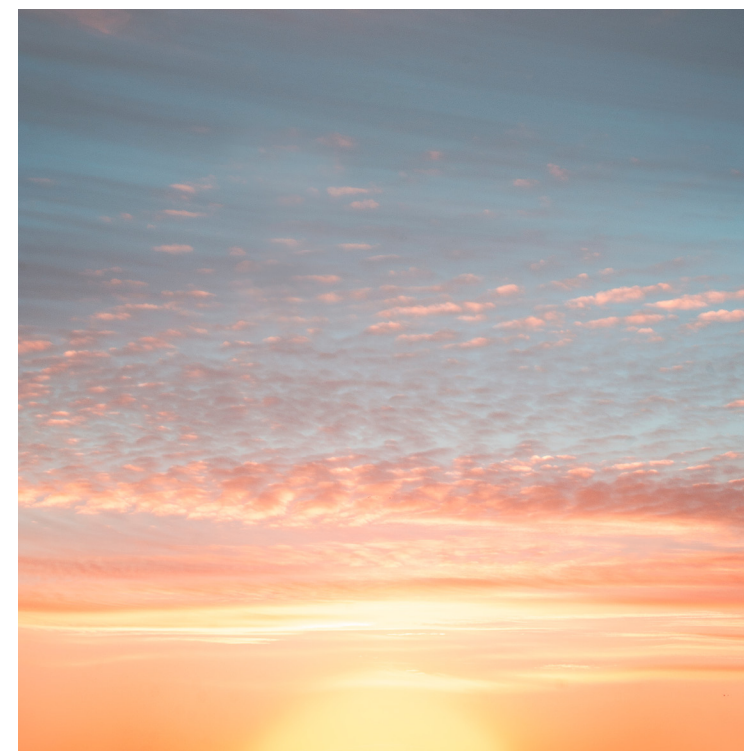
Also, start doing some cold showers. These showers stimulate circulation and warm the body. You might be surprised how warm you feel after a bout of super cold water. At the end of your shower, start slowly with 10 seconds and every day work your way up in seconds until you are happy at a timeframe (normally a minute is good, or more if you can. Always end the shower with the cold water.

Benefits to cold showers:

Helps train your nervous system to be more resilient to stress and helps to reduce stress in general. They will energize you and can help with alertness. Your hair will look shinier and healthier. With the cold, the follicles increase their grip to the scalp. Improved circulation which can help with metabolism and staying warm. Improves immunity, helps drain the lymphatic system (especially after dry brushing), speeds muscle recovery, improves sleep and has even been said to help with depression.

Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>

Week 42 ~ Wake Up Earlier



If you haven't already noticed, you may need much less sleep now than you did when you were eating cooked foods and animal products. You feel lighter and freer and it's easier to sleep and wake up.

This week I want you to try and get up earlier if you are getting enough sleep. Please don't do this if you are not already going to bed early and sleeping well. This is mostly to help gain some morning hours to get some more important things done that you have been procrastinating on. Waking up earlier, getting extra stuff done and/or doing something special for yourself is a beautiful thing.

Start by setting your alarm just a little bit earlier and work your way up to the hour you would love to wake up at. If it's an hour earlier so you can tackle cleaning that old closet, doing a yoga session, adding time to your workout that we already established or even moving your workout to this new morning time, are all great reasons and will determine what your final waking hour will be.

Make sure you sleep well the night before and continue on getting to bed earlier. Hopefully by now you are sleeping at a decent time and can work on waking up.

Never press the snooze button. In the beginning it will be hard, but you released all animal products, so this should be a piece of raw vegan cake.

Stick to your wake up time every single day. Do not waver. If you need to do things the night before so they are ready in the morning, you should do so.

The more you do this, the easier it will be. You will be grateful to wake up earlier and get things done. You will feel more productive and satisfied with your day. Tell yourself these things when you wake up, along with your reasons for being a raw vegan. You can even add these to your reasons to help solidify your new wake up time.

Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>

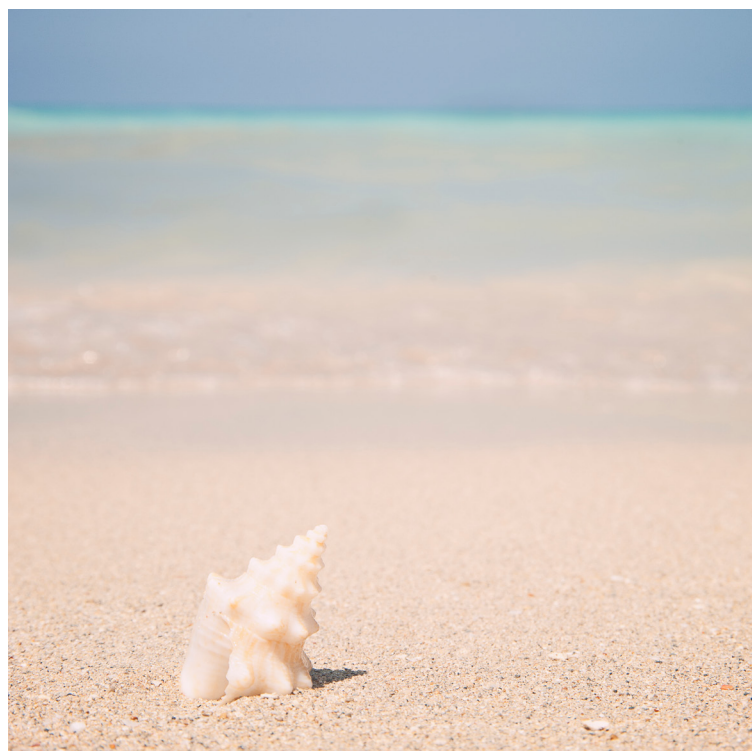


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Week 43 ~ Start Meditating

Now that you are starting to wake up earlier, you can start spending more time relaxing in your mind. I use this time to meditate and be by myself. You can do any kind of meditation, anything from yoga, stretching, or a meditative walk - to silently sitting still and visualizing something peaceful or even getting one of those meditative colouring books.



Spend some time with yourself each day at any time that is best for you. You can find calming music online and sit with yourself. Quietly reflect on your day, go over your reasons for being a healthier you and think of your affirmations.

Meditating has been around for a long time and has countless health boosts. You can experience the following incredible benefits:

Less worry, stress, anxiety, fear, loneliness, depression. Boosts self esteem, self love, resilience against pain and helps deal with adversity in a calmer way.

Can help to increase optimism and awareness. Can help you control emotions and release any addictions you might be holding onto. Your mind will benefit from a boost in mental clarity, focus and memory retention. Improved cognitive skills, information processing and making better decisions with a level mind. A great benefit is focus, and being less distracted with all the social media and electronic bombardments we endure daily in this modern world.

For the body you can improve your immunity, energy, circulation and heart rate, live longer, lower inflammation, helps to even balance hormones and lessen pain.

Find some peace and start, even if it's 5 minutes. Work your way up, but start!

Week 44 ~ Spend More Time in Nature

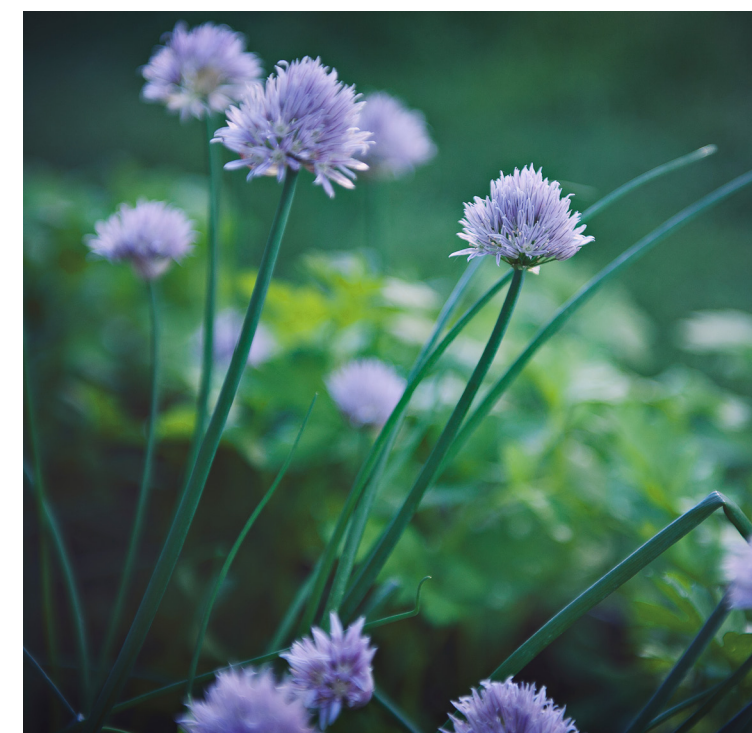
This week I want you to start thinking about spending more time in nature. At least a few times this week.

Find some spots where you can go and walk (you can use this as your walk time) or sit quietly in the forest (you can use this as your meditation). Spending time in nature is very very important and if you can, let your arms and face be exposed to the sun for about twenty minutes to make your daily required vitamin D.

Even if you live in a colder climate, I still want you to try and get out. Bundle up if you have to and spend some time walking by yourself on a trail or in the trees. This should be in a river valley or away from houses and city.

In the summer I would like you to think about doing a garden, planting, or even finding a hobby that requires you to be outside more often.

We have lost contact with nature and need to find it again. Spend some time "earthing", where you take off your shoes and socks and walk barefoot in the grass or dirt. Feel the earth. Be part of it.



A great thing that you can do, and I highly suggest it, is to find a local group that does nature walks. Learn your local plants and what is edible and what is not.

Spending time in the wild earth will expose you to the bacteria that creates vitamin B12.

As I have mentioned, we get B12 and D from nature, from being outside and being at one with the planet. Please take some time to love this beautiful world.



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Week 45 ~ Raw Vegan Potluck

Let's be social this week and venture out to find a raw vegan potluck.

It might be hard to find one in your area, but then again it might not. You can find lots of meet ups being planned through Facebook forums, or even at your local vegan restaurant or health food store. Look around and ask to see if anyone is hosting a potluck. A lot of restaurants with extra rooms will host, or you can rent a room or even do a picnic in a park.

If you simply can't find one, do your own!! Invite your friends that might be interested or enjoy your lifestyle already. Ask them each to go online and look for a raw vegan recipe that they can make and bring. You can do a little talk on raw food if you like, tell your story, or even just laugh and have fun while eating real food. This is great for the human connection. We need to be social and you can make new friends in the process.



Sometimes if you can even just find a regular vegan meetup, that can work too, as long as you make sure that there will be enough food for you to eat. Maybe take two dishes just in case.

My Red Pepper Cashew Dip is one of the dishes that I always end up bringing to any meetup or family get together, as it is the most well received dish. Chopped veggies and dip is really great for everyone to enjoy and is really easy to make. I also always bring a salad to share. I try not to bring things that are too complicated to make, and you can even suggest sharing recipes with everyone. Print them out and have them on the table to share!

Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>

Week 46 ~ Create 3 Recipes of your Own

If you haven't already tried to create some stuff, now is the time! This week lets try creating new dressings and recipes. You should by now understand the basics of how a raw vegan recipe is put together, but here are some ideas to get you going.

Dressings and dips:

Dressings are just dips that are watery. If you like a dressing or think it would be good as a dip, just add less water.

The basics for a great dressing. You need sweet, sour, spice (salty) and fat. Because I don't eat a lot of fat, fats are sometimes left out, but in small quantities that's okay. I just do not use any oils. The fats will come from nuts, seeds, avocado or coconut.

Start with sweet. I like to use dates, then go from there. Your sour can be lemon, lime, apple cider vinegar, or any other tart fruit like kiwi, pineapple or orange. Then move onto the spice, depending on what flavour you like, the possibilities are endless. Try to remember we are not including huge amounts of salt, so you really only need a pinch or two. Add any fats if you want, I like to add chia, but really only for the omega 3.



For recipes, you can easily combine your own ideas for exciting meals.

Zoodles (zucchini or cucumber noodles made with spiralizer) in place of noodles for a dish. You can add greens as a base to anything. Using zucchini for pastas sliced thin.

Try something ethnic. Sushi, curry, asian style no-stir fries. Even get out your dehydrator if you want to play around with cracker or kale chip ideas.

Remember though, dehydrated foods are dehydrating and you should keep them for special occasions and rare times. Have fun!!

Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>



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Week 47 ~ Track Cronometer for this Week

This week if you have stopped tracking your calories and nutrition, I want you to start again for a week or so. This is important because we can become complacent and stop making sure we are getting everything we need. Track the foods you are eating currently to make sure you are eating enough. Sometimes I will slip a little and realize that I was down a couple hundred calories, or maybe low in iron, or calcium and have to remember to keep taking my brazil nuts, sesame or adding more greens.

It can really help you to keep perspective and make sure you are still on track. We don't want you to fall into the nutrition trap by missing out because you are stuck in a rut or slowly eating less and less. Also make sure your calorie count is right for you. If you are doing more exercise, which you should be, you will want to compensate by eating more food. A few extra bananas here and there can improve that for you.

If you happen to be feeling off, you can re-evaluate what you are eating here. If you need to go for nutritional blood tests, please do so.

You are nearing your one year mark of being a vegan, so it's very very important that you remain a healthy one. Too many raw vegans can end up falling back to cooked food, and even vegans end up back with animal products.

Although it is completely your choice to move back to cooked foods if you need to, there is no reason you can't get all of your nutrition as a raw vegan. Keep that in mind as you track this week and hopefully after all you have learned, you are doing so well that you will only need to track a few days to realize you are super healthy. Keep it up. I am so proud of you for how far you have come!



Week 48 ~ Skin Care

Time to ditch the skin care that is toxic to you if you haven't already.

This week I want you to go through all of your skin care and decide if you are going to finish using it up, or ditch it. We need to switch to a natural and vegan skin care line if you want to go that route. You have cleaned up so much in your life, this is just another step towards clearing the rest.

Firstly, you have to make sure your skin care is vegan and cruelty free. These should not be tested on animals or contain any animal products. Do a little research online and check out your local health food store for new options in skin care.

I love the line Eminence Organics. There are many many many brands that are super clean and vegan that you can find. This goes for makeup as well. I know that Arbonne is a completely vegan company and they have both makeup and skin care. I do use a few of their products and love them quite a bit.



Vegan and clean makeup and skin care is becoming more mainstream, even brands like Urban Decay have vegan options for makeup.

You can also always make your own skin care with a shea butter base, or even coconut oil, herbal waters, and other skin oils. Some health food stores offer classes on how to make your own natural skin care.

If you feel like a purge, feel free to give all of your half used or unused skin care to a local women's shelter.

Guys - it's not a bad thing to use skin care. Even just using coconut oil as a moisturizer is a nice option for simplicity!



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Week 49 ~ Declutter and Gratitude Journalling

Declutter time.

This includes your fridge, cupboards and anything like a closet that needs to be dealt with. This week you will start to declutter. Choose an area of your home and start to go through things. You will notice that since you have been a raw vegan for so long, that you are more in tune with yourself. Your meditations, exercises and health have all gotten you to this point of freedom. It's time to clean up other areas of your home to free up that stagnant energy.

This step can take more than just a week. Maybe set aside a time, like a quiet Sunday afternoon or maybe one of the days during the week that you are getting up earlier on. Do this until you have your clean house. Give things away, clear out your closet. I'm sure by now you will be in a different body shape and a lot of your old clothes, you will never ever wear again (hopefully?). You might as well say goodbye. Again, women's shelters and the Salvation Army are great places to donate to.



I also want you to start yourself a Gratitude Journal. Coming into the end of your year as a raw vegan, you should be so proud of yourself for coming so far and making such a beautiful change that not many people will make.

Find a little journal and end each day by writing 5 things that you are grateful for that day. The trick to this: You cannot use the same thing twice. Ever.

So you can't keep using your love or your dog/cat as something every day. This will train you to find small things you love. Like the way an orange tastes, the way the grass felt in your toes today, or how hot the sun was. Really dig for those little things.

Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>

Week 50 ~ Change up Workouts



You might want to look into taking a class this week, or signing up for a special run like a 5km, 10km, half marathon or if you are ambitious, a full marathon, and beyond.

This week I want you to think about doing something a little different. I ran a half marathon in the summer and I will be doing it every year now. I never thought I would have enjoyed it, but I did.

You can also sign up for a class, maybe dancing, group yoga, hot yoga, spin, weight training, or whatever. It's time to add something a little different to your routine.

If you don't want to sign up for anything and want to just do something on your own, change up the weights and things you are currently doing in your workout regime. Maybe change your squats up to lunges, or deadlifts. Maybe change your walk to a run, or a swim a few times a week.

If you are in a summer month, maybe start hiking in the woods or ask a friend to go for a walk together. If it's a winter month, maybe go skating, skiing, or snowboarding.

There are countless things you can do to change up your regime. Now that you should have more time in the morning, maybe a new workout video would be nice that you can do at home. Change up your arm exercises, do different styles of push ups, sit ups and arm movements. Change up weight sizes. Keep your body guessing.

Just have fun with this one. It's not critical but a great idea to stay interested. Keep up with your workouts and movement. Try taking more walk breaks during work.

Corresponding YouTube Playlist: <http://tinyurl.com/zzgo9gx>



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Week 51 ~ After Pictures and New Gadget

You are doing SO WELL! This week, keep eating healthy raw vegan foods, and take some of your last pictures for the year.

Take them in the same clothes if you can. I lost so much weight that I couldn't take my after photos in my old jeans, as you can see here. If you can however, go for it. I just showed how the old jeans looked!

Take photos of your face and eyes and check out how they have changed. More life, more health hopefully have found their way onto your beautiful self. You should be proud of how far you have come, like I said, many don't make it.



The next thing is to treat yourself to a new raw vegan thing. You do NOT have to do this step but I am sure there is something that you have been longing for that would make your raw vegan journey just that much easier.

Maybe a bigger salad bowl, a glass straw for your smoothies, a new handheld juicer, a unique kitchen gadget that could help make some neat appetizers. Maybe you are more ambitious and need a new blender, dehydrator or even something that has nothing to do with the kitchen, like a new workout outfit or a vegan skin care product you have been eyeing up. In any case, treat yourself to something special because you have done so well.

Again, you don't have to do this part if you don't have anything that you need to get. You can even treat yourself to a day out, a massage, a meal at your favourite raw vegan restaurant or a movie. Spend some time on yourself this week reflecting on your huge achievement.

Week 52 ~ Congratulations and Looking Forward

CONGRATULATIONS!

You have made it to the end of the journey, but your journey is really only just in the early stages. Keep going, continue changing and tweaking your diet to be the best it possibly can be. Keep doing research, learning and sharing your story with other people. We need to help change the way everyone is eating and we need lots of very healthy raw vegans to help promote healthy food.

Take this week to reflect on the future. What are your future goals? Do you have any new health goals? Do you want to improve your physique? Do you want to travel? Are there any new hobbies or things you would like to experience in your next year as a raw vegan?

Think about where you want to be at this time next year and look at how far you have come in only one year!



I would love for you to take the time to write down your own journey. What you felt as you went through the challenges in these 52 weeks. You can revisit each lesson and write about how you felt about it, and if you had any road blocks to overcoming certain steps. This can be just for you, or if you want I would love to hear about your journey!

You can find me at the following:

- Facebook: [Lissa's Raw Food Romance](#)
- YouTube: [Lissa's Raw Food Romance](#)
- Instagram: [@rawfoodromance](#)
- Twitter: [@rawfoodromance](#)

You are so amazing. Thank you for making a beautiful change.



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Thank you!

I just wanted to say thank you to all of my fans, friends and family for being with me through my journey

Thank you for following, posting, commenting, liking, sharing and helping others move to a healthier vegan diet. The compassion we are spreading makes my heart swell.

Keep being amazing. Continue sharing and helping.

Keep spreading the word that a plant based raw diet is amazing for our health.

Thank you so much from the very bottom of my heart.

