

The Raw



Till

4

Diet

BANANA GIRL

CLEANSE



Day
Meal
Planner

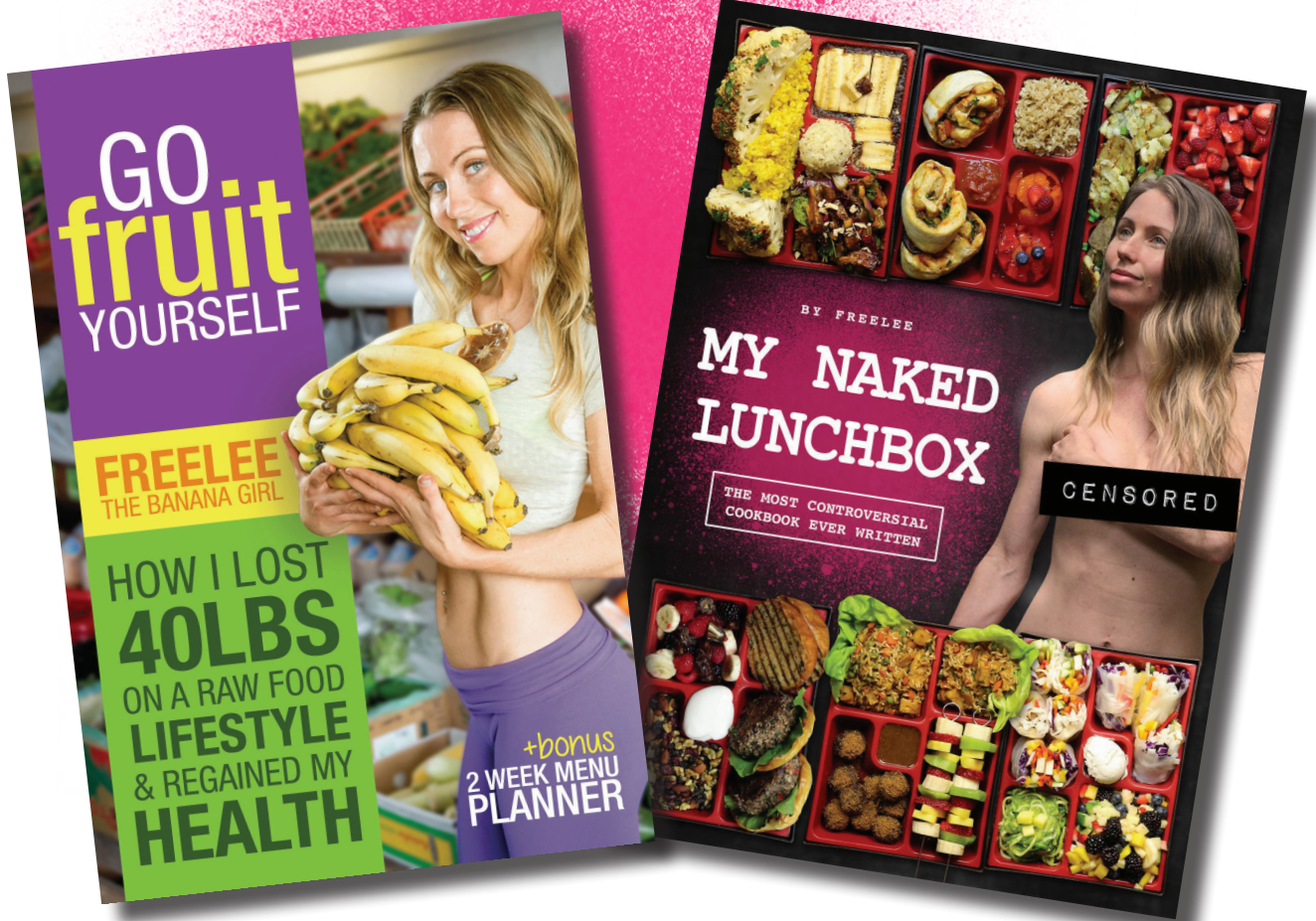
55

full colour
recipes for
weight loss

TEASER

By Freelee the Banana Girl

My other books



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WAIT... WHAT IS A BANANA GIRL?



Although it may sound like you are signing up to some x-rated cult, you are not! You are joining a positive global movement, the Banana Girl Revolution. A movement of carb-strong girls who are standing up against the calorie restrictive diet industry. Girls who are sick of feeling like shit from starvation diets, sick of being lied to and taken advantage of. You may be one of the millions of girls around the World who is suffering from an eating disorder brought about by calorie restrictive diets. Tell me, how many diets have you been on in the past? If your past is anything like mine then more than a few I'm guessing. Now tell me, why aren't you still ON those diets? Why do you keep falling OFF those diets? Why do you feel like crap on those diets? Because that shit don't work sister,

that's why. These anti-life diets that recommend you eat/count tiny portions of food (i.e 21 grapes) damage your metabolism, your mental state and teach your body to be a long term fat-storer instead of high performance fat-burner. It's now time to cleanse your colon and renew your vows to your body. Banana Girls are carbed-up and confident, they do not let a number on the scales dictate how they feel about themselves. They are not obsessed with getting skinny at the cost of their health, happiness, and sanity. A banana girl understands healing takes time and recognises how her past of dieting has damaged her body. You are about to join one of the most important movements in the entire world so grab a banana smoothie and lettuce get into this!

THE CHUBBY TRUTH ABOUT FAD DIETS

Over the years I have had thousands, literally thousands of girls come to me with stories of their fluctuating weight on these anti-life diets. The pushers of these deathly diets show many impressive looking before and after shots of their followers getting leaner and promising you similar results. What they don't explain to you is that their weight loss is temporary hydration/water weight aka dehydration. That's why you will see muscle definition on some of the girls within a month or two because their muscle was already close to the surface. Bodybuilders do this all the time: it's called 'cutting' where they dehydrate themselves before a competition to look ripped on stage.



Sounds great right? You don't need that pesky water making you look fat right?! Wrong. That water is important hydration for your cellular health, it is vital for your health and well being. Any water weight loss that is achieved through calorie restriction is always temporary. What they don't tell you (or show you) is that after under-eating and over exercising for months you are heading for a massive binge period plus subsequent weight rebound. It is inevitable. When you don't meet your bodies nutrient requirements by under-eating eventually your survival instinct will rebel to balance that deficit you forced onto your body. When you create weight loss through forced calorie restriction you also create a lazy metabolism and teach your body to hang onto fat reserves or build them back incase of another famine.

“BUT FRUIT MAKES YOU FAT!” (AKA SUGARPHOBIA)



“But Freelee! If I eat unlimited calories, even from fruit and starches, I’ll get fat! So I have to restrict my calories!”

Well, girls, it just doesn’t work that way. No one gets fat from fruit. No one ever has, no one ever will. The truth is: fruit doesn’t make you fat. Starches don’t make you fat either. Carbohydrates don’t make you fat. FAT makes you fat. Eat a high fat diet, and naturally you will put on fat. Eat a toxic diet and you’ll store all kinds of extra weight. Eat a low fat vegan diet, high in healthy carbohydrates loaded with vitamins and minerals, and in time you will become lean and stay lean effortlessly.



DAY 3

Breakfast

Datorade

12 Medjool Dates

20 oz / 600 ml Water

Optional: 1 tbsp Coconut Sugar

Lunch

Mono Meal of Your Favourite Fruit

2 Large Papayas or more

Snack

Fruit

Unlimited fresh fruit till 4pm

Dinner

Sushi

3/4 cup Dry Rice

Nori Sheets

1 Carrot

1 Cucumber

1 Red Pepper

1/2 Avocado



Calories : 2270

Protein: 32g - 6%

Carbs: 529g - 86%

Fat: 21g - 8%

18
DELICIOUS COOKED
RECIPES

38
RAW RECIPES
IN THE EBOOK

SHOPPING LIST

WEEK 2

FRUIT

- 40 Medjool Dates
- 4 cup Frozen Berries
- 22 Medium Fresh Figs
- 44 Medium Bananas (freeze 24)
- 4.5 Large Papayas
- 1 cup cherries
- 4 Passion Fruits
- Peppermint Sweet Leaf Drops or Fresh Mint
- 50 oz / 1.5 L Fresh Orange Juice
- (15-20 Oranges)
- 5 Large Mangoes

VEGETABLES

- 1.25 kg Organic Potatoes
- 750g Organic Sweet Potato
- 5 Head of Lettuce
- 1.5 Avocado
- 2 cup Baby Spinach
- 3 Zucchini or Cucumbers
- 1/2 bunch Coriander
- 3 sprigs Thai Basil
- 1 Kafir Lime Leaf
- 0.5 cm Lemongrass

DINE OUT

On Saturday night, if you choose not to dine out and prefer to cook, you could make Pizza if you like, here are the ingredients:

- 1.2 cup / 145g / 5.1 oz
- All-Purpose / Plain Flour
- 1.5 tsp / 6g / 0.2oz Sugar
- 2/5 tsp / 1.5g / 0.05oz Instant Yeast
- 2/5 tsp / 2.5g / 0.1oz Salt
- 1 cup Pasta Sauce - either use The Vegan Corner's Pizza Sauce or a store bought Low Fat, Low Sodium Pasta / Pizza Sauce
- 1 cups raw Mushrooms
- 1 cups Rocket / Arugula

VEGAN CORNER'S MOZZARELLA:

- 0.7oz tofu - 20g
- 0.5 cup Non-Dairy Milk - 120g / 4.3oz
- 1 tbsp + 1 tsp tapioca starch - 10g/0.4oz
- Optional: 1/4 tsp salt - 1.5g
- Optional: 1/2 small clove of garlic - 1.5g

OPTIONAL

- 10 Tbsp Coconut Sugar
- Sweet Chilli Sauce - Low Sodium
- 3 Tbsp Rice Malt Syrup
- Chilli or chilli flakes

SHELF ITEM

- 17 oz / 2 cup Non-Dairy Milk
- 4.2 oz / 120 g / 1.5 cup Quick Oats
- 8.5 oz / 1 cup Non-Dairy Milk
- Low Sodium Dipping Sauce e.g. Sweet Chilli Sauce
- 1/2 tsp Cinnamon
- 1-2 tbsp Carob
- Vanilla Sweet Leaf Drops

Note: the serving sizes for this pizza and mozzarella are half of that in the recipe section, because the ones in the recipe section give two servings. Of course if you want to eat more go ahead.

APPLE PIE HUG

Dessert in your Glass? This comforting smoothie is delicious and healthy with over 20g of insoluble fibre and an apple to keep the doctor at bay!

10 Medjool Dates
1 Apple
1 tsp warming spice
1/2 tsp cinnamon
20 oz / 600 ml Water
Optional: 1 tbsp Coconut Sugar

Blend on high for around 45 secs to 1 min, until frothy.



56 RAW AND COOKED RECIPES IN THE EBOOK

PANCAKES

4.2 oz / 120 g / 1.5 cup Quick Oats
8 oz / 1 cup Almond Milk
1 Banana
1/2 tsp Cinnamon
2-3 Dates
1-2 tbsp Carob
Optional: 1 tbsp Coconut Sugar and 3 tbsp Rice Malt Syrup

Pancake batter:

In a blender, place 1.5c quick oats ground into a flour, 1c unsweetened almond milk, 1 ripe banana, cinnamon and 1tbsp coconut sugar (I preheated my non-stick frypan on low heat before pouring in the batter and just kept it on low heat the entire time).



Sauce:

2-3 dates, 1-2tbsp carob powder, a few tbsp water to adjust consistency OR you can simply mix rice malt syrup with the powder of your choice until it becomes a smooth sauce consistency.

Credit: @thrivingonplants

TESTIMONIALS



JennaMarbles 5 days ago · LINKED COMMENT

Freelee I love you so much!! I left you a comment on your Facebook, it really means so much to me. I did exactly what you have been suggesting to me for years, I did all of my ethical homework this time, I cried for hours, regrouped and decided that it's more than for health reasons, I really have the strength to be ethically opposed to eating animal products this time. I haven't had any temptation or slip ups thus far which has been incredibly liberating and thank you so much for your constant support, you never judge me on my journey you just point me in the direction I want to go in. Thank you so much for caring about me, I love you.

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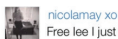
Reply · 220



JennaMarbles 1 day ago

And I know we have never met but just thank you so much for playing an important role in my life. It means a lot to me.

Reply · 6



nicolamay xo

Free lee I just want to say I was 110 kilos at 6'1 I am so grateful I found you, you have technically saved my life, I wish I could of known about the vegan RT4 HCLF lifestyle, I am so passionate about this lifestyle. I am now 30+ kilos down within 8 months and have never been happier/healthier/fitter, you are y role model, I am so grateful for you and spreading your wonderful message. I love you banana girl!

1 day ago · 45



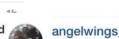
Sarah Morella 1 minute ago

Thank you so much for helping me lose 35 pounds on raw till 4! I'm finally happy and have the self confidence I've never had before! I've reversed my chronic stomach pain from acid build up and have never felt better. I don't know where I'd be without you girl!! Glad to see u back!



mangoelley

Thanks for saving my life freelee!!!!!! I would probably not have become a vegan over a year ago if I hadn't stumbled across your videos! You helped me face my eating disorder!



angelwings_24_24

I love u freelee I'm on ur raw till 4 diet and I'm doing very well I have lost weight and my energy is improving thank u so much



ashleey.w

YEEEESSS FREELEE!!!!!! r4 has changed my life, all for the better. I have so much more energy, and I'm sick right now, but I still go hard in the gym. I don't feel sluggish anymore, and I don't have to watch calories or worry about what I eat!!!! After 4, as long as I stay vegan, I wake in the morning ready for the day. And knowing I'm supporting the animals, which I'm super passionate about, makes it all the better. I can't imagine myself going back. Thank you!



twigggy_baby_

I love you freelee, you changed my life!!!



fruilylana

OH MY GOSH Freelee!!!! I have just finished reading your ebook and I cried! I just have SO MUCH LOVE for you right now and your story really touched my little heart. You are such a sweet and caring person! Thank you for creating this ebook, I am so happy I got it and found you a long time ago already. You're everything a human being should be. You are caring, loving, sweet and compassionate. You truly give a fuck and that is rare nowadays! I can never thank you enough for everything that you do. I have started day 1 of meal plans today already and on it for 30 days (and my whole life of course!) I just feel so much love for you, your story and just the way you explained everything really was moving. I just want to give you a MASSIVE hug to show you how much I LOVE YOU!!!!!! Thank you thank you thank you!!!! Lots of love your banana girl Liara



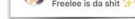
vegan_dance_fusion

Thank you for this wonderful book! I recently gained 10 pounds due to PCOS hormonal imbalances and your book was the revelation I needed! Even though I have been high carb for almost two years I never went all the way to stop fearing calories... Now I am finally on track to carb up for life and heal my body!



fruitbatkittykatt

@veganomicon got this book



Freelee is da shit



eattemplants

Freelee! I'm so glad I bought this book, it's amazing! I can tell you spent a lot of time writing and composing it, and the pictures are beautiful! It clears the air on so many questions regarding RT4, and it was cool that you had a resident nutritionist help with the meal plans. Anyone considering buying the book, do so, you won't regret it!



sproutbliss

Got it yesterday and I love it!!! So inspiring and such a beautiful book. Thank you Freelee!!



jakesyndert

Just got my ebook! Thank you freelee. You are so awesome, amazing, and BEAUTIFUL!!! Keep up the good work.



_nilkkii

I downloaded it last night looooooove it Freelee!!!



Alexis_Bananas

I got the book and OMG worth it... even if not a discount it is worth 35 dollars... guys!!!! u must get



14 minutes ago



Tamiya ReyOko 5 hours ago

Freelee you saved me! I'm 13 and I went vegan 2 years ago. My asthma has gotten a lot better I used to be in the hospital 3 times a year but now I've only gone once since I've gone vegan! I don't know how to thank you enough

Reply · 4



tiablanc0

47m

I have been vegetarian my whole life and now I have been vegan for about 3 years. However, because of voices like yours I have been trying to adapt to a high carb low fat lifestyle and I feel sooooo much better... So much more energy, I lost some body fat, and gained muscle. Just want you to know how thankful I am. I would love to meet you one day! Xx



Chelsea VanHaur 3 hours ago

I've lost 55lbs from being vegan and I started a year ago thank you Freelee

Reply · 1




Jenna Mourey Freelee the Banana Girl

October 8 at 9:38am

I just watched your video, and I just wanted to thank you for always supporting me through my vegan journey, it's been years on and off for me and I really appreciate you holding me personally accountable. It actually helps me and I never find what you do offensive, I think you're wonderful and it's so admirable how passionate you are about veganism. You have a wonderful message and heart and I hope people can see that. I know a lot of people have, you've changed so many people's lives. I have made it a point to really make myself ethically driven because of you and other vegan youtubers and I feel much more confident that this is something I can have my whole life. Thank you for your relentless efforts to make veganism visible and approachable and not an extreme way of living but a loving and caring maintainable lifestyle. You're wonderful, and I'm sending all positive fruit vibes your way.

FINAL THOUGHTS

With these RT4 Principles you can begin to set yourself up with the foundation for a truly happy healthy life.



Once you start on the journey and fully commit to it, you'll never stop growing and learning. You'll continue to improve on your health and your fitness with every step. I've been living this way for years, and I'm still improving every day. I'm not happy because of how I look; I'm happy because I'm in love with this journey. I'm in love with carbs. I'm in love with health and fitness, and I'm living a life of gratitude and purpose. Apply these principles to your life, cultivate an attitude of gratitude, try to live for something meaningful, and fall in love with the journey too! And I'll see you along the way :)

CHECK OUT THE FULL EBOOK FOR MORE RECIPES, MEAL PLANER, NUTRITION INFO AND STORIES

VISIT THEBANANAGIRL.COM