

GO fruit YOURSELF

FREELEE
THE BANANA GIRL

HOW I LOST
40 LBS
ON A RAW FOOD
LIFESTYLE
& REGAINED MY
HEALTH

TEASER

2ND EDITION

+bonus
**2 WEEK MENU
PLANNER**



My other books



THEBANANAGIRL.COM



Freelee The Banana Girl
youtube.com/user/Freelea



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instagram.com/freeleethebananagirl



The Frugivore
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Freelee The Banana Girl
bitchute.com/channel/tppHcJDYVfQy

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THE ROLLERCOASTER RIDE

My Story

I grew up on a farm where I was lucky enough to have lots of organic fruits and veggies. At the same time, however, there was also plenty of meat, fish and dairy.



We always ate a lot of fish, or in my case, *avoided eating a lot of fish*. I used to HATE fish with a passion, so just about every night when mum presented us with fish, I rocked up to the table with pockets full of tissues. Every time my dad's head looked down at his meal, I would grab a tissue and basically regurgitate the fish into it and stuff it in my pockets. At the end of the meal, I would flush all the fish down the toilet. This 'dirty little secret' went on for years until dad caught me and gave me the biggest belting EVER.



FREELEERAW
Member Australia

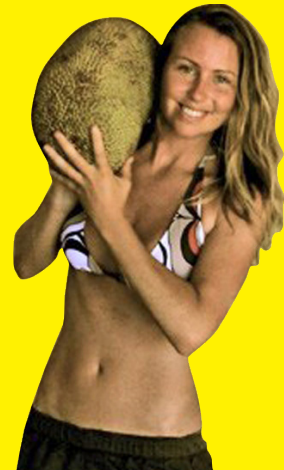
FRI. NOV 10, 2006 - 7:22 AM

Hard Time Sleeping...

Had a dodgy sleep last night, which I think can be put down to the intense yoga session I did! My teacher and I have been working on some deep twisting poses and a lot of emotional detoxing has been occurring, especially coming up from the base chakra - so much so that I've woken up hysterically crying on occasions the morning after a heavy session. I'm happy to get those yucky emotions out of my body!!

FOOD

- 5.45 AM** Had green juice (find it really kickstarts my day).
- 10.30 AM** Coconut juice and flesh.
- 12.00 AM** Wheatgrass shot.
- 1.00 PM** 2 Durian pods (ooh soo yummy, I'm addicted)!!
- 5.00 PM** Big green salad with sunflower seeds, 1/2 avocado and dsp coconut oil.
- 6.30 PM** 1 more durian pod (see I'm addicted) hehe.



EXERCISE

- 8.30 AM** Did 40 minutes of yoga.
- 2.00 PM** 45 minute coastal jog (moderate intensity).

SPIRITUAL DEVELOPMENT

- 5.00 AM** 15 minutes of meditating and 5 minutes of body-scrubbing and affirmations.
- 1.30 PM** 1/2 hour sun-worshipping and 1/2 hour of reading Sunfood book.
- 3.30 PM** 1 hour + of Reiki from one of my friends (first time and loved it).
- 6.30 PM** On the net to my raw food family sharing my achievements.

Learn from my mistakes in many more personal blog entries

MY THOUGHTS NOW

My Blog



Rather than put my “dodgy” sleep down to emotional release, I would say it was due to a lack of calories once again. I believe yoga is a fantastic way to condition the body to become more flexible and balanced, and it is also an effective way to “cleanse” the mind. However, in order for deep transformation to really occur, we must first address our basic physiological needs - particularly by getting sufficient carbohydrates, water and sleep. If I don’t get close to balancing this equation, I become “emotional” and this phenomenon is often overlooked and misinterpreted in the world of alternative healing.

Before



After



HIGH CARB TIPS

Preventing Cravings



OK, so you get to the end of a fruit-eating day and suddenly – the cravings hit! You want something salty, fatty and cooked! OH NO! What do you do?? What you do is

PREVENT these cravings!

01

If your goal is to be 100% raw, then make sure you only have raw food in your house.

If you are surrounded by cooked food, then of course you are going to find it hard to be 100% HCRV. Give away all the cooked food in your house! Take away the temptation! Rip out the stove if you have to! I know many people who have. Fill your house (and your stovetop) with loads of luscious sweet fruit so that when you turn around with cravings, you are faced with ONLY fruit - no junk. Do what Victoria Boutenko (popular raw teacher) did and tell your family they are going raw whether they like it or not! Victoria's family came home to a house without a stove and without ANY cooked food in the cupboards. Gutsy!

HIGH CARB TIPS



There are several different 'Universal Laws.' One you might know of is 'The Law of Gravity.' The law which is activated during vision booking is 'The Law of Attraction.' It states that we attract into our lives anything that we give attention to, regardless of whether we perceive it as 'good' or 'bad'.

Vision-Booking Tips

Being artistic is NOT a prerequisite for creating an effective, functional vision book, but letting your creativity be the leader is! Your vision book should speak to you, not anyone else. These are your dreams, after all. They are everything you want to be when you grow up, so to speak.

Remember the following when creating your book, and manifesting your dreams:

01

Make your vision book as visual as possible. The subconscious mind is what we want to pander to here. Your subconscious mind functions in pictures and images, therefore you need to focus on pages of beautiful images that express your desires.

BG DEEP DISH LASAGNE

“

Straight fruits and greens for dinner is always best... but damn, this is a tasty option for those special occasions!



32 MORE RAW RECIPES IN THE EBOOK

Ingredients:

ZUCCHINI LAYER:

Depending on size, 5 straight zucchini's

SAUCE LAYER:

1/2 cup of sun dried tomatoes

3-4 dates

A few sprigs of basil

Red onion to taste

Some paprika for color

A few squeezes of lemon juice or sea salt (we used ocean water)

CHEESE LAYER:

1/2 cup of soaked seed of choice or coconut

1/2 a carrot

1/2 teaspoon curry powder

1/2 teaspoon onion powder

A few squeezes of lemon juice or sea salt

Optional extra for bite: grating of noni fruit

PESTO LAYER: (adjust portions to suit)

Avocado

Basil

Sundried tomatoes

MUSHROOM MEAT LAYER:

10 or so mushrooms (optional: for best flavor dry in the sun/or use dehydrator)

2 dates

2 carrots

Red onion to taste

1/2-1 head of basil

A big handful of rocket

1 tbs italian seasoning

A few squeezes of lemon juice or sea salt

(Optional corn thrown in as it's own layer)

Process:

For best results, use a mandolin for making zucchini layers. A blender or food processor is needed to bind separate layers together.

Strain the 'meat' layer so your lasagne isn't soggy. Start layering with zucchini then alternate with whatever order you like. I layered in a rectangular plastic container, then flipped once completed. Enjoy!



From Freelee, the banana girl!

"This lasagne is amazing and if the flavors are balanced correctly, it can replace any cooked lasagne experience. It is quite gourmet, so I would only recommend this recipe for special occasions. Nuts and seeds and 'combo abombos' should always be kept to a minimum for best digestion, skin and energy levels. Remember, this is essentially a fancy salad so is quite low in calories and carbs. To ensure you get enough carbohydrates for the day, eat at least 2100 calories from fruit before this meal during the day or else the next day you will wake up cranky and lethargic from lack of carbs!"

TESTIMONIALS

K ★★★★★ 05/30/2020
Verified Ka Pao

Never restricting CARBS ever again!

I discovered veganism through Freelee. I am so thankful she came into my life the time she did because I was going through a tough time with dieting and body image issue. This book gave me a personal look into the struggle Freelee was going through. I got to know Freelee on a totally different level compare to just watching her YouTube videos. She is truly so inspirational and compassionate. I am so happy with my purchase and it has really changed my life.

I ★★★★★ 05/17/2020
Verified Isabel Valle

Great book

e ★★★★★ 03/06/2020
Verified eva lubomirova

My way of life

Extraordinary book! My new lifestyle!

M ★★★★★ 02/03/2020
Marcella

goodreads.com

Very insightful in terms of personal experience and vey helpful if you want to join the lifestyle!

MORE THEN 230 PAGES OF INSPIRATION IN THE **GO FRUIT YOURSELF EBOOK**



Mark Frazier

I eat mostly Raw all the time. Fruit, smoothies, salads, nuts and seeds. Homemade dressings and sauces have no oil. When I do cook, I do not use oil in cooking either. Result? I've lost 65 pounds and now at a healthy weight. I no longer have high cholesterol. Hormones now in balance. Triglycerides, A1c, blood glucose are all at optimal levels according to my blood test! I have more energy and feel great! I never count calories I always eat as much as I want! Awesome!

19 hours ago

👍 5 🗨️ ❤️ REPLY

VISIT THEBANANAGIRL.COM

E ★★★★★ 07/01/2019
Verified Elsa Pfeiffer

thanks so much for all the great info!

Thanks a lot for this awesome content! I first read your Rawtil4-ebook and loved it so much, that I wanted more right after I finished reading! So I bought Go fuit yourself and love this one, too! It's the first time in more than a decade, that I don't experience cravings, feel energetic and happy all at once! Even though I'm going through some physical difficulties now, probably due to healing, I have the strong feeling, that this is the right way to go and eventually my body will go back to normal. And sorry about my first review for this book, which was only 1 star...I was so eager to start reading your book, but then the download just wouldn't work for days, so I was disappointed and it just felt so long for my support request to be answered. So just so you know that it was only because I wanted to start reading so bad ;) Many thanks again for all the effort you put into your books! Please keep sharing, so more and more people can benefit! Best wishes to you!



GO FRUIT YOURSELF