

The Rawtarian 

The  
**Raw Food Diet Plan**  
Course Welcome Kit



Coupon  
Inside!

[www.therawtarian.com/TRKcoupon](http://www.therawtarian.com/TRKcoupon)

*Laura-Jane The Rawtarian's Raw Food Diet Plan Course welcome kit - the beginning of your raw food journey. Reveal the real, raw you - the way you were meant to be. Naturally.*

By Laura-Jane The Rawtarian

# The Rawtarian

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Publisher: The Rawtarian Press  
Recipes: Laura-Jane The Rawtarian  
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Please go ahead and email this free raw recipe package to your friends and family. The more the merrier!

“Some people live to eat, while I eat to live!”

[www.therawtarian.com](http://www.therawtarian.com)

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Use raw food to reveal the new you. Let your inner energy and inner beauty free. Not sure what going raw for 30 days would be like? Try one of these raw recipes and start the journey now to reveal the new, true you.

# Nature's Easy, Effective Health Answer

# Raw Food

*Start your new journey.*

Who wouldn't want to have more energy, release excess weight, look fresher, and feel proud of the new, glowing reflection in the mirror?

So why do good health and a slim physique evade the majority of us when it is clearly what we want? Because most of us have never been exposed to the raw food lifestyle's approach to health.

*Release the new you.*

Hate vegetables and healthy food? Only eat salads when you feel that you "have to" - not because you want to? Go raw and develop a taste for healthy foods - transform your tastebuds. Finally realize what you can feel and look like if you feed your body what it really wants. Have people think of you as one of those "naturally slim" people - little will others know that it was raw food that changed you into the person you want to be.

*The Rawtarian's raw food success story.*

Even though I was raised by health-conscious parents, I always detested my mother's healthy casseroles. I snuck as much junk food as I could, and as I grew up my eating habits got worse and worse. I'd hide bags of chips, pastries and candy in my room.



*I didn't start out as healthy as I am now.*

As I became an adult, things went from bad to worse. I became a vegetarian. But I was a "junk food vegetarian." I ate only processed foods: veggie hot dogs loaded with toppings, cheese buns, frozen pizzas, chips, candy, and much more. I was addicted to junk food.

*From bad to worse...*

Only very rarely did I eat fresh fruits or vegetables, and when I did I considered it a chore—certainly not a pleasure. My weight ballooned. To add insult to injury, I had acne-prone skin and, even though I was in my late twenties, I often had terrible cystic acne breakouts. I was always tired, lethargic and low energy. Every year, I gained more weight.

Transform your look and outlook  
with raw food. Simple. Effective.

## *Fat? Who..me?*

One day, I was shown a family photograph. I was in for a shock - I had unknowingly taken a trip to fat, middle-aged land! After recovering from the shock and the depression of what ten years+ of ill-health had done to me, I wondered if it was too late.

Luckily, a family friend told me about raw food and what it had done for her.

I went raw for 30 days to see if I could truly slim down, look vibrant, clear up my acne and feel more energetic than I had in decades.

By the end of my 30 days of raw food I began to actually enjoy eating real fruit and vegetables using raw recipes. My cravings were gone, and I had lost a substantial amount of weight. Now this was addictive!

**The weight really started to come off, and my energy was through the roof.**

How do raw foods work? By eliminating all that processed junk that we eat on a regular basis, your taste-buds come back alive near the end of your 30 days raw.

You will actually start to enjoy raw fruits, vegetables, nuts and seeds prepared the raw food way.

## *Sound familiar?*

Give your body and mind what they deserve. Get on a raw food program for 30 days and see first-hand the difference that raw food can make in your body - inside and out. From clearer skin, better moods, less aches and pains, weight loss and more, raw food is the way nature intended you to look.

# Go raw: Look vibrant and feel younger

Want to transform your tastebuds so that you actually crave healthy foods?

Don't you wish that people thought of you as one of those "naturally slim" people?

Don't you wish that you could lose the extra weight and feel so much better about the way you look and feel?

If your answer is yes, then try out this mini-challenge that'll give you a taste—literally—of the raw food lifestyle.

I encourage you to make these three raw food recipes some time over the next month. Eat them. Then ask yourself whether you could keep on eating them and other recipes like them for the next 30 days for the full effect.

No big commitment right now. Just give it a try. I've even included the recipes down below!

Just choose one recipe to start with. Jot down the ingredients on a Post-It note, and make sure you've got them in your pantry. If not, put the note in your wallet and pick up the ingredients the next time you go grocery shopping.

And if you don't own a food processor, just pick one up for \$50 or less at your local big box store, like Wal-Mart or Target. You don't need a top of the line food processor to go raw.

Let's get you started on this road to the new you!

Warmth,

Laura-Jane The Rawtarian



# Raw Brownies



These brownies are easy for you to make. Plus, they give you a good introduction re: how to make your food in a food processor. You'll notice that no cooking or baking is required!

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## INGREDIENTS

- 1 cup walnuts
- 1 cup dates (semi-soft to the touch)
- 5 tablespoons cocoa powder
- 4 tbsps shredded unsweetened coconut
- 2 tablespoons honey
- 1/4 teaspoon sea salt (not regular salt)

## TIPS FROM THE RAWTARIAN

Once you get really into raw foods you can make a yummy sweet raw chocolate icing to go on top, but for now we'll keep this brownie recipe simple.

Try serving these brownies with sliced bananas! A nice, simple snack or dessert.

If you love healthy desserts, I have dozens more at [www.therawtarian.com](http://www.therawtarian.com)!

What type of dates to buy:

- The best raw dates to use are "medjool" dates, which are usually sold in the produce section. If you get medjools be sure to remove the pits.
- If you can't find medjool dates, you could use cheaper baking dates that you find near the chocolate chips. These kind of dates are usually quite hard, so you could soak them in luke-to-warm water for 10 minutes or so beforehand to soften them a bit. Be sure to drain the water and pat the dates dry before placing them in the food processor.



## PREPARATION

- 1 Place your walnuts alone in your food processor and process until the walnuts become small and crumbly. There should be some air between the crumbly bits (kind of like how shredded coconut looks in the bag). See photo.
- 2 Add your dates to the food processor and process again until the mixture sticks together and the dates are well processed--meaning that you can't see huge chunks of dates.
- 3 Add the remaining ingredients to the food processor and process again until the mixture turns a lovely dark chocolatey brown. Stop processing before it gets too buttery. (There should still be air between the small bits so that you will be able to press them down into your brownie pan.)
- 4 Dump the mixture into a brownie dish or small cake pan and press down firmly using your clean hands.
- 5 Refrigerate this raw brownie recipe for an hour or so. You do not have to refrigerate it, but it is much easier to slice when chilled.
- 6 Slice and enjoy! Store brownies in the refrigerator.



# Raw Nut And Veggie Spread



This recipe has a nice texture. It can be used as a savory spread, similar to vegetable-flavored cream cheese. I like to chop cucumber into thick slices and spread this recipe on top, kind of like cucumber crackers with cream cheese on top!

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## INGREDIENTS

- 3 cups walnuts (soak for half an hour to soften the nuts– rinse and discard water)
- 1/4 cup soy sauce or tamari
- 1/2 to 3/4 cup white onion (peeled/chopped)
- 2 medium-sized carrots (peeled/chopped)
- 2 celery stalks (chopped)

## TIPS FROM THE RAWTARIAN

This recipe is an example of what some people refer to as a “nut pate.” There are many different raw recipes for nut pates, with different flavors and ingredients. This is just one example. I have a recipe for “mock tuna,” “mock chicken salad,” and much more. But they are all similar in terms of instructions: add nuts and veggies to a food processor, and then process! Pretty easy once you get the hang of it.

Learn more about nut pates during my full 30 day raw food diet plan course found in **The Rawtarian's Kitchen**: [www.therawtarian.com/TRKcoupon](http://www.therawtarian.com/TRKcoupon)



## PREPARATION

- 1 Place walnuts in a bowl right away with enough luke-warm water to completely cover them. (Do this first, before you chop your veggies so that the nuts can soak while you're chopping the veggies.)



The purpose of soaking your walnuts is to soften the nuts, and also to remove the “enzyme inhibitors” (natural coating that stops real raw seeds/nuts from growing!). That coating on the nuts (the enzyme inhibitor) has a bitter taste, which is why we want to rinse and discard the water.

- 2 Get all your veggies chopped and ready to go.
- 3 Drain the walnuts, then rinse the walnuts with cold water. Now your walnuts will be a bit softer and a bit damp. Perfect!
- 4 Place all the ingredients in your food processor and process until it becomes a smooth, cream-cheese-like consistency! (Pretty easy, huh!)
- 5 Serve this vegetable-flavoured raw cream cheese in a sandwich, or on cucumber rounds, as seen in the photo to the right.
- 6 Store leftovers in the fridge in a tightly sealed container. This recipe keeps very well for a few days as long as you keep it refrigerated.



# Sweet strawberry smoothie



This is a very sweet strawberry smoothie, perfect for a sugar fix or summer dessert! Also, later on, we'll get you to add some greens, like spinach, to your smoothies. But for now, just enjoy this sweet pink one!

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## INGREDIENTS

- 2 cups of frozen strawberries
- 2 tablespoons of chia seeds
- 2 cups of water
- 3 tablespoons of honey

## TIPS FROM THE RAWTARIAN

Not all blenders are made equally. If you're like me when I first started, you might have a very cheap blender, like the \$20 blender I bought from Wal-Mart many years ago. Ideally, you would have a top-of-the-line blender, like a Vitamix or a Blendtec. But for now, use the blender that you've got!

Frozen strawberries can be hard to blend in a less-than-ideal blender. But using frozen berries is best in this recipe because everything will stay nice and cold that way. Maybe you could thaw them a bit first if your blender isn't the greatest.

Even with a \$20 blender you can go raw for 30 days--I designed The 30-Day Raw Food Diet Plan for people whether they have fancy equipment or not!



# The Raw Food Diet Plan Course Welcome Kit

## PREPARATION

- ① Place all ingredients in your blender, including the chia seeds. Chia seeds can be purchased at your local health food store. They are very handy, because they are so good for you and they act as a natural thickener, like tapioca!
- ② Blend all ingredients until smooth! Drink immediately. This recipe is perfect for two people.



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As seen on Raw Food Health Watch

## Experience the raw benefits

My main purpose as a raw food educator is to let you know that raw food, in its beautiful simplicity, truly works. Every day (every day!) I receive emails and comments with amazing stories of how raw food has helped to overcome health, skin, body issue and weight loss challenges.

When you are ready to join the over 600 people who have experienced the benefits of raw food through my programs, it would be my pleasure to guide you through your raw journey.

Please visit my website for more free raw food recipes and helpful, inspiring comments from members, plus a variety of recipe books, courses and eating guides in The Rawtarian's Kitchen: [www.therawtarian.com/TRKcoupon](http://www.therawtarian.com/TRKcoupon)

Go Raw For 30 Days With The Raw Food Diet Plan

# Real Raw Food Diet Plan Success Stories:

"I must congratulate you on the scrumptious recipes you've put together, I've tried a few now and found yours the easiest to follow and the best tasting. My husband and I are both now 100% raw and feeling much better. My husband was on five injections of insulin a day plus 14 tablets for diabetes and high blood pressure. He is now off all medications and insulin and doing really well. We have both lost weight, my husband has lost 18kg and I have lost 10kg . We are staying on the raw way for life. Thanks so much for your support and the great site."

*In thanks, Daphne  
Kippa-Ring Australia*

"I just have to tell you, my husband and I started the raw food diet about a month ago, after my boss strongly suggested it. Well this weekend I made your raw turtles and thought I had died and gone to heaven! Both my husband and boss LOVED them and have been asking for more. Thank you so much for your easy and delicious recipes, I can't wait to try the cheesecake one next weekend!"

*Ruth Ellen Sigala, Texas*



"Now on day 32, blood sugar halved and stable, and 5 kilos lighter, I find myself unwilling to go back to what I originally thought was a healthy diet. I am going to have to find some kind of compromise. Haven't missed bread, meat, milk, sugar, fat. Have missed fish, hard cheese and eggs. I've very much enjoyed most of your recipes, thank you!"

*Regards, Ray from Adelaide,  
South Australia*

"New to the Raw Food Diet. Three weeks so far. Never felt better and feel my health is improving everyday. Did not know there were so many delicious recipes and SAD alternatives that tasted this good!"



*Brian Bergman, California*

## Claim your 15% off discount now!

Now that you've had a taste of raw food and its benefits, it's time to start your 30 day life changing journey. Simple visit [www.therawtarian.com/TRKcoupon](http://www.therawtarian.com/TRKcoupon) and join **The Rawtarian's Kitchen** to take this course. When checking out enter the discount code "**RAWGIFT**" (without quotes) and receive an instant 15% discount off your membership.

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### **ABOUT LAURA-JANE THE RAWTARIAN**

Laura-Jane The Rawtarian creates simple, satisfying raw food recipes. Her specialty is bringing raw foods to the mainstream kitchen by providing simple, satisfying recipes to families across North America, Australia and beyond through her website, videos and podcasts.

Laura-Jane is the host of The Raw Food Podcast, and the author of The Rawtarian's Raw Staples Recipe Book. She has been featured on The Renegade Health Show with Annmarie and Kevin Gianni, interviewed in The Guardian newspaper, and quoted in Liquid magazine.

Laura-Jane The Rawtarian shares 100+ free simple, satiating raw food recipes at [www.therawtarian.com](http://www.therawtarian.com).

Join **The Rawtarian's Kitchen** for additional members-only support, ebooks, courses, videos, community, raw food certification and much more:

**[www.therawtarian.com/TRKcoupon](http://www.therawtarian.com/TRKcoupon)**

(use code "**RAWGIFT**" for an additional 15% off right now)

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