

RAW TRAINER

**3 DAY
RAW FOOD
MEAL PLAN**



Congratulations

Transitioning yourself into a raw food diet is a great way to shed excess weight, increase energy, reduce stress and gain overall health and wellness.

The purpose of the 3 Day Meal Plan is to help you get a kick start to weight-loss, reset your body after a some bad behaviors over the weekend or on vacation, or maybe prepare you for an upcoming event you swore you'd get in shape for. Get back on track fast with the RawTrainer 3 Day Meal Plan.

My goal is to support you in discovering what it's like simply to eat raw food for a short period of time and perhaps you will then choose to take it further or choose to eat 50% raw on a daily basis.

There is no one size fits all diet so feel free to put your own spin on the meal plans I've provided.

The raw food journey leads to better health, a clearer mind, more sound sleep, increased energy and an overall improved life.

A raw food diet gives your body the naturally occurring nutrition that it needs – while eliminating acidic toxins, including carcinogens, mutagens and free-radicals associated with diseases like diabetes, arthritis, heart disease and cancer. By keeping food under 118° F, its chemical composition never changes to create these dangerous toxins. Keeping food raw means keeping it “alive” – never destroying the vital enzymes that aid in digestion and overall health.

Eating raw doesn't have to be difficult or expensive. In fact, we've made it easy. Just follow along and you'll be on the road to a whole new life.

Let's get started!



Summary

- ▶ This program is intended for weight loss and the menu is naturally low calorie – though it is filling. Don't worry about portions; just eat until you are satisfied.
- ▶ Water is an important component to weight loss and mental clarity, be sure to drink plenty of water between meals.
- ▶ In addition to the juice and smoothie, you may also have unsweetened herbal teas.
- ▶ Follow the meal plan to the best of your ability and feel free to swap days or meals around.

Foods and Drinks to Avoid

- | | |
|--|----------------------------------|
| <input type="checkbox"/> Prepared meals | <input type="checkbox"/> Wheat |
| <input type="checkbox"/> Ready-made sauces and salad dressings | <input type="checkbox"/> Meat |
| <input type="checkbox"/> Processed and refined foods | <input type="checkbox"/> Dairy |
| <input type="checkbox"/> Added salt | <input type="checkbox"/> Coffee |
| <input type="checkbox"/> Sugar | <input type="checkbox"/> Alcohol |
| <input type="checkbox"/> Artificial sweeteners | |

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Why I went raw...

When I was a child I remember not eating meat because it made my tummy hurt. At age 13 laws required food companies to begin using the new food label on packaged foods. I became obsessed with reading ingredients and calories on foods (this probably drove my family crazy).

As a teenager I started playing sports in school, but was much more interested in the coaches' conditioning programs than the actual sport. If the coach didn't give us a hard enough workouts, I would then go the recreation center next door after practice and workout more.

When I was 16 my friends took me to the weight room at a local gym. At first I was uncomfortable but soon that was the place for me. This is when my passion for fitness and bodybuilding blossomed. This is also a time when I started reading any book or magazine I could get my hands on about fitness, bodybuilding and dieting. I also started posting pictures of competitors and models that I admired on my bedroom walls (I'm sure my parents appreciated this one).

In many of the literature I read, it was clear that the only way to build muscle was to eat a high animal protein diet. Since I was already disciplined with my eating this was easy for me, I started eating egg whites and oats in the morning and packing a lunch with a can of tuna fish, snacking on protein shakes throughout the day and after workouts, and having breast of chicken with vegetables for dinner. I definitely started building more muscle, but soon more change would come and not for the better...

I was off to college and still working out and eating the same. This is also a period of time when I battled with having fun or being disciplined (having fun wins the battle), but I kept

with my fitness. This is also a time where I begin to feel the effects of my diet choices. I began to have acne breakouts, bloating after eating, and heartburn...for some reason I really did not think anything of it.

In my mid 20's I tried a vegan diet and absolutely loved it since it was the way I wanted to eat but was too scared to become deficient. For the following year I thrived, my skin cleared up but more importantly I felt great.

When I was 27 I made a decision to do a figure competition and began the long training hours and strict animal based protein dieting. This is when the light bulb goes off...I lay in bed one morning and can barely move after my workout from the day before. I have a pounding headache (which I have every morning at this point), my muscles are so sore even to touch, my joints are throbbing and I say to myself, "What is the point of all these supplements and all this protein if it's not helping me recover whatsoever and actually making me feel worse?! If I feel this bad at 27 what will I feel like at 50?!"

Within 24 hours of being there I woke up for the first time in years without a headache! For anyone who suffers from headaches, you really don't realize how bad it is until you don't have one anymore. The rest of my trip just kept getting better; I had tons of energy and felt amazing!

I continued to eat raw when I came home and I have never looked back or doubted the benefits. I feel amazing, my skin is clear; I recover extremely quickly from workouts and best of all I was still able to compete in figure competitions. Against popular belief I have been able to build muscle and stay lean by eating a high raw plant-based diet without counting calories or taking supplements. I feel I look better

than I ever have before and it just keeps getting better. Acne, heartburn, headaches, and joint soreness were all symptoms of my poor health and left untreated may have caused more serious issues.

During this time my passions lead me to begin teaching classes on the importance of raw food nutrition as well as recipe demonstration. It has been exciting to see others experience the same positive health benefits that I have and more.

After winning 1st place in my 2nd figure competition we found out I was pregnant and was ecstatic! I had an amazing pregnancy and was comfortable the entire time. I ate a high raw diet during the pregnancy and incorporated some free-range eggs (my brother has chickens). I also took whole food prenatal vitamins, vitamineral green powder, DHA, and drank lots of fresh green juice.

Maria Luisa was born February 15, 2011 and has been the most amazing blessing anyone could ever ask for. From the beginning she has been extremely bright and super active and many people tell me that it must be from all the good food she eats (I agree).

Just as I thought I was ready to start getting in shape for competing on stage again, we found out that we were pregnant again! We welcomed our beautiful baby boy Bennet on October 10, 2012 and will be expecting our third child in October 2014.

So, the raw food journey continues... as Mom of two (soon to be three!), chef, and personal trainer!

Thank you for joining me on my raw food journey!

- Marisa

Raw Food Facts

What is Raw?

Raw food diets can be a great way to not only lose weight, but also lead a much healthier, natural lifestyle in general. Most raw food diets are plant-based, with at least 75% of the diet composed of fresh organic plants. Food examples include living and raw fruits, vegetables, nuts, seeds, grains, and seaweeds. Some people may still also eat cooked grains and legumes, fresh fish and poultry. But, for the strict raw food diet, nothing is heated over 116 degrees Fahrenheit. Some raw food dieters can be classified as vegans as well, but not all are.

Benefits of Raw

Here are just some of the awesome results you can experience on a healthy raw vegan diet: improved digestion, normalized weight, avoidance of hunger or deprivation, reduced risk of degenerative disease, increased energy, better sleep, great hair, smooth, soft skin, healthy teeth and gums, mental clarity, feeling lighter, greater overall well-being and so much more!

Raw Food is More Nutritious

Cooking food, whether you steam or fry it, removes much of the water from the food. This water is necessary for both hydration of the body and assimilation of many important nutrients by the body.

Raw food contains all its original phytonutrients. They are important for a strong immune system and for preventing cancers and other chronic diseases. Common examples include antioxidants (anti-aging) and cancer protective nutrients, chlorophyll, carotenoids, chlorophyll, and lycopene. Phytonutrients are sensitive to heat... they are destroyed or damaged when heated above 130 degrees.

Vitamins are either water or fat soluble and both are affected when exposed to heat. Cooking methods that use water may cause these vitamins to seep out of the vegetables.

Raw food keeps the original enzymes intact. They help start the digestive process... breaking down raw foods, increase vitality and slow the aging process. They are the most heat-sensitive of all nutrients, destroyed at temperatures above 118 degrees. The more enzymes present in your food, the more energy is left over for you to feel healthy and vital.

The proteins in raw food are the perfect building blocks. When proteins are heated, they are damaged, causing amino acids to congeal. They can cause inflammation and other problems.

Fiber in raw foods has many other beneficial properties in addition to “bulking up” food and decreasing calorie density: blood sugar regulation, lowers cholesterol, keeps everything moving. Fresh raw and living foods also contain an abundance of fiber to “mop up” or bind to any excess cholesterol, thus keeping cholesterol levels appropriately low.

Raw Food has the Right pH Balance

The human body's cells function better when alkaline. Being acidic weakens the immune system. Processed food, cooked food, meat, dairy, sugar, pollution, and stress are acid-forming. Raw fruits and vegetables are highly alkalizing. Grains are acid-forming, except for millet, quinoa, amaranth, and buckwheat. Almonds are the least acidic nut. Raw foods are high in alkaline minerals – good for bone health!

Protein Content in Raw Foods

Only 10% of our calories need to be from protein. Our society has a cultural bias toward high-protein foods, i.e., meats, dairy, etc. Vegetables and fruits contain about 15% protein. The human body is able to absorb more protein from raw foods. Some of the rich protein sources in the raw diet are: nuts, seeds, nut/seed butters, dark leafy greens, sprouts, and algae.

Fat Content in Raw Foods

Higher fat raw plant foods, such as coconuts, avocados and nuts and seeds, contain relatively healthy, unsaturated fats such as Omega 3's. These fats require less bile to emulsify them, so less cholesterol needs to be produced. Contrary to popular belief, though these foods are high in fat, the fats they contain are healthier than those found in animal products, and in some cases are essential to our health.

Raw Food is Not Altered

Cooking food completely changes the chemical makeup of the food. For example, heating proteins fuses the basic amino acid chains together in a process called denaturing. The human body cannot dissolve these unnatural bonds and so the food becomes useless to the body, not to mention toxic. Also, cooking carbohydrates results in caramelization of the sugars and heated fats quickly become rancid. Substance formation can be toxic, i.e., acrylamide, heterocyclic amines, and nitrosamines.

Raw Food Contains Fewer Calories per Bite, Yet Very Satisfying

A pound of bananas contains only 400 calories with 3% fat. Compare that to the same amount of broiled steak and you get a whopping 1251 calories, 64% of which is fat! And that's with the excess fat trimmed off. Calorie Dense foods have a high water and fiber content and a low fat content. These foods "fill you up" so you feel full and satisfied without too many calories that lead to weight gain. Various studies have shown that when people eat foods low in calorie density they can eat as much as they want and still achieve their optimal body weight. A stomach full of raw salad made of vegetables and sprouts would contain about 200 calories. That is not enough for most people, so adding some avocado, nuts and seeds, or dehydrated foods increases the calorie density to a more appropriate level.

Because raw foods retain their water and fiber, they are higher in volume. Therefore, you will need to eat less volume to be satisfied, and you can eat a very large amount of food and you will still lose weight! Okay, so raw foods are inarguably better for us.

	Day 1	Day 2	Day 3
Upon Rising	16oz. water with lemon	16oz. water with lemon	16oz. water with lemon
Pre-Breakfast	16oz. Easy Green Smoothie	Fresh Squeezed Juice	16oz. Sweet Smoothie
Breakfast	Good Morning Granola	Fruit Porridge	Yogurt and Berries
Lunch	Strawberry Balsamic Salad	Creamy Autumn Soup	Parmesan Kale Salad
Dinner	Tacos	Asian Macro Bowl	Pasta Marinara

If you would like a snack between meals set aside some of your smoothie or juice from the morning as a snack in the afternoon.

The information provided here is based on my own research through reading, research, professional classes attended, working with other like minded individuals, observations, and my personal experiences eating plant based, vegan and raw foods. The material is provided for informational purposes only. Each person is unique. The way one reacts to a particular food or product may be different from another's. Information here should not be used as a substitute for professional medical advice, diagnosis or treatment. Changes to your diet and lifestyle should be discussed with a professional healthcare provider.

Water with Lemon

16oz. water with a ¼ wedge of fresh lemon or 1 drop of doTERRA lemon essential oil.

Alternatively, prepare 64 oz. ahead of time in a glass jug with either juice of 1 whole lemon or 4-5 drops of doTERRA Lemon essential oil.

Smoothies & Breakfast

Smoothies are a great way of getting in tons of nutrients with little effort and even less strain on your digestive system. They are well balanced between carbohydrates, amino acids (proteins), healthy fats, and are highly recommended for those who don't have time or don't feel like preparing meals. There are also some great pre- and post-exercise smoothies that will help you recover better, become stronger, and develop greater endurance.

Options for Greens

Arugula, collard greens, dandelion greens, kale, spinach, Swiss chard, all varieties of lettuces. Also try adding: parsley, cilantro, mint, basil, dill, fennel, and different types of sprouts.

Options for Fruits

Apples, avocado, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, citrus fruits, cucumber, dates, figs, grapes, guava, honeydew melon, kiwi, mangoes, papayas, peaches, pears, peppers, pineapples, plums, prunes, raisins, raspberries, strawberries, tomatoes, tomatillos, watermelon

Directions:

Mix all the ingredients in a blender. If a sweeter taste is desired, add banana or unsweetened fruit juice.

EASY GREEN SMOOTHIE

2 large handfuls of spinach
2 bananas
1 cup water

SWEET SMOOTHIE

1½ cups water or water and orange juice
1 large carrot
1/2 apple
1 banana
1/2 cup pineapple



FRESH SQUEEZED JUICE OPTIONS

2 cups pineapple, 1 orange, 1 inch ginger

2 large leaves Swiss chard, 4 celery, 1 apple, 1/2 lemon, 1 inch ginger



FRUIT PORRIDGE

2-3 cups Fruit of choice (I recommend including a banana for a creamy texture)

1/4 cup Pecans (chopped)

2 tbsp Flax (ground) or chia seeds

1/4 cup Oat Flakes

Dried fruit or fresh fruit

1. Blend fruit until smooth and place into a bowl.
2. Top with your favorite toppings.



GOOD MORNING GRAWNOLA

This recipe is perfect for this time of year when all the delicious apples are grown locally. Here is a dehydrator free morning cereal to be enjoyed with fresh almond milk!

1 apple, cored and chopped
1/2 cup walnuts
1/4 cup coconut flakes
1/4 cup raisins
1/8 tsp cinnamon
pinch of sea salt

Add all ingredients to a food processor and pulse chop to incorporate. Garnish with fresh fruit and almond milk.



YOGURT

1 cup raw cashews (soaked for 4 hours or longer)
2 ripe bananas
2 Tbsp lemon juice
1/2 cup water for blending, as needed
1/2 cup of berries

Process cashews, bananas, lemon juice, and water in a high speed blender until smooth and creamy. Place in the refrigerator to firm up a bit. Top with berries and enjoy.

STRAWBERRY BALSAMIC SALAD

5 oz. mixed baby greens
1 cup strawberries
6 radishes
1/4 cup sunflower or pumpkin seeds
2 tablespoons olive oil
2 tablespoons balsamic vinegar
2 tablespoons maple syrup
1/4 teaspoon salt
1/4 teaspoon pepper

Soups & Salads

CREAMY AUTUMN SOUP

- 1 cup water
- 1 zucchini, large, chopped
- 2 tomatoes, medium, quartered
- 3 stalks celery, chopped
- 2 cups carrot, chopped
- 2 dates, pitted
- 1 clove garlic
- 2 tsp sea salt
- 1 Tbsp onion powder
- 1/4 cup olive oil

Blend all of the ingredients, except for the flax oil, on high speed in your blender until creamy. While the blender is running on low speed, add the olive oil. Continue blending, at a higher speed until it is slightly warm.

“PARMESAN” KALE SALAD

- 1 bunch of finely chopped kale
- 1 cucumber, deseeded, cubed
- pine nuts
- 2 Tbsp olive oil
- 1/2 lemon juiced
- 1 Tbsp honey
- 1/2 tsp sea salt
- 3 tbsp nutritional yeast

Combine olive oil, lemon juice, honey, sea salt and nutritional yeast in blender until smooth. Dress the kale and allow to marinate. Top with cucumber and pine nuts.



Entrees

COLLARD TACOS

3 to 4 collard green leaves, large

Pico de gallo

Guacamole

Sour cream sauce

Mock taco meat

Lay collards flat and fill with ingredients!



PICO DE GALLO

5-6 tomatoes, cubed

1 Jalapeno pepper, diced

½ red onion, cubed

4 cloves garlic, minced

1 lemon, juiced

½ cup cilantro, chopped

1 tsp sea salt, or more to taste

In a bowl, mix all ingredients well and let stand for 5 minutes.

SOUR CREAM SAUCE

2 cups almonds, soaked

2 Tbsp lemon juice

1 clove garlic, minced

1 tsp sea salt

1 tsp cumin

1 tsp fresh ground pepper

1 cup water, up to 3 cups for desired thickness

Blend in a blender or Vitamix until smooth. Note: you may also stir in finely chopped chives.

MOCK TACO MEAT

- 1 cup walnuts
- 1 tsp Fajita Seasoning
- 1 Tbsp Braggs Liquid Aminos

In a food processor, pulse walnuts and seasonings until they look like “meaty”.

GUACAMOLE

- 2 avocados
- 1/4 red onion
- 1/4 cup cilantro
- 1/2 lime, juiced
- 1 clove garlic, minced
- 1/2 tsp sea salt

In a food processor or Vitamix, pulse chop all ingredients to desired consistency.

FAJITA SEASONING

- 2 Tbsp chili powder
- 1 Tbsp sea salt
- 1 Tbsp paprika
- 1½ tsp onion powder
- ½ tsp garlic powder
- ¼ tsp cayenne
- ¼ tsp red pepper flakes
- ½ tsp cumin

Stir all ingredients together well.

ZUCCHINI PASTA WITH MARINARA

MARINARA SAUCE

- 2½ cups tomatoes, diced
- 10 sundried tomatoes, chopped
- 1/4 cup olive oil
- 3 dates, pitted, soaked in warm water at least 10 minutes
- 3 cloves garlic, diced
- 2 Tbsp basil
- 1/8 tsp cayenne
- 1 tsp sea salt
- Black Pepper to taste

For thinner sauce: Place all ingredients into food processor or blender, and blend until smooth.

For thicker sauce: Use hand style chopper or mix by hand ensuring to break up dates and sundried tomatoes.



SPAGHETTI

2 zucchini squash, shredded into “noodles”

For Saladacco cutter/spiralizer: Cut squash into 3 inch slices & run through machine.

You can purchase my favorite spiralizer (Helen Chen's) at my Raw Trainer store at www.rawtrainer.com.

For spaghetti noodles by hand: Use standard grater for fine noodles or make larger fettuccini style noodles by utilize carrot slicer.

ASIAN MACRO BOWL

Use as much or as little of the following ingredients as you wish:

carrots, julienne

zucchini, julienne

sweet pea shoots

sprouts

Cooked Brown Rice, optional

In a large bowl, lay down zucchini noodles in the center. Around the edges, stack remaining ingredients. Drizzle with the Dragon Sauce

DRAGON SAUCE

1/2 cup nutritional yeast

1/3 cup olive oil

1/4 cup maple syrup

1/4 cup tamari or Braggs Liquid Aminos

1/4 cup purified water

1/4 cup tahini

1 clove garlic

In blender, blend all ingredients. Store in refrigerator in a glass jar – keeps about 10 days

