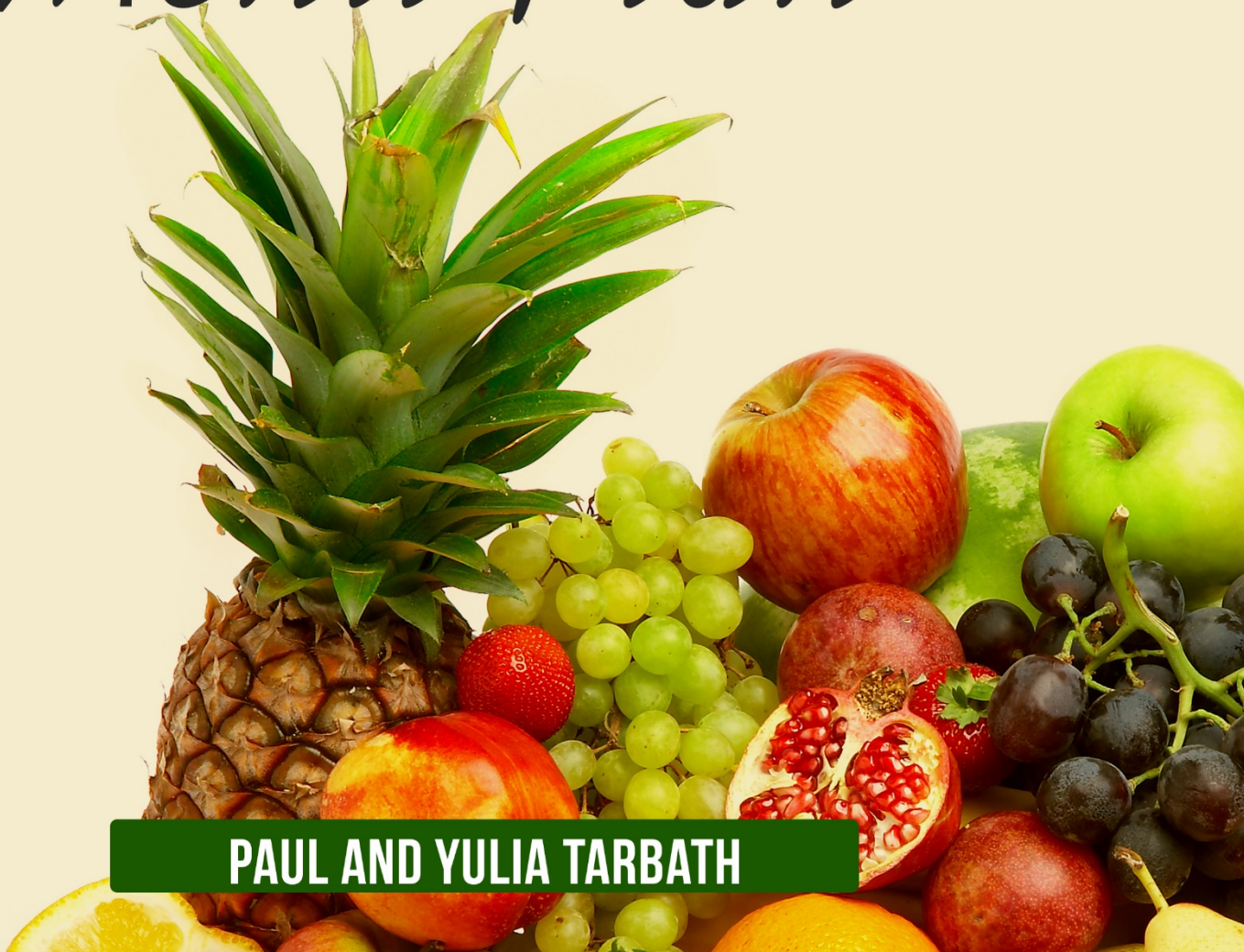


# 5 DAY RAW FOOD DIET KICKSTART *Menu Plan*



**PAUL AND YULIA TARBATH**

## 5-Day Raw Food Diet Kickstart Menu Plan

**LEGAL NOTE:** You are welcome to share this reset, provided you keep it intact as a complete document and include references to [www.rawsomehealthy.com](http://www.rawsomehealthy.com). However, under no circumstances are you allowed to modify this report.

The information provided in this publication should not be used for diagnosing or treating a health problem or disease.

Each single individual deciding to change his/her dietary or lifestyle preferences carries full legal responsibility for his/her own health. If you have or suspect you may have a health problem, you should consult with your health care practitioner.

**Published by:**

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

# About Us



Hi, we're **Paul and Yulia Tarbath** -- certified Holistic Nutritionists and Lifestyle Coaches, authors, international speakers, parents, world travellers and fitness enthusiasts.

We love living a raw lifestyle and it's our passion to teach you how to thrive on it!

Before we became "raw fooders" Yulia went through a difficult period with her health.

She was searching for a solution to her severe adrenal fatigue, Candida, hypoglycemia, hormonal and fertility issues, weight ups and downs and never ending cravings.

Even though we were eating "healthy" – that is gluten free, processed sugar free, made our meals at home, were mostly vegan (apart from some raw goat's milk at the time) and did everything we thought was right, we didn't see the health results we were looking for.

Yulia discovered the fruit-based raw vegan lifestyle and after studying it's benefits and healing powers, we both transitioned to it.

Our house turned into a Garden of Eden and our kitchen became stocked with an abundance of nutrient-packed and life regenerating fruits, greens, veggies, nuts and seeds.

Since then, our health and our lives have been completely transformed.

*By eating sweet and keeping fit, we healed many of our past health issues, became raw food coaches, completed a marathon and other races, travelled the world, became parents, and have inspired hundreds of thousands of people to get into shape and start eating more raw foods.*

We're the founders of Rawsomehealthy and over the years we've created a worldwide health-minded community with over 70,000 followers.

We've been featured in *The Huffington Post*, *The Daily Mail*, *The Mirror*, *Natural News*, *India Times*, and other media outlets.

Going raw can make a huge difference to your body, mind and soul. And the great news is that you don't have to be 100% raw to experience these changes (although being all raw is great too!).

You just need to balance your diet and lifestyle the right way so your body can become more light and energetic, your mind can be clear and creative and your spirit can become connected and alive.

### **Sound good?**

Yay! Then it's time to take that next step and this 5-day reset plan is there to help you make it happen.

**If you'd like to continue for longer than 5 days** and learn all the ins and outs about the raw lifestyle for a vibrant life, then we highly recommend exploring our 5-week course, [The Raw Energy Lifestyle Program](#).

It's our passion to help you cleanse and heal your body, sweeten and lighten up your life and feel on top of the world!

You can find us at [www.rawsomehealthy.com](http://www.rawsomehealthy.com)

**Enjoy your reset and keep rawking!**

**Paul and Yulia Tarbath**

# It's Time To Up-Spiral Your Energy And Lighten Up!

Unhealthy diets, sedentary lifestyles, stressful living conditions, and environmental pollution all lead to the accumulation of toxins in your body.

Toxins damage the normal functioning of your cells and organs and their vital functions become impaired.

Fatigue, headaches, skin problems, weight issues, weak digestion, constipation, and many other health concerns can occur as a result of toxicity.

**As toxicity continues to build up, your body gets weaker and more serious diseases occur, such as cancer, heart-related diseases, diabetes, etc.**



The great news, however, is that eating healthy raw foods gives you an opportunity to re-create yourself.

Consuming an abundance of raw plant foods is the safest and most natural way to assist the elimination of toxins from your body.

Not only will you be able to cleanse your body from the toxins and poisons of the past, you will also give your body a great chance to restore itself and prevent diseases happening in the future.

**Yes, there is so much to gain and nothing to lose!**

# Why Should You Eat Raw Or Mostly Raw?

A well-balanced raw or mostly raw food plan is your superior form of nutrition.

Eating a whole foods vegan plan that is as much raw as possible and leading a healthy overall lifestyle is going to have a hugely positive impact upon your health and science now proves this as well!

- ✓ Eating raw foods leads to healthy bones.

A study found that people who follow a raw food, vegan diet had lower bone mass than those eating a standard American diet, yet their bones were healthy with no signs of osteoporosis. (1)

- ✓ Raw foods lower your risk of cancer.

A study found that raw food vegans had lower IGF-1 hormone levels in their bodies and so a lower risk of contracting various types of cancer. (1)

- ✓ Living foods lead to better antioxidant status.

A study found that a raw food, vegan diet provides significantly more dietary antioxidants than a cooked, omnivorous diet, and that long-term followers of this diet have a better antioxidant status than omnivorous diet eaters. (2)

- ✓ Eat raw foods if you want a longer, healthier life!

A study found that there was a decreased in all-cause mortality, including cancer and heart disease mortality for people eating up to 7+ portions daily of fruits and vegetables. (3)

- ✓ Healing rheumatoid arthritis.

A study found that people with rheumatoid arthritis noted a marked improvement in their pain, swelling of joints and morning stiffness when eating a raw food, vegan diet. (4)



## ✓ Raw food diet improves fibromyalgia.

A study discovered that subjects with fibromyalgia noted an improvement with their joint stiffness, pain and with their quality of sleep when eating a raw food vegan diet. (4)

### Here are some more incredible perks of eating raw that can be yours too!

- Healthy digestion
- Regular bowel movements
- Ideal weight that's effortless to maintain year in and year out
- Improved circulation of the blood and lymphatic systems
- Healthy functioning of the body's organs, including liver and kidneys
- Balanced hormones
- Accelerated recovery from disease
- Harmonious emotional state
- Mental clarity
- Glowing skin
- Greater levels of energy and fitness
- A sense of greater contribution to environmental peace

Sounds great, doesn't it?

*Well, all of these amazing health benefits – and more – can be yours if you lead a fruit powered raw or mostly raw food lifestyle!*

## What Will You Eat During Your 5-Day Reset?

Delicious, nutritious and life regenerating fruits, greens, veggies and some healthy fats!

You'll feast on whole food, vegan, raw, gluten, sugar, salt, junk free food – your body will love you for it!

# What About Detoxing?



Depending on your past eating and living habits, you may experience some detox symptoms, however not everyone does.

Usually, the first 3 days are the hardest for most people, but then you start seeing tremendously positive changes and improvements that motivate you to continue.

Detox is an ongoing process anyway, so assist your body in cleansing itself with your diet and lifestyle, versus going on a one off detox and then returning to the foods and lifestyle that creates toxins, causes disease and makes you gain weight.

**Make sure you drink plenty of clean water, move your body regularly, get outside to breathe fresh air, think positively and secure at least 8 hours of quality sleep per night as part of your healthy fruit-based raw or mostly raw lifestyle.**

## But Will You Be Eating Too Much Sugar During This Fruit-Based Cleanse?

We get asked this questions a lot. Many people believe that if you eat too much fruit, then it has to be bad for you because it contains lots of sugar.

But here's the truth.

Refined sugar that you will find in processed food is bad for you. It's a single nutrient which has been processed and separated from all the other nutrients and so is detrimental to your health.

In stark contrast, the sugar from whole fruits is combined with all the other nutrients, which all work together to give your body exactly what it requires to be healthy.

**In fact, a study was carried out on 17 people over a 3 to 6 month period who were given 20 servings of fruit a day.**



They found that the participants suffered no ill effects from eating a diet that contained so much fruit.

In fact, they observed positive changes to people's blood pressure, body weight, insulin levels and blood lipid levels. (5)

Another study where people were eating 20 servings of fruit a day for several weeks came to similar conclusions and also found that the participants achieved an amazing 38 point drop in their LDL cholesterol levels. (6)

Our clients have healed Candida, hypoglycaemia, type 2 diabetes and overcame their weight challenges eating the high fruit and low fat way.

## Weight Management On A Raw Food Plan

*Eating more and weighing less ... sounds like a dream, right?*

*Actually, this is the reality that you'll be experiencing when you eat a raw or mostly raw food plan.*

The great thing about eating a high fruit and low fat raw food diet is that you can eat even more food than you did before by volume, yet still lose excess weight.

The raw foods that you will be eating typically contain significantly less calories than the kinds of highly processed, fat and sugar laden foods and drinks that make up so much of many peoples diets.

Add to this the fact that so many processed foods are full of unhealthy and toxic chemical ingredients that cause damage to the body, then it's easy to understand how a high fruit, raw food plan is a win-win!

**Here are some of our clients' transformations, as well as our own thanks to this lifestyle ...**

## Yulia's body on a mostly raw food lifestyle over the years



Della Upsher, one of our clients, lost 42 pounds, achieved healthy blood pressure and balanced many other health issues that she had. She went raw vegan at 59!



Rosine Rehnmark, one of our clients, lost over 45lbs thanks to the low-fat raw vegan lifestyle.

She used to be pre-diabetic, had headaches almost every day, restless leg syndrome, horrible PMS, and chronic fatigue.

All of these symptoms went away on a low-fat raw vegan lifestyle!



# Before You Start ...

## 1. Empower Your Mind.

Here's an affirmation that you can say to yourself today to get yourself in the right frame of mind:

*"I choose a new and healthy life where what I eat heals, strengthens and empowers me to be the best version of myself."*

Your mind is a powerful tool, so use it to help you achieve your desired goals.



## 2. Plan Your Menu In Advance.

A lack of menu planning is one of the **BIGGEST** mistakes and can lead to many issues on a raw vegan plan.

This is why we ALWAYS like to teach people about proper food planning ... it's one of the most important strategies needed for your success.

So select the meals from the menu plan that you'll be eating.

If any of the fruit mentioned in the plan is not in season, or you want to eat a different fruit, simply replace it and make sure you eat sufficient quantities (calories) of it to avoid under-eating and feeling hungry and tired.

The calories outlines in this menu plan are used as a sample and would suit a moderately active female. If you are a sedentary female, you may need to consume fewer calories; if you are an active/athletic female, you will need to consume more calories.

We recommend that you track your calories to ensure that you eat enough on a daily basis.

If you'd like to track your calories, as well as the ratio of carbohydrates, proteins and fats, you can use free online tools, such as Cronometer, Nutri Diary or FitDay.

### 3. Make A Shopping List For Yourself.

And do so now, otherwise you'll get caught up in your daily tasks and another day will slip by.

Fruits: \_\_\_\_\_

Veggies and herbs: \_\_\_\_\_

Nuts and seeds: \_\_\_\_\_

Stock up on the necessary produce for this cleanse. There are many yummy and diverse recipes in our plan, so follow the preparation instructions.

*Focus on one meal and one day at a time.*

*As they say, yesterday is history, tomorrow is a mystery and today is a precious gift. Make the most of it!*

# 5-Day Raw Food Reset For Wild Energy And A Leaner Body

## Day 1:

<b>Breakfast:</b>	A mono meal of 1kg/2lb of grapes <b>Calories: 690</b>
<b>Lunch:</b>	<b>Sweet green smoothie</b> Blend together ½ cup of water, 7 medium bananas and 3 cups of baby spinach until smooth. <b>Calories: 730</b>
<b>Dinner:</b>	<b>Course 1:</b> 12 kiwi fruits <b>Course 2:</b> Fresh garden salad <b>Ingredients:</b> 1 head lettuce, 2 stalks celery, 2 medium cucumbers, the flesh of 1 orange, ¼ cup chopped dill <b>Preparation:</b> <ol style="list-style-type: none"><li>1. Chop the lettuce, peel and spiralize the cucumbers.</li><li>2. Blend together the orange flesh, celery and dill and pour over your salad.</li></ol> <b>Calories: 741</b>

## Day 2:

<b>Breakfast:</b>	A mono meal of 8 fuyu persimmons <b>Calories: 800</b>
<b>Lunch:</b>	<b>Sweet green smoothie</b> Blend together ½ cup of water, 7 medium bananas and ½ head of lettuce and 2 celery stalks. <b>Calories: 740</b>
<b>Dinner:</b>	<b>Course 1:</b> 1.2 liters of orange juice with pulp <b>Course 2:</b> Green zucchini noodles <b>Ingredients:</b> 1 cup cherry tomatoes, 1 small mango, 3 zucchinis, 2 stalks celery, 1 handful arugula <b>Preparation:</b> <ol style="list-style-type: none"><li>1. Peel and spiralize the zucchinis.</li><li>2. Blend together tomatoes, mango, celery, and arugula and pour over the zucchinis.</li></ol> <b>Calories: 742</b>

## Day 3:

<b>Breakfast:</b>	<b>Apple-date-celery smoothie</b> Blend together ½ cup water with 3 medium-sized apples, 8 medjool dates and 2 celery stalks  <b>Calories: 776</b>
<b>Lunch:</b>	A smoothie made out of ½ cup of water, 8 medium bananas and 3 cups of baby spinach.  <b>Calories: 830</b>
<b>Dinner:</b>	<b>Course 1:</b> 1 cup orange juice with pulp blended together with the flesh of 6 kiwis.  <b>Course 2:</b> Raw pasta with pesto sauce  <b>Ingredients:</b> 3 medium zucchinis, 1/3 soft avocado, 1 fresh medium tomato, ½ cup salt-free dried/dehydrated tomatoes, 1 head of lettuce, 10 basil leaves, ½ cup arugula.  <b>Preparation:</b> <ol style="list-style-type: none"><li>1. To make the zucchini pasta: peel the zucchinis and either spiralize or julienne slice them (julienne slicers are available from kitchen stores).</li><li>2. Chop the arugula and lettuce and place into a salad bowl together with zucchinis.</li><li>3. To make the avocado pesto sauce: pour water into a blender and add avocado flesh, fresh chopped tomato, dried tomatoes, basil leaves and arugula. Blend together until smooth.</li><li>4. Pour the sauce over your zucchini pasta and serve!</li></ol> <b>Calories: 734</b>



## Day 4:

<b>Breakfast:</b>	4 medium cantaloupes eaten on their own or blended into a "milky" smoothie.  <b>Calories: 750</b>
<b>Lunch:</b>	<b>Pick me up smoothie</b>  8 medium bananas, ½ head lettuce, 3 medium celery stalks, blended together with ¼ cup water, all blended together.  <b>Calories: 820</b>
<b>Dinner:</b>	<b>Course 1:</b> 3 cups orange or grapefruit juice with pulp  <b>Course 2:</b> Creamy green peach salad  <b>Ingredients:</b> 3 zucchinis, ½-1 head lettuce, 2 medium peaches or nectarines (skin peeled), 2 medium tomatoes, ½ avocado, 1 bunch cilantro  <b>Preparation:</b> <ol style="list-style-type: none"><li>1. Peel and spiralize zucchinis.</li><li>2. Chop the lettuce and mix together with zucchinis.</li><li>3. Blend together the flesh of 2 peaches or nectarines, tomatoes, avocado and cilantro and pour over the zucchinis.</li></ol> <b>Calories: 720</b>

## Day 5:

<b>Breakfast:</b>	A mono meal of 1kg/2lb of grapes <b>Calories: 690</b>
<b>Lunch:</b>	A smoothie made with ½ cup water, 8 medium bananas and 1 head of lettuce. <b>Calories: 820</b>
<b>Dinner:</b>	<b>Course 1:</b> 1 cup orange juice with pulp blended together with the flesh of 6 kiwis <b>Course 2:</b> Raw pasta with pesto sauce <b>Ingredients:</b> 3 medium zucchinis, 1/3 soft avocado, 1 fresh medium tomato, ½ cup salt-free dried/dehydrated tomatoes, 1 head of lettuce, 10 basil leaves, ½ cup arugula. <b>Preparation:</b> <ol style="list-style-type: none"><li>1. To make the zucchini pasta: peel the zucchinis and either spiralize or julienne slice them (julienne slicers are available from kitchen stores).</li><li>2. Chop the arugula and lettuce and place into a salad bowl together with zucchinis.</li><li>3. To make the avocado pesto sauce: pour water into a blender and add avocado flesh, fresh chopped tomato, dried tomatoes, basil leaves and arugula. Blend together until smooth.</li><li>4. Pour the sauce over your zucchini pasta and serve!</li></ol> <b>Calories: 734</b>

# What Body And Life Do You Want For Yourself?

You deserve a different reality – one that is healthy, fit, happy and in harmony with yourself and the planet.

We've made this 5-day raw food menu plan super easy for you to follow, with an amazing diversity of delicious and nutritious raw food meals that can transform your life.

Every single part of your body - from your cells, through to your organs, tissues, and muscles – will be changing and going through a process of renewal as you start to eat this way.

## Want to eat raw or high raw foods for longer than 5 days?

Discover The Raw Energy Lifestyle Program – the 5 week blueprint for creating greater health, lighter body and more energy, even if you lack motivation and struggle to stay on track!

**JOIN NOW**  
Click here to get started today

*Your body has given you the most incredible opportunity of all – the chance to experience life to a full in a healthy, fit and happy body, as well as share the joy of vibrant living with the world around you.*

Remember, you need to take action to manifest the results you desire.

Get ready to start your healing and detoxifying journey, begin to feel vibrant, drop those extra pounds and look and feel younger – all by eating health promoting, raw or high raw vegan foods!

Excited to help you make it happen!

**Yours in rawsome health,**

**Paul and Yulia Tarbath**

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

## Sources:

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