



**RAW TRAINER
INGREDIENTS**

LIVE RAW

THE WHAT + WHY + HOW OF RAW FOODS

Help get you and your family on your way to more mental and physical clarity by dining with more whole, living raw foods in your diet. This is an introductory class that provides a good foundational understanding. The Raw Trainer signature dishes are both amazing to the eye as well as to the palette—health-giving contemporary, fine food that is beautiful and alive so you can be, too!

WHAT IS RAW FOOD?

Living food consists of minimally processed fruits, vegetables, nuts, seeds, sprouted grains, and legumes—in short, it is plant-based that is prepared at the optimal temperature—never heated above 118 degrees.

WHY RAW FOOD?

When food is cooked in the traditional method, it yields dishes that have lost much of their nutritional value. The live enzymes, which are important for the digestion of the food, have been cooked out, as has the water content. Living food is the most flavorful, colorful, and dynamic food on earth, and one of the most nutritious, too. Just take a smell of fresh basil leaf and you get the idea!

HOW'S IT TASTE?

It's not just about salads—our menus are designed with a large variety of ingredients, in ways that they are celebrated and enhanced. The results offer a rich, full flavored cuisine that is exciting, healthful and tastes amazing! The textures and flavors of our culture's most popular dishes are simple to mimic when you know how!

RAW TRAINER INGREDIENTS

BREAKFASTS

ACIA BOWL

Banana, Rolled Oats, Strawberries, Blueberries, Raspberries, Cranberries, Gogi Berries, Mulberries, Sunflower Seeds, Pumpkin Seeds, Dried Coconut, Chia, Acai Powder.

Contains: Coconut

BERRY BREAKFAST MUESLI

Rollled Oates, Cranberries, Gogi Berries, Mulberries, Sunflower Seeds, Pumpkin Seeds, Dried Coconut, Chia.

Contains: Coconut

BREAKFAST APPLE CRUMBLE

Apples, Pecans, Dates, Maple Syrup, Lemon Juice, Cinnamon, Vanilla Powder, Sea Salt.

Contains: Pecans

BREAKFAST ENERGY BAR

Rollled Oats, Almond Butter (Almonds, Salt), Cacao Nibs, Maple Syrup, Flax Seeds, Coconut Flakes, Chia Seeds.

Contains: Almonds, Coconut

COCONUT MILK YOGURT

Coconut cream, maple, and probiotics. Seasonal Fruit.

GRAWNOLA

Buckwheat, Walnuts, Pecans, Sunflower Seeds, Pumpkin Seeds, APPLES, Dates, Cranberry, Gogi, Mulberry, Chia, Coconut, Orange Oil, Vanilla, Sea Salt.

Contains: Walnuts, Pecans, Coconut

SPROUTED OATMEAL PORRIDGE

Oat Groats, Apples, Water, Maple Syrup, Raisins, Sea Salt, Cinnamon.

SALADS

ASIAN KALE SALAD

Kale, Carrots, Red Bell Pepper, Green Bell Pepper, Sunflower Seeds, Stir Fry Dressing (Olive Oil, Maple Syrup, Water, Red Miso [Water, Organic Soybeans, Organic Rice, Salt, Yeast, Koji Culture], Coconut Aminos (Organic Coconut Tree Sap aged and Blended with Sun-Dried, Mineral-Rich Sea Salt), Lemon Juice, Red Curry Paste [Spices{Including Red Chili,} Garlic, Lemongrass, Galangal {Thai Ginger}, Salt, Coriander Root, Kaffir, Lime Leaf], Dried Onion, Garlic], Dried Onion, Garlic).

Contains: Soy, Coconut

BROCCOLI SALAD WITH “BACON”

Broccoli, Cranberries, Sunflower Seeds, Coconut Bacon (Coconut, Maple Syrup, Water, Coconut Aminos (Organic Coconut Tree Sap aged and Blended with Sun-Dried, Mineral-Rich Sea Salt), Smoke Seasoning [Sorghum Flour, Torula Yeast, and Natural Hickory Smoke Flavor]), Broccoli Mayonnaise (Maple Syrup, Apple Cider Vinegar [Certified Organic Raw Apple Cider Vinegar and Purified Water Diluted to 5%], Olive Oil, Water, Cashews, Garlic).

Contains: Cashews, Coconut

COBB SALAD WITH “BACON”

Romaine Lettuce, Carrots, Cucumber, Tomatoes, Sunflower Seeds, Coconut Bacon (Coconut, Maple Syrup, Water, Coconut Aminos (Organic Coconut Tree Sap aged and Blended with Sun-Dried, Mineral-Rich Sea Salt), Smoke Seasoning [Sorghum Flour, Torula Yeast, and Natural Hickory Smoke Flavor]), Ranch Dressing (Water, Cashews, Lemon Juice, Himalayan Salt, Garlic Powder Onion Powder, Parsley, Dill). or Honey Mustard Dressing (Olive Oil, Maple Syrup, Dijon Mustard [Distilled White Vinegar, Water, Mustard Seed, Sea Salt, Clove], Apple Cider Vinegar [Certified Organic Raw Apple Cider Vinegar and Purified Water Diluted to 5%], Water, Lemon Juice, Garlic, Salt)

Contains: Cashews, Coconut

RAW TRAINER INGREDIENTS

SALADS CONTINUED

EGGLESS SALAD ON FLATBREAD

Egg Salad (Celery, Onions, Chickpeas), Dressing (Cashews, Water, Lemon Juice, Garlic, Dry Mustard, Sea Salt, Turmeric, Apple Cider Vinegar [Certified Organic Raw Apple Cider Vinegar and Purified Water Diluted to 5%]), Flatbread (Onions, Sunflower Seeds, Flax Seeds, Coconut Aminos (Organic Coconut Tree Sap aged and Blended with Sun-Dried, Mineral-Rich Sea Salt), Maple Syrup, Olive Oil).

Contains: Cashews

FATTOUSH SALAD WITH FALAFEL

Romaine, Green Pepper, Cucumber, Tomatoes, Green Onions, Sumac, Fattoush Dressing (Olive Oil, Lemon Juice, Water, Garlic, Sumac, Sea Salt, Cayenne Pepper). Falafel (Almonds, Lemon Juice, Tahini [Sesame Seeds], Water, Cilantro, Parsley, Olive Oil, Sea Salt, Cumin).

MEAN GREEN CAESAR SALAD

Salad Blend (Romaine Lettuce, Spinach, Swiss Chard), Caesar Dressing (Water, Cashews, Olive Oil, Dates, Lemon Juice, Garlic, Nutritional Yeast, Sea Salt, Black Pepper), Crouton Bits (Coconut, Maple Syrup, Water, Coconut Aminos (Organic Coconut Tree Sap aged and Blended with Sun-Dried, Mineral-Rich Sea Salt), Smoke Seasoning [Sorghum Flour, Torula Yeast, and Natural Hickory Smoke Flavor]), Pine Nuts.

Contains: Cashews, Pine Nuts, Coconut

MEDITERRANEAN KALE SALAD

Kale, Kalamata Olives, Tomatoes, Fattoush Dressing (Olive Oil, Lemon Juice, Water, Garlic, Sumac, Sea Salt, Cayenne Pepper).

SUPERFOOD KALE SALAD

Kale, Variety of Superfood Seeds and Berries, Honey Mustard Dressing (Olive Oil, Maple Syrup, Dijon Mustard [Distilled White Vinegar, Water, Mustard Seed, Sea Salt, Clove], Apple Cider Vinegar [Certified Organic Raw Apple Cider Vinegar and Purified Water Diluted to 5%]), Water, Lemon Juice, Garlic, Salt)

Contains: Pecans

TACO SALAD

Walnuts, Fresh Salsa, (Tomatoes, Red Onion, Lemon Juice, Cilantro, Garlic, Jalapeno, Sea Salt, Lime Oil), Guacamole (avocado, cilantro, garlic, Lime Juice, lime Oil, salt), Liquid Aminos, Mexican Spice (Onion, Sea Salt, Spices [Cumin, Oregano, Parsley], Garlic, Chipotle Chili Pepper, Turbinado Sugar, Smoked Paprika, Chili Pepper Flakes, Red Bell Pepper, Cocoa, Paprika Extractives [Color], and Jalapeno Pepper).

WALDORF SALAD

Romaine Lettuce, Topping (Celery, Apples, Grapes, Pecans, Raisins), Honey Mustard Dressing (Olive Oil, Maple Syrup, Dijon Mustard [Distilled White Vinegar, Water, Mustard Seed, Sea Salt, Clove], Apple Cider Vinegar [Certified Organic Raw Apple Cider Vinegar and Purified Water Diluted to 5%]), Water, Lemon Juice, Garlic, Salt)

Contains: Pecans

RAW TRAINER INGREDIENTS

ENTREES

ASIAN LETTUCE WRAPS

Living Lettuce, Carrot, Cucumber, Alfalfa Sprouts, Peanut Sauce (Peanut Butter [Peanuts, Salt], Coconut Aminos (Organic Coconut Tree Sap aged and Blended with Sun-Dried, Mineral-Rich Sea Salt), Water, Olive Oil, Maple Syrup, Rice Vinegar [Water, Rice], Dry Mustard, Ginger Oil, Lime Oil).

Contains: Peanuts, Coconut

ASIAN MACRO BOWL WITH RAWesome SAUCE

Alfalfa Sprouts, Carrots, Zucchini, Rawesome Sauce (Water, Tahini [Sesame Seeds] Maple Syrup, Coconut Aminos (Organic Coconut Tree Sap aged and Blended with Sun-Dried, Mineral-Rich Sea Salt), Olive Oil, Yeast, Garlic).

Contains: Coconut

ASIAN STIR NOT FRY

Carrots, Celery, Mushrooms, Mung Bean Sprouts, Green Onions, Cilantro, Stir Fry Dressing (Olive Oil, Maple Syrup, Water, Red Miso [Water, Organic Soybeans, Organic Rice Salt, Yeast, Koji Culture], Coconut Aminos (Organic Coconut Tree Sap aged and Blended with Sun-Dried, Mineral-Rich Sea Salt), Lemon Juice, Red Curry Paste [Spices{Including Red Chili,} Garlic, Lemongrass, Galangal {Thai Ginger}, Salt, Coriander Root, Kaffir, Lime Leaf], Dried Onion, Garlic), Sesame Seeds

Contains: Soy, Coconut

BURRITO BOWL

Romaine, Quinoa, Walnuts, Fresh Salsa, (Tomatoes, Red Onion, Lemon Juice, Cilantro, Garlic, Jalapeno, Sea Salt, Lime Oil), Nacho Cheez Sauce (Cashews, Red Bell Pepper, Water, Yeast, Lemon Juice, Garlic, Sea Salt, Onion Powder, Paprika, Mustard Powder), Coconut Aminos (Organic Coconut Tree Sap aged and Blended with Sun-Dried, Mineral-Rich Sea Salt), Mexican Spice (Onion, Sea Salt, Spices [Cumin, Oregano, Parsley], Garlic, Chipotle Chili Pepper, Turbinado Sugar, Smoked Paprika, Chili Pepper Flakes, Red Bell Pepper, Cocoa, Paprika Extractives [Color], and Jalapeno Pepper).

Contains: Walnuts, Cashews, Coconut

CARROT BURGER WITH CASHEW MAYO

Burger Patty (Carrots, Pecans, Onion, Mushrooms, Olive, Sea Salt, Coriander, Curry), Cilantro Mayo-not-aise (Cashews, Water, Lemon Juice, Dates, Olive Oil, Cilantro, Sea Salt, Onion Powder, Garlic Powder), Lettuce.

Contains: Pecans, Cashews

GREEK BOWL

Quinoa, Green Bell Pepper, Cucumber, Tomatoes, Kalamata Olives, Garlic, Sea Salt, Dried Dill, Garlic Dill Dressing (Water, Cashews, Lemon Juice, Garlic, Sea Salt, Dill).

Contains: Cashews

FIESTA BOWL

Quinoa, black beans, red and green bell peppers, corn, red onion, cilantro, lemon juice, salt, Guacamole (avocado, cilantro, garlic, Lime Juice, lime Oil, salt), Fiesta Dressing (olive oil, cashews, Lime julce, Apple Cider Vinegar, Water, maple, cilantro, lime oil).

RAW TRAINER INGREDIENTS

ENTREES CONTINUED.

GARDEN BURGER WITH CASHEW MAYO

Burger Patty (Walnuts, Carrots, Celery, Dates, Sundried Tomatoes [Tomatoes, Salt], Green Bell Pepper, Zucchini, Flax Meal, Onion, Lemon Juice, Garlic, Sea Salt), Mayo-not-aise (Cashews, Nutritional Yeast, Water, Lemon Juice, Dates, Olive Oil, Sea Salt, Onion Powder, Garlic Powder), Lettuce.

Contains: Cashews, Walnuts

HEARTY CHILI

Tomatoes, Dates, Water, Sundried Tomatoes [Tomatoes, Salt], Corn, Onion, Red Onion, Green Bell Pepper, Garlic, Chili Powder, Sea Salt, Curry, Cayenne Pepper, Orange Oil.

Meat: Walnuts, Mushrooms, Zucchini, Onions, Parsley, Oregano, Salt.

Contains: Walnuts

MAC 'NOT' CHEEZ

Zucchini, Cashews, Red Bell Pepper, Water, Nutritional Yeast, Lemon Juice, Sea Salt, Garlic.

Contains: Cashews

ONION FLATBREAD SANDWICH

Flatbread (Onions, Sunflower Seeds, Flax Seeds, Coconut Aminos (Organic Coconut Tree Sap aged and Blended with Sun-Dried, Mineral-Rich Sea Salt), Maple Syrup, Olive Oil), Cucumber, Tomato, Mayo-not-aise (Cashews, Water, Lemon Juice, Dates, Olive Oil, Sea Salt, Onion Powder, Garlic Powder), Lettuce.

Contains: Cashews, Coconut

ONION FLATBREAD BLT SANDWICH

Flatbread (Onions, Sunflower Seeds, Flax Seeds, Coconut Aminos (Organic Coconut Tree Sap aged and Blended with Sun-Dried, Mineral-Rich Sea Salt), Maple Syrup, Olive Oil), Cucumber, Tomato, Coconut Bacon (Coconut, Maple Syrup, Water, Coconut Aminos (Organic Coconut Tree Sap aged and Blended with Sun-Dried, Mineral-Rich Sea Salt), Smoke Seasoning [Sorghum Flour, Torula Yeast, and Natural Hickory Smoke Flavor]), Mayo-not-aise (Cashews, Water, Lemon Juice, Dates, Olive Oil, Sea Salt, Onion Powder, Garlic Powder), Lettuce.

Contains: Cashews, Coconut

PAD THAI

Zucchini, Bean Sprouts, Red Bell Pepper, Yellow Bell Pepper, Pad Thai Sauce (Water, Almond Butter [Almonds, Salt], Coconut Flakes, Lime Juice, Dates, Coconut Aminos (Organic Coconut Tree Sap aged and Blended with Sun-Dried, Mineral-Rich Sea Salt), Garlic, Cayenne Pepper, Ginger Oil).

Contains: Almonds, Coconut

PASTA MARINARA WITH MEATBALLS

Zucchini, Sauce (Tomatoes, Sundried Tomatoes [Tomatoes, Salt], Dates, Garlic, Basil, Sea Salt, Cayenne Pepper), Meatballs (Walnuts, Nutritional Yeast, Lemon Juice, Coconut Aminos (Organic Coconut Tree Sap aged and Blended with Sun-Dried, Mineral-Rich Sea Salt), Garlic, Green Onions, Parsley).

Contains: Walnuts, Coconut

PIZZA BY THE SLICE

Crust (Ground Flax Seed, Celery, Tomato, Onion, Water, Carrots, Garlic, Sea Salt), Onion, Green Bell Pepper, Red Bell Pepper, Sauce (Sundried Tomato [Tomatoes, Salt], Tomato, Garlic, Sea Salt, Basil), Cashew Cheez (Cashews, Water, Nutritional Yeast, Lemon Juice, Garlic, Sea Salt).

Contains: Cashews

RAW TRAINER INGREDIENTS

ENTREES CONTINUED.

PORTOBELLO CAP PIZZA

Portobello Mushroom, Kalamata Olives, Tomatoes, Sundried Tomatoes (Tomatoes, Salt), Basil, Olive Oil, Basil, Sea Salt.

RAW TRAINER BURGER

Burger Patty (Walnuts, Water, Yeast, Lemon Juice, Coconut Aminos (Organic Coconut Tree Sap aged and Blended with Sun-Dried, Mineral-Rich Sea Salt), Smoke Seasoning (Sorghum Flour, Torula Yeast, and Natural Hickory Smoke Flavor), Onion Flakes), Mac-Not-Cheez Sauce (Cashews, Red Bell Pepper, Water, Nutritional Yeast, Lemon Juice, Sea Salt, Garlic), Lettuce.

Contains: Walnuts, Cashews, Coconut

THAI QUINOA BOWL

Quinoa, Carrots, Broccoli, Red Bell Peppers, Peanut Sauce (Peanut Butter [Peanuts, Salt], , Coconut Aminos (Organic Coconut Tree Sap aged and Blended with Sun-Dried, Mineral-Rich Sea Salt), Water, Olive Oil, Maple Syrup, Rice Vinegar [Water, Rice], Dry Mustard, Ginger Oil, Lime Oil).

Contains: Peanuts, Coconut

TACOS

Fresh Salsa, (Tomatoes, Red Onion, Lemon Juice, Cilantro, Garlic, Jalapeno, Sea Salt, Lime Oil), Walnut Meat, Coconut Aminos (Organic Coconut Tree Sap aged and Blended with Sun-Dried, Mineral-Rich Sea Salt), Mexican Spice (Onion, Sea Salt, Spices [Cumin, Oregano, Parsley], Garlic, Chipotle Chili Pepper, Turbinado Sugar, Smoked Paprika, Chili Pepper Flakes, Red Bell Pepper, Cocoa, Paprika Extractives [Color], and Jalapeno Pepper), Sour Cream (Cashews, Water, lemon, Sea Salt), Wrap (Tomato, Avocado, Garlic, Onion Powder, Psyllium).

Contains: Walnuts, Cashews, Coconut

VEGGIE WRAP

Wrap (Coconut Meat, and *Coconut Water, *Unrefined Virgin Coconut Oil (*Derived From Organic Coconuts) Cucumber, Carrot, Mayo-not-aise (Cashews, Water, Lemon Juice, Dates, Sea Salt, Onion Powder, Garlic Powder), Spinach.

Contains: Cashews, Coconut

WATERMELON SOUP

Watermelon, Mango, Lime Juice, Maple Syrup, Mint, Ginger Oil.

ZUCCHINI NOODLE PASTA MARINARA WITH NEATBALLS

Zucchini, Tomatoes, Sundried Tomatoes (Tomatoes, Salt), Dates, Garlic, Basil, Sea Salt, Cayenne Pepper.

ZUCCHINI "ALFREDO"

Zucchini, Sauce (Cashews, Water, Nutritional Yeast, Lemon Juice, Garlic, Sea Salt).

Contains: Cashews

ZUCCHINI NOODLES PESTO

Zucchini, Sauce (Walnuts, Basil, Spinach, Yeast, Olive Oil, Lemon Juice, Garlic, Sea Salt).

Contains: Walnuts

RAW TRAINER INGREDIENTS

DESSERTS

ALMOND BUTTER CUPS

Almonds, Coconut, Rolled Oats, Almond Butter (Almonds, Salt), Coconut Oil, Maple Syrup, Cocoa, Sea Salt.

Contains: Almonds, Coconut

BLACK FOREST

Filling (Cashews, Cherries, Water, Maple Syrup, Coconut Oil, Cacao Powder, Sea Salt, Vanilla Powder), Crust (Walnuts, Coconut, Maple Syrup, Cacao Nibs, Cacao Powder, Sea Salt).

Contains: Cashews, Coconut, Walnuts

BROWNIE BATTER

Maple syrup, Almond flour, coconut oil, cocoa powder, Sea Salt

Contains: Almonds, Coconut

CARROT CAKE

Cake Mix (Carrots, Raisins, Dates, Walnuts, Pecans, Cashews, Coconut, Flax Seed Powder, Maple Syrup, Cinnamon, Sea Salt, Nutmeg, Ginger Powder, Sea Salt, Kelp, Vanilla Powder), Icing (Cashews, Coconut Butter [Organic Raw Coconut], Vanilla, Sea Salt, Orange Oil), Walnuts.

Contains: Walnuts, Pecans, Cashews, Coconut

CHEEZ-CAKE

Filling (Cashews, Water, Coconut Oil, Maple Syrup, Lemon Juice, Vanilla Powder), Crust (Pecans, Dates, Coconut, Sea Salt), Cherries.

Contains: Cashews, Pecans, Coconut

COOKIE DOUGH

Almond Meal, Coconut Oil, Maple Syrup, Evaporated cane juice, chocolate liquor (non-alcoholic), and non-diary cocoa butter.

Contains: Almonds, Coconut

KEY LIME PIE

Filling (Maple Syrup, Coconut Oil, Lime Juice, Cashews, Sea Salt, Lime Oil), Crust (Pecans, Dates, Maple Syrup, Sea Salt).

Contains: Cashews, Pecans, Coconut

LEMON CHEEZ-CAKE

Filling (Maple Syrup, Coconut Oil, Coconut Milk, Lemon Juice, Cashews, Sea Salt), Crust (Pecans, Coconut, Dates, Maple Syrup, Sea Salt).

Contains: Cashews, Pecans, Coconut

PEACH COBBLER

Filling (Peaches, Maple Syrup, Lemon Juice, Sea Salt, Vanilla Powder), Topping (Oat Groats, Pecans, Dates, Coconut Oil, Maple Syrup, Vanilla Powder, Sea Salt).

Contains: Pecans, Coconut

PEANUT BUTTER COOKIES

Almond Meal, Peanut Butter, Maple Syrup, Sea Salt.

Contains: Almonds, Peanuts

PEANUT BUTTER PIE

Filling (Peanut Butter (Peanuts, Salt), Coconut Meat, Water, Maple Syrup, Crust (Walnuts, Dates, Cocoa, Sea Salt).

Contains: Peanuts, Walnuts

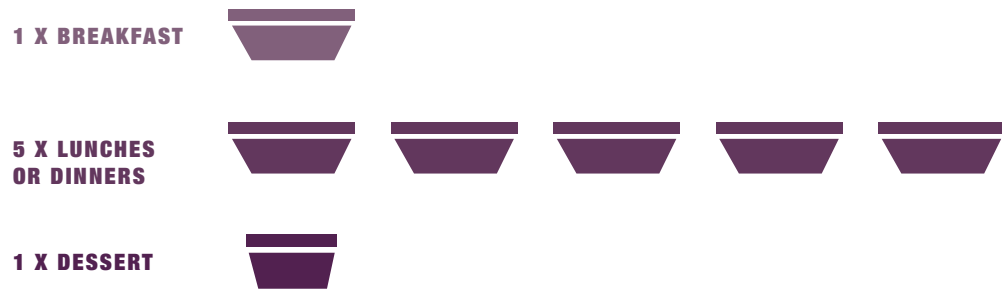
THIN MINT COOKIE

Walnuts, Dates, Maple Syrup, Coconut Oil, Cacao Powder, Peppermint Oil.

Contains: Walnuts, Coconut

FOOD PACK OPTIONS

SMALL FOOD PACK | \$69



LARGE FOOD PACK | \$129



5-DAY RAW FOOD FLUSH PACK | \$159



CLEANSE
GUIDELINES +
RT 5 DAY FAT
FLUSH EBOOK



SUPERFOOD SMOOTHIE CLEANSE | \$39

Replace your meals with 6 smoothies that include superfood ingredients such as, maca, gogi, cacao, chia, mulberries, wheatgrass, local fruits & greens, and more!



KEY

