

# THE RAW FOOD CHALLENGE



**Very Important! Please DO NOT start your plan until you have read this thoroughly.**

So, you've decided to take the plunge to a more raw and delicious lifestyle?

We promise you, you won't regret it,

Eating raw foods can have a myriad of health benefits, including weight loss, more energy, zest for life like never before, the clearing up of many aches, pains and health issues, bright eyes, clear skin, higher fitness levels, clearer thinking and

way more clarity. These are just some of the well documented benefits of a raw food diet.

This simple **7 day meal plan** will show you that raw food doesn't have to be expensive, fiddly and time consuming. You will need to do some prep, of course, but you won't be spending hours in the kitchen slaving over a hot stove, put it that way.

We have designed this plan without too many gizmos and gadgets as we don't want you to have to purchase any expensive kitchen items.

You will definitely need a high speed blender though. If you don't have one, then please try to get hold of one for the duration of this plan.

## **Possible Detox Side-Effects**

It's true you may suffer possible detox symptoms when beginning a raw food diet. These may include headaches, sweats, lack of energy and spot break-outs. This is not much too worry about and should pass after a few days.

The length of time you suffer detox symptoms is usually dependant on the type of diet you have come in from. If you are used to eating high amounts of sugar, caffeine, animal products, refined carbohydrates and other junk foods then you may feel the detox more keenly.

Detox symptoms will pass, and when they do, you will start to feel **ALIVE** in a way you never thought possible.

## **Before You Begin Your 7 Day, Raw Food Challenge**

To negate possible detox symptoms you should spend 1-3 days before you begin your raw food plan weaning yourself off caffeine, sugar and other junk foods. This is not about cold turkey or detox, it's about getting your body and mind into a good place before you begin.

Consider doing this with a friend or family member. It will be extra support for you.

Have fun with this. It's supposed to be an adventure and something that will be a huge treat for your body. It's only 7 days and could be life changing.

## **Go shopping!**

You will be given a shopping list that will cover everything you need for the

duration of your plan. If you cannot obtain everything on the list, then go for the next best thing and don't worry about it too much. The good thing about raw foods is you can change things up and it will still taste great. Omit what you don't like and add more of what you do.

All food is fresh and raw about 95%. This plan has a couple of lightly steamed items and pulses, but is around 90-95% RAW, which is good enough to see amazing results.

## **Meal prep**

The day before your plan begins, there will be some meal prepping to do that will take 2-3 hours. **Make sure you make time for this.**

## **Drinks**

Be sure to drink lots of pure, filtered or spring water on this plan. Try not to drink tap water as it has many chemicals that may negate the benefits of your raw foods.

You can alternate your water with green tea, herbal teas or decaffeinated tea or coffee. If you can't quite give up your caffeine, then one caffeinated drink in the first half of the day will help get you through.

If you need milk in your tea and coffee then use plant milk. If you are buying plant milk then try to go for organic with no fillers, thickeners or stabilisers.

## **When you have finished the plan**

After the duration of this plan that should have detoxified your body somewhat, please go onto our whole foods plant based meal plans that have been designed for you by our Plant Based Nutritionist Dr. Vincent Esposito. You will be eating more cooked foods again, but also lots of delicious raw foods too.

Or, do the plan again! Why not? There is absolutely no problem with doing this plan for another week or even beyond, but you will probably wish to try some different recipes by then.

## **Save Time and Money!**

You will be batching the recipes on this plan to eat for more than one meal. For example, you will be making double portions of most of your main meals so you have a portion for the next day's lunch.

## Disclaimer

This plan is designed to be taster of what it's like to eat raw foods. For long term benefits you will need to carry on with lots of raw foods and a plant based diet

## **SHOPPING LIST**

Before you begin your amazing raw food plan you will need to go shopping. You can probabaly get away with doing just this one shop for the whole 7 days, but you may prefer to get some of the salad items fresher and nearer to the day. This is entirely up to you.

### **Read the whole plan first!**

Be sure to read this whole meal plan before you shop so you can see what foods you need for which days. This will help you plan buying fresher foods.

Feel free to purchahse any extra fruits and veggies for snacks. Just eat them raw and you will be complying with the diet. This doesn't have to be strict!

**You may need to go to specialist health food stores (or buy online) for certain items, depending on how good your local supermarket is. Also, for certain raw items such as your protein powder, raw nut butters, raw chocolate and raw cacao powder. You don't have to have these items and you can use ordinary, but raw is better. The higher you can go raw for this week, the better your results, so bear this in mind.**

**If you are on a budget, then of course, just buy what you can raw.**

### **Protein powder**

For your protein bowls and some of the nice-cream you will need a good quality protein powder with added superfoods. This is not vital as you can make your bowls without, but we highly recommend for flavour, texture, nutrition and to fill you up.

Some great brands that are perfect for this are 'Amazing Grass Protein' and 'Garden of Life', 'Sun Warrior', or 'Nature's Plus'. All of these are organic and mostly raw.

### **Fresh fruits:**

- Strawberries
- 2 bunches of bananas
- 3 Lemons
- 2 Limes
- 4 Avocados (ripe). Keep refrigerated once ripe.

**Dried fruits: (small bags)**

- Apricots
- Dates - medjool is better, but more expensive (about 300 - 400g)
- Goji berries
- Prunes
- Raisins
- Figs

**Nuts and Seeds: (amend if you are making your own milk)**

- Small bag of sunflower seeds
- Small bag of pumpkin seeds
- Small bag of chia seeds (whole, not ground)
- 200g redskin peanuts
- Brazil nuts (optional)
- 100g hazelnuts
- Small bag of almonds
- 200g of walnuts or pecans

**Veggies and salad:**

- 10 large carrots
- 2 fresh beetroots
- A couple of large sweet potatoes

- 2 lots of green salad leaves
- Bell peppers - 3 red, 1 yellow
- Bulb of garlic
- Tomatoes - Normal and baby
- 2-3 courgettes (zucchini)
- Big bunch each of parsley and coriander (cilantro)
- 1 fresh corn on the cob
- Cucumber
- Baby spinach
- Head of broccoli
- Bean sprouts (not need until day 4 so don't buy until needed as they do not keep well)
- White and red onion
- 1 chili pepper

**Frozen foods:**

- Raspberries
- Blueberries
- Strawberries (optional)
- Podded edamame beans (or broad beans)

**Dried Herbs and Spices:**

- Cinnamon
- Ginger
- Mixed spice (pumpkin spice)
- Himalayan pink salt, or sea salt
- Curry powder (optional)

**Miscellaneous:**

- 2 x cans of full fat coconut milk
- 2 x cans of black beans
- 1 x can of kidney beans
- Small packet quinoa (or pre-cooked packet)
- Raw cacao powder - is preferable (or normal with no added sugar if not)
- Vanilla extract
- Small jar, raw peanut butter/any nut butter - is preferable (or normal with no added sugar if not)
- Raw coconut oil
- Extra virgin olive oil (optional)
- 100g desiccated coconut
- Jar of raw tahini (or normal if not)
- Balsamic vinegar
- 1-2 100g bars of raw chocolate (or very dark vegan chocolate of 80% cacao solids)

**Batch recipe items you need to prep the day before you start, ready for the week ahead:**

Raw Carrot Cake

Raw granola

Nut milk

Protein balls

Chocolate-hazelnut cookies

## Batch Recipes

### Raw Granola

Mix in a large container the following (or amend to your tastes):

- 1/2 cup pumpkin seeds
- 1/2 cup sunflower seeds
- 1/2 cup hemp seeds
- 2 full cups of chopped fruits - apricots, dates, goji berries, prunes, raisins
- 1 cup of mixed nuts, chopped
- 1/2 cup of coconut flakes

Store in an air-tight container ready for use.

### Nut Milk

You may need to make this nut milk every few days to keep it fresh. You can make this milk out of hemp seeds, cashew nuts or almonds. If you use the nuts, then you will need to pre-soak for a couple of hours before hand. The hemp seeds can be used directly.

**If you don't wish to make your own milk then be sure to buy organic with no added fillers, thickeners or stabilisers if possible. Keep it clean!**

#### INGREDIENTS

- 2.5 cups of pure water for every 1 cup of nuts or hemp seeds.
- Pinch of salt or maple syrup to taste

#### METHOD

1. Soak your cashews or almonds for 2-3 hours before use in warm water to cover. Skins on almonds is fine. You do not need to soak hemp seeds.
2. In a high speed blender, blend all ingredients until as smooth as possible. You will find that if you blend with only a little water at first to a thick cream, then add more water as you go, you will get a much smoother finish.
3. Once you have got your milk as smooth as possible, you can either strain through a muslin cloth, or just keep it as it is. If you are not using this milk for



tea or coffee, then no need to strain. Even when strained, it's not guaranteed that this milk works in hot drinks.

3. Store in a glass jar or bottle for up to 3 days in your fridge.

## Chocolate-Hazelnut Cookies

### INGREDIENTS

- 1/2 cup raw hazelnuts
- 1 can, full fat coconut milk (leave to chill overnight in your fridge (or freezer for 2-3 hours)
- 10 pitted medjool dates, or about 15 normal dates
- 1/2 cup of raw cacao powder
- Pinch salt

### METHOD

1. In a food processor, blend your hazelnuts, cacao powder, small pinch of salt and dates until well combined. Do not 'over' blend to a mush as you want some texture in there.
2. Take your coconut milk out of fridge and spoon out the thick cream that should have made its way to the top of the can. You only need the cream, not the water underneath.
3. Add the thick cream to your food processor and combine again to form a sticky ball.
4. Shape with your hands into cookie shapes or balls of any size of your choosing.
5. Refrigerate and eat when you need a snack.

## Protein Balls



## INGREDIENTS

- 250g pitted dates, pre-chopped or chopped
- 1 cup redskin peanuts

- 1 cup smooth peanut butter, or any smooth nut butter (peanut is highest protein). Raw if possible.
- 1 tbsp vanilla bean essence or paste, or to taste (or, any other flavour you are using. Spices like ginger and cinnamon will need about 3 tsp of dry powder)
- ½ tsp salt

## INSTRUCTIONS

1. Add your peanuts, dates and salt to your food processor and mix on high speed until crumbly. You don't want to take it to a powder as you will need some texture in there, unless you want them to be mushy. Very small pieces of peanut are good for texture.

2. Add your peanut butter and vanilla (or other flavourings) and combine again until your mix starts to form hard ball.

3. Transfer mix into a mixing bowl.

4. On a separate side plate, or small bowl, sprinkle a tablespoon of pure cacao powder. Shake the bowl to get the powder spread flat over the bowl's surface. You can add more cacao powder later if you need to. If you don't want to use (or don't like cacao), then any fine powder will work. You can potentially use carob, lacuma, baobab, or even grind down desiccated coconut to a finer mill.

5. You will also need a large dinner plate to temporarily place your protein balls whilst in the rolling process.

6. Now, split into equal parts. I like to make 12 larger balls as they are more of a substantial snack that size. For bite-size balls you will yield about 24 from this mix.

7. Roll your mixture between the palm of your hands to form a ball. The mix shouldn't be too sticky (or stick to your hands) due to the fact you have no syrups in there. Put your rolled protein ball onto the dinner plate ready to be dusted.

8. Roll all protein balls out before dusting in your cacao powder. If you try to mould your ball and then roll it straight into your cacao, then your hands will get covered in chocolate powder. This will then get smooshed into your subsequent protein ball as you roll it. This will dry it out too much, so do this afterwards.

9. Once you have all your balls moulded and ready to go, you are now ready to

dust them in cacao powder. Dip the ball into the cacao, then roll around until completely coated.

10. Set aside into a air-tight container.

11. Repeat the process until you have all your protein balls dusted.

12. Keep in the refrigerator to store for up to 10 days.

## **RAW CARROT CAKE 🥕🥕 (makes 8 portions)**



## **INGREDIENTS**

### **FOR THE FROSTING**

- 200g cashew nuts (soaked for 2-3 hours in warm water, or overnight in

cold).

- 1/2 squeezed lemon, OR vanilla essence to taste
- 2 heaped tbsp of raw coconut oil, melted over a very low heat. Keep it raw!
- 3-4 tbsp maple syrup

### **FOR THE CAKE**

- 5 medium sized, organic carrots, peeled and grated
- 150g dates (any kind)
- 100g raisins or sultanas
- 2 heaped tbsp desiccated coconut
- 100g walnuts
- 2 tbsp cinnamon powder
- 1 tbsp ginger powder
- 2 tsp mixed spice (pumpkin spice), optional

### **METHOD**

1. Grate your carrots on normal grate and place into a big bowl.
1. Add your dates, raisins, walnuts, coconut and spices to your food processor and pulse until broken down. Don't over blend; you want texture.
2. Next add half of your 5 grated carrots and pulse a little more (not too much) Squash down into a tin.
3. Put the mixture into your bowl with the other half of your carrots and mix well with a wooden spoon.
4. Now squash your mix down into a 8 inch, round tin. It doesn't have to be this size, but just roughly.

### **FROSTING**

1. Mix in a blender your soaked cashews, melted coconut oil, maple syrup, and lemon juice or vanilla until very smooth and creamy. If you can't get a good spin

going then you may need to add little amounts of plant milk.

2. Pour frosting on top of your carrot cake mix, cover and refrigerate. Keeps for up to 8 days.

## **Before you start!!!**

**Make sure you have sliced, very ripe bananas and ice-cubes in your freezer at all times as you will be needing them every day.**

**Make sure you know in advance what you will be eating the next day.**

**You don't need to eat all the food on the plan if you don't feel like it. Listen to your body and don't eat after you are full.**

**You may feel like eating only half a meal, then the rest a couple of hours later. This is normal when you start eating raw foods. They are filling and full of fiber. Again, listen to your body. After you have been eating raw for a while you will understand the signals your body gives you. Heed them.**

## **DAY 1**

### **BREAKFAST**

Raw granola and chopped fresh fruit, plant milk

### **LUNCH**

Carrot cake

### **DINNER**

Rainbow bowl with tahini dressing (you will be making enough for tomorrow's lunch)

### **INGREDIENTS**

#### **FOR THE SALAD**

- 1 large, grated carrot
- 1 large, grated beetroot
- 1 large, raw sweet potato, grated (OR roasted, but you can eat raw if you like)

- 1 cup of edamame beans
- Small avocado, chopped (only chop the half you are using for tonight and save the rest for chopping fresh tomorrow)
- Green salad leaves
- Sliced bell peppers
- A few chopped, dried figs

### **FOR THE DRESSING**

- 2 heaped tbsp tahini paste
- 1 clove garlic
- 1 lemon juice
- 2 tbsp balsamic
- 2 tbsp soy sauce or tamari
- 2 tsp ginger powder (or fresh)
- Salt and pepper
- 2 tbsp maple syrup

### **METHOD**

(Remember you need to save half of this salad AND dressing for tomorrow. Don't pre-dress tomorrow's salad. Keep separate).

1. Arrange salad ingredients, edamame, figs and avocado in a large bowl; all in separate spaces.

#### **For the dressing:**

1. Add your garlic to a pestle and mortar with the salt and pepper. You can use a blender for this if you don't have a pestle and mortar, but you will need to throw everything in.

2. Grind to a paste.

3. Add all other ingredients and really grind into a smooth paste.

4. Add a little water or extra virgin olive oil if you would like a runnier



consistency.

5. Check flavours. You may need to add a touch more of some of the ingredients to get it just right. The most common ingredients that you may need more of are lemon juice or maple, depending on how sweet you like your sauce.

6. Drizzle dressing over your salad. Save half of it for tomorrow.

## **DESSERT**



Banana-vanilla ice-cream with dark chocolate chips, or chopped up chocolate

#### **METHOD**

1. In a high-speed blender, blend 1.5 frozen, chopped bananas and vanilla paste with a little plant milk. Add plant milk very slowly to keep an ice-cream

consistency.

2. If your bananas are not sweet enough, you may need a touch of maple syrup.
3. Top with chocolate chips. Devour with gusto!

## **DAY 2**

### **BREAKFAST**

Nice-cream smoothie bowl

#### **METHOD**

1. Add a portion of your high quality, flavored protein powder (if using) to a high-speed blender with 1 large, frozen ripe banana, 4-5 ice-cubes, about an inch of plant milk and an inch of water. Blend for a full 25 seconds (once you have a spin going). You may need to stop a few times to bang your ingredients down, or to add more fluids. Be sure to keep your nice-cream as stiff as possible.

2. Lay your nice-cream out in a flat bowl and top with a selection of nuts, seeds, dark chocolate, fruits, or desiccated coconut. Be creative!

(If you do make it too runny then it's just as delicious as a smoothie bowl) ;-)

### **LUNCH**



Rainbow bowl (from last night)

**DINNER**

Curried guacamole stuffed peppers with steamed veggies

## INGREDIENTS

- 1/2 clove garlic
- Juice of 1/2 lemon
- 1 medium, very ripe avocado
- 1 tsp curry powder
- 2, ripe tomatoes, chopped OR red onion
- 1 red, bell pepper
- Veggies of choice for steaming. Example: broccoli, cauliflower, peas, kale, squash, corn, sweet potatoes (make sure you add some carby veggies like squash, peas or sweet potatoes to fill you up).

## METHOD

1. Get your veggies on to lightly steam. Remember potatoes and squash will be nicer fully cooked. Other veggies are best lightly steamed and still with a crunch to hold in as much nutrition as possible.
2. Halve and de-seed your bell pepper, leaving 2 pepper boats ready to fill.

### For the guacamole:

1. Smash your avocado, lemon juice, curry powder, garlic, salt and pepper together in a mixing bowl. A fork will suffice for this. Make it as smooth as you like, or leave texture if you prefer.
2. Once you have correct texture, add your chopped tomatoes or onion (or both) and combine gently.
3. Stuff your peppers with your mixture and serve with the steamed veggies.

## DESSERT

Chocolate-hazelnut cookies

## DAY 3

### BREAKFAST

Raw berry crumble

### **METHOD**

1. Combine a handful of walnuts with 4-5 dates, tbsp desiccated coconut, a pinch of salt, cinnamon and ginger in a food processor until it turns into a crumble (you can add a dash of maple if you like it stickier).
2. Lay mixed berries on a flat bowl. Raspberries, blackberries, blueberries and strawberries work well for this (remember to defrost frozen fruit first).
3. Crumble you mixture over the top of your berries and eat.

### **LUNCH**

Carrot cake

### **DINNER**

Veggie-nut burgers with corn salad (you will be making enough burgers for Thursday's main meal)

### **INGREDIENTS**

#### **For the burgers:**

- 1 cup of almonds
- 1 cup pecans (or walnuts, whatever your prefer)
- 2 medium carrots
- 1 small courgette
- Large handful of fresh parsley or coriander (whatever you prefer)
- 1/4 cup of lemon juice
- 1 tsp salt
- 2 tsp curry powder or other spices such as cumin or turmeric (optional)

#### **For the salad:**

- Green salad leaves of choice
- Tomatoes

- Corn straight from the cob (or frozen, tinned if fresh not available)
- Dressing of balsamic vinegar and lemon juice (optional)

## **METHOD**

### **For the burgers:**

1. Grate your carrots and courgettes.
2. Add all other ingredients to a food processor and pulse to mix. Don't over pulse, you want texture!
3. Add your grated carrots and courgettes and pulse to combine. Again, don't over mix.
4. Taste your mixture and add more spices or flavours if you need to.
5. Shape your mixture into 4 burgers and set 2 aside for tomorrow.
6. Serve with your green salad, tomatoes and corn.

## **DESSERT**



Blueberry nice-cream

**METHOD**

1. Add 1 cup of blueberries, 1 frozen, sliced banana, vanilla essence, and a little



plant milk OR coconut cream to a high-speed blender.

2. Blend to a thick ice-cream texture.

3. Add toppings if you like such as chocolate, nuts and seeds

4. Eat immediately! This does not freeze well.

## **DAY 4**

Smoothie bowl (as per Tuesday's instructions)

### **LUNCH**



Pad Thai

**INGREDIENTS**

- 1 medium zucchini peeled into strips with veggie peeler

- 1 medium carrot peeled into strips with veggie peeler
- 2 cups bean sprouts
- 1 bell pepper, red or yellow, sliced into very fine strips
- 1 onion, sliced very fine
- 1/2 cup chopped cilantro
- 1 lime, juiced
- 1 tablespoon olive oil, raw, cold-pressed (optional)
- 1/4 teaspoon sea salt
- 3/4 cup nuts, raw almonds, peanuts or cashews, chopped or crushed
- Handful of raisins and a few chopped dates (optional, but makes it more filling)

#### **METHOD**

1. Add all the ingredients, except the peanuts, to a large bowl and combine well.
2. Lay out on your plate and top with the peanuts.
3. Use half and save the rest for tomorrow in your refrigerator. Do not top with the peanuts until you serve or they will go soggy.

#### **DINNER**

Poke bowl with black beans, quinoa and avocado dressing (make enough for tomorrow's lunch)

#### **INGREDIENTS**

- Green leaves
- 1 large, grated carrot
- 1 large, grated beetroot
- half, chopped cucumber
- 2 tomatoes
- Lime or lemon juice

- Can of black beans, drained and washed
- 2 portions of quinoa
- For the dressing: (save half for tomorrow in an air-tight container)
- Medium avocado, very ripe
- 1/4 cup parsley or coriander, stems removed
- 1/4 teaspoon sea salt
- juice of one lime
- 1/3 cup, extra virgin olive oil (omit and add more water, alternatively, especially for lower calories)
- 2 cloves garlic, peeled
- 1/4 cup to 1/2 cup water

**METHOD (remember to save half of everything for tomorrow)**

1. Arrange all salad ingredients in a bowl, along with half your black beans and quinoa.

**For the avocado dressing**

1. Add all ingredients (half the water) to a high-speed blender and whizz until creamy.
2. Add more water to desired consistency. You want a thick sauce, ideally.
3. Drizzle over prepared salad and enjoy.

**DESSERT**

Carrot cake or chocolate-hazelnut cookies

**Notes:**

Place your can of coconut milk in your refrigerator ready for tomorrow. Also, pre-soak your half cup of cashews if you don't have a high-speed blender). If you forget to put your coconut cream in the fridge, you can hurry the process by putting in your freezer for 2-3 hours instead.

## DAY 5

### BREAKFAST

Raw granola and fruit, nut milk

### LUNCH

Poke bowl with black beans and quinoa, avocado dressing

### DINNER

Veggie-nut burgers with steamed sweet potato and broccoli

### DESSERT

Raw chocolate and strawberry mousse (save half in a mason jar or other suitable, air-tight container for another meal)

### INGREDIENTS

- 1/2 cup of cashew nuts (you will need to soak these overnight if you are not using a high-speed blender)
- 10 pitted medjool dates
- 1/2 cup, raw cacao powder
- 1 cup of fresh strawberries

### METHOD

1. Take your coconut cream out of the fridge and extract the set cream from the top. Add just the set cream to your blender.
2. add your cashews, dates and cacao powder and blend until super smooth. If you can't get a blend going, add a tiny bit of the left-over coconut water.
3. Slice your strawberries and layer a mix of strawberries and chocolate mousse into a glass or sundae bowl. Only use half your mix as you will be saving the rest for another day. Refrigerate and eat!

## DAY 6

## **BREAKFAST**

Green Goddess smoothie

### **METHOD**

1. Add 2 handfuls of fresh, baby spinach, 1/2 a small avocado, 1 ripe banana and 1 cup of plant milk to your blender.
2. Whizz until smooth and creamy. You may need to add water to thin it to desired consistency, but it's supposed to be thick to fill you up.

## **LUNCH**

Kale, avocado and Goji salad

### **INGREDIENTS**

- 8 large handfuls curly kale (pre-washed and dried in a tea-towel)
- 1 medium, very ripe avocado
- 1-2 tbsp extra virgin olive oil
- 1/2 tsp salt
- Lemon juice to dress
- 1 handful of goji berries (or whole, baby plum tomatoes)

### **METHOD**

1. Chop your kale very small and add to a large bowl.
2. Add your olive oil and salt, then rub and massage it into the kale with your hands. The salt helps to break down and soften your kale.
3. Chop your very ripe avocado into small pieces and add to the kale.
4. Rub again with your hands to smother the kale with avocado. You want to really break it down and smooch it in, but leave a few small pieces of avocado nestling in the kale mix for texture.
4. Now mix in your goji berries or whole, plum tomatoes.
5. Dress with lemon juice and serve.

## **DINNER**

Mexican bean salad (save half for tomorrow)

### **INGREDIENTS**

- 1 can black beans, washed and drained
- 1 can kidney beans, washed and drained
- 1 cob, fresh sweetcorn
- 1 chopped courgette
- 1/2 finely chopped, red onion
- 1 cup, halved cherry tomatoes
- 1 tsp cumin powder
- Juice of 1 lime
- Juice of 1/2 lemon
- 1/2 finely chopped chilli (optional)
- Large handful, chopped coriander
- 1 chopped avocado
- Salt and pepper to taste

### **METHOD**

1. Add all ingredients except avocado into a large bowl and combine. Save half for tomorrow.

2. Top with avocado and more lime or lemon juice and serve.

### **DESSERT**

Chocolate-hazelnut cookies

## **DAY 7**

### **BREAKFAST**

Raw chocolate and strawberry mousse (left from day 5)

## **LUNCH**

Mexican bean salad

## **DINNER**

Smoothie bowl and toppings of fruits, nuts, seeds, dark chocolate and coconut. You will want protein powder in this to help fill you up! You can swap this with your lunch meal if you prefer).

## **DESSERT**

Carrot cake