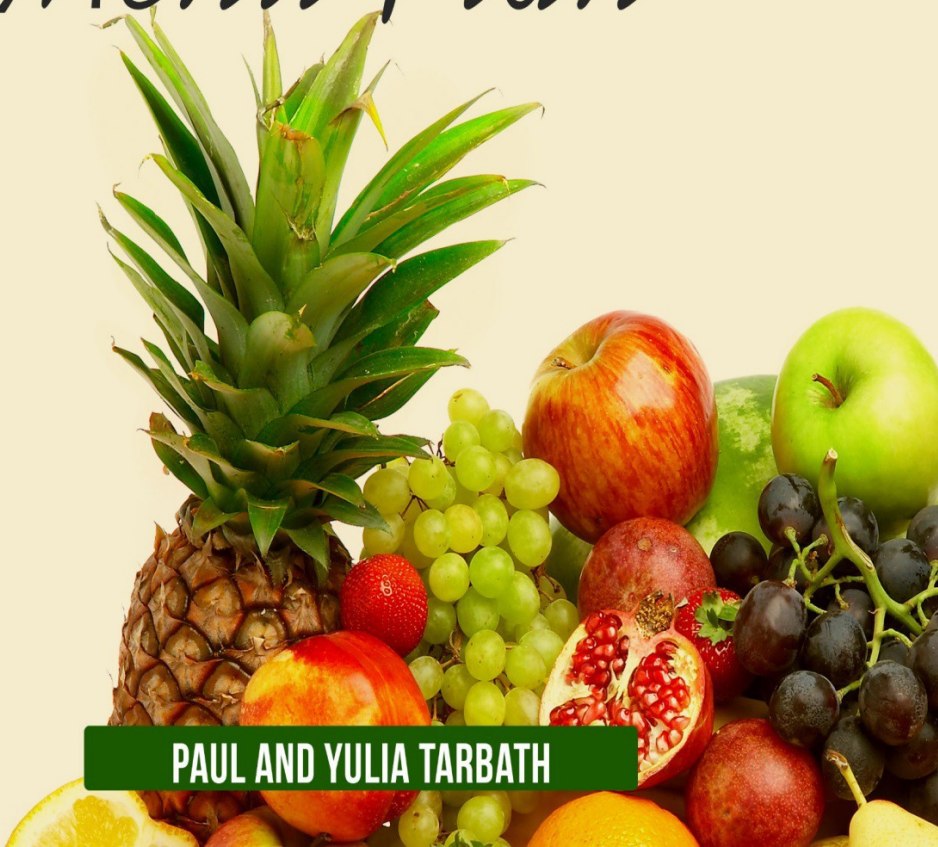


# 5 DAY RAW FOOD DIET KICKSTART *Menu Plan*



**PAUL AND YULIA TARBATH**

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*5-Day Raw Food Diet Kickstart Menu Plan*

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## About Paul and Yulia Tarbath



Paul and Yulia Tarbath are qualified Nutrition and Lifestyle Coaches, authors, parents, speakers and fitness enthusiasts who enjoy living their life with raw passion.

Ever since they switched to a fruit-based raw vegan diet back in 2009, they witnessed how their previous health issues have been healed and their life has been completely transformed.

Paul and Yulia assist people from all around the world in switching to a diet and lifestyle that enables them to detoxify, lose weight, recover from diseases, and, most importantly, achieve their true health potential.

They offer articles, videos, books, international seminars and workshops, raw health resources and one-on-one coaching, all of which is available via their website at: [www.rawsomehealthy.com](http://www.rawsomehealthy.com).

# How about detoxing and healing your body naturally?

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

Toxins damage the normal functioning of your cells, and therefore prevent you from reaching your optimal state of health.

The poisons that enter your body on a regular basis weaken the healthy functioning of your 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.

Low-fat raw food diet gives you an opportunity to re-create yourself.



Consuming abundance of raw plants 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 the diseases of the past and prevent the diseases in the future. Yes, there is so much to gain and nothing to lose!

# What are the benefits of the raw vegan diet?

The benefits of this lifestyle are enormous, and just some of them include:

- Improved and restored digestion
- Regular bowel movements
- Natural weight loss
- Improved circulation of the blood and lymphatic systems
- Improved functioning of the bodily organs, including liver and kidneys
- Accelerated recovery from disease
- Disease prevention
- Harmonious emotional state
- Mental clarity
- Clear and shiny skin
- Greater levels of energy and fitness
- Contribution to the greater environment and animal well-fare

# The top 5 factors that help you stay healthy, lean and full of vibrancy

## No. 1:

### Raw food diet



A well-balanced raw food diet is your superior form of nutrition.

Raw plants have nature's complete package of life-supporting nutrients fully intact within them, including vitamins, minerals, fiber, antioxidants, and whole host of other phytonutrients.

For example, antioxidants protect your living cells from many diseases, including cancer. Vitamins help ensure proper functioning of your hormonal system.

Alkaline minerals help you maintain the correct alkaline pH of the blood – allowing you to grow, regenerate and heal.

Plant protein helps your body repair its cells and make new ones. Fiber, which can be found in abundance in raw plants, aids in weight loss and helps to maintain a healthy digestive system, as well as healthy levels of cholesterol and blood sugar.



When you eat a fruit-based raw, or as much raw as possible vegan diet, your body is allowed to free up energy and finally start cleansing itself of old poisons and excessive fat, which will inevitably result in your natural detoxification, ideal weight, optimum digestion, glowing skin and vibrant energy levels.

## No. 2:

### **Freedom from foods that steal your health**

Put simply - there are foods that build your health and there are foods that take it away from you.

The foods and substances that 'steal' your health include:

- alcohol
- nicotine
- coffee and caffeine (also in black and green tea)
- carbonated or soft drinks
- all processed and tinned foods
- fried or barbequed foods
- additives; preservatives; artificial flavourings and colourings; residual hormones or antibiotics; and genetically modified (GM) foods
- refined salt, sugar and sugar substitutes
- processed oils and margarine
- processed starch (white grains and flours, pastas, breads, cakes, cookies, pizzas, and potato chips)
- gluten (found in wheat, barley and rye)

- chocolate, even raw (has a negative stimulating effect on your body)

If your diet has been primarily built upon these foods, you may think: *“Oh, what is it that I am supposed to eat now?”*

Well, this question is easily answered by looking towards the great variety of truly health promoting foods that most people fail to include into their diets or only have in small amounts.

When you start eating raw foods, you will be amazed at just how diverse and tasty it is to eat whole, living and plant-based cuisine, and how many delicious and healthful dishes you will be able to enjoy!

## No. 3:

### Regular exercise



Exercise aids in detox, weight loss, helps to build strong muscles, bones, organs, glands, circulatory and respiratory systems.

It helps the blood to circulate (opening up the capillary system to more oxygen), and promotes muscular, cardiovascular and lymphatic health, along with a healthy digestive system.

Exercise is also a powerful anti-stress remedy, which works to remove mental and emotional tensions!



For optimal health, weight, and fitness, you need to perform at least 30 minutes of cardio/aerobic-like activity per day, 5 days a week. Yes, you need to get your heart rate up and sweat!

Your regular cardio activities can include aerobics, running/jogging, rebounding (or trampoline), brisk walking, swimming, cycling, or dancing.

Complement your cardio activities by other forms of exercise, including weight training and stretching and remember - to be healthy and to be successful on a raw food diet, you need to be moving daily!

## **No. 4: Appropriate hydration**

Hydration is vital to overall health, including proper functioning of the organs and optimal energy levels. The human body is comprised of 70-80% water, so your diet and drinking water intake need to supply your body with sufficient amounts.

Raw, whole, ripe fruits and vegetables typically have a high water content (up to 90% of their content is water) and hydrate your body in the most natural way.



On top of your water-abundant diet of raw fruits and vegetables, you also need to drink a sufficient quantity of pure water to help your body flush out any toxins.

Monitor your urine on a daily basis and ensure that it is clear. If you

urinate less than 8-12 times a day, and your urine is dark yellow in colour – you are dehydrated.

Aim to drink at least 1 liter of water before your breakfast to re-hydrate yourself after the long night, and drink more water during the day, either before your meals, or 1-2 hours after your meals.

## No. 5:

### Sufficient amounts of rest and sleep



Sleep and sufficient rest play a vital role in your process of health restoration, which will be happening rapidly on a low-fat raw vegan diet.

Being deprived of rest and sleep will lower the vital energy force of your body and impair the functioning of the toxin-eliminating organs, leading to health complications.

Relaxation and sleep are times of healing and recuperation for your whole bodily system, which allows it to replenish its depleted energy reserves so that you can continue functioning to your optimum potential.

Secure at least 8 hours of sleep every single night to aid your body in its healing and detox processes. Listen to your body and if you feel that you require extra sleep, then do so. Going to bed at 9-10pm is going to help you get more sleep.

Avoid eating heavy evening meals less than 2-3 hours before going to bed, so that the quality of your sleep is not affected and you do not end up with insomnia and nightmares.

## Ready For Raw? Here you go ...

Having covered some of the theory, let's move onto the practical side of things.

Before you look at your 5-day raw food menu plan, here are some important points to consider:

- Take a look at the menu plan below and get all the ingredients that you require for your 5-day raw journey before you actually start and ensure that your fruit is properly ripe and ready to eat. Unripe fruit does not digest well and will lead to discomfort. Again, stock up on fruit and make sure that it is ripe for you to eat.
- If any of the fruit mentioned in the plan is not in season, or you want to eat 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. If you are a male, you will need to consume more calories and eat more fruits and greens. A guideline for an average, active female is approximately 2,000-2,500 calories per day, whilst an average, active male will require approximately 3,000 calories per day. Adjust the volume of each meal according to your personal needs.

- If you are feeling hungry within an hour after your meal, you have not eaten enough. Simply eat a greater volume of fruit at each meal.
- We recommend you tracking your calories to ensure that you eat enough on a daily basis. If you would like to track your calories, as well as ratio of carbohydrates, proteins and fats, you can use a free online software called cronometer, which can be downloaded from:  
<http://www.cronometer.com/>
- Use kitchen scales to weight your food as it offers a more accurate way of tracking your food intake.
- If you are working or going to be out all day, simply take your fruit with you, make yourself a smoothie or pack your salad into a lunch box.
- We recommend that you journal your raw food journey daily.

**Enjoy the process!**



# 5-Day Raw Food Diet Menu Plan

## Day 1:

| Breakfast  | Lunch  | Dinner   |
|--|--|--|
| <p>A mono meal of 1kg/2lb of grapes<br/>(approx. 690 calories)</p> | <p>Sweet green smoothie: blend together 8 medium bananas and 2 cups of baby spinach until smooth<br/><br/>(approx. 830 calories)</p> | <p><b>Course 1:</b><br/>12 kiwi fruits</p> <p><b>Course 2:</b><br/>Fresh garden salad</p> <p><b>Ingredients:</b><br/>1 head lettuce, 2 stalks celery, 2 medium cucumbers, the flesh of 1 orange, ¼ cup chopped dill</p> <p><b>Preparation:</b><br/>Chop the lettuce, peel and spirilize the cucumbers.</p> <p>Blend together the orange flesh, celery and dill and pour over your salad.</p> <p>(total for the dinner: approx. 741 calories)</p> |

| Breakfast  | Lunch  | Dinner   |
|--|--|--|
| <p>A mono meal of 8 fuyu persimmons (approx. 800 calories)</p> | <p>Sweet green smoothie: blend together 7 medium bananas and 1 head lettuce (approx. 740 calories)</p> | <p><b>Course 1:</b></p> <p>1.2 liters of orange juice with pulp</p> <p><b>Course 2:</b></p> <p>Green zucchini noodles</p> <p><b>Ingredients:</b></p> <p>1 cup cherry tomatoes, 1 small mango, 3 zucchinis, 2 stalks celery, 1 handful arugula</p> <p><b>Preparation:</b></p> <p>Peel and spirilize the zucchinis</p> <p>Blend together tomatoes, mango, celery, and arugula and pour over the zucchinis.</p> <p>(total for the dinner: approx. 742 calories)</p> |

| Breakfast   | Lunch   | Dinner   |
|---|---|--|
| <p>Apple-date-celery smoothie:<br/>blend together ½ cup water with 3 medium-sized apples, 8 medjool dates and 2 celery stalks<br/><br/>(approx. 776 calories)</p> | <p>A smoothie made out of 8 medium bananas and 2-3 cups of baby spinach<br/><br/>(approx. 830 calories)</p> | <p><b>Course 1:</b><br/>1 cup orange juice with pulp blended together with the flesh of 6 kiwis</p> <p><b>Course 2:</b><br/>Raw pasta with pesto sauce</p> <p><b>Ingredients:</b><br/>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.</p> <p><b>Preparation:</b><br/><br/>To make the zucchini pasta: peel the zucchinis and either spiralize or julienne slice them (julienne slicers are available from kitchen stores).<br/><br/>Chop the arugula and lettuce and place into a salad bowl together with zucchinis.</p> |



|  |  |  |
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|  |  | <p>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. Pour the sauce over your zucchini pasta.</p> <p>(total for the dinner: approx. 734 calories)</p> |
|--|--|--|



| Breakfast  | Lunch   | Dinner   |
|--|---|--|
| <p>4 medium cantaloupes eaten on their own or blended into a milky smoothie (approx. 750 calories)</p> | <p>A smoothie made out of 8 medium bananas and 3-4 celery stalks (approx. 820 calories)</p> | <p><b>Course 1:</b><br/>3 cups orange or grapefruit juice with pulp</p> <p><b>Course 2:</b><br/>Creamy green peach salad</p> <p><b>Ingredients:</b><br/>3 zucchinis, ½-1 head lettuce, 2 medium peaches or nectarines (skin peeled), 2 medium tomatoes, ½ avocado, 1 bunch cilantro</p> <p><b>Preparation:</b><br/>Peel and spiralize zucchinis. Chop the lettuce and mix together with zucchinis.</p> <p>Blend together the flesh of 2 peaches or nectarines, tomatoes, avocado and cilantro and pour over the zucchinis.</p> <p>(total for the dinner: approx. 720 calories)</p> |

| Breakfast   | Lunch   | Dinner   |
|---|---|--|
| <p>5.5lb<br/>watermelon<br/>flesh<br/><br/>(approx. 750<br/>calories)</p> | <p>A smoothie made<br/>out of 9 medium<br/>bananas and 2 cups<br/>of baby spinach<br/><br/>(approx. 930<br/>calories)</p> | <p><b>Course 1:</b><br/>2 mangoes</p> <p><b>Course 2:</b><br/>Cucumber noodles<br/>with alkalizing<br/>dressing</p> <p><b>Ingredients:</b><br/>2 medium cucumbers,<br/>2 ripe peaches (skins<br/>removed), 1 ½ cups<br/>kale leaves (chopped),<br/>1 orange (peeled and<br/>de-seeded), 3 medium<br/>celery stalks, ½ cup<br/>fresh basil, ½ cup fresh<br/>dill.</p> <p><b>Preparation:</b> Spiralise<br/>or julienne slice the<br/>cucumber. Cut the flesh<br/>of 2 peaches into cubes.<br/>Chop the dill, and mix<br/>together with the kale<br/>leaves in<br/>a salad bowl. Add the<br/>cucumber and peaches<br/>to the salad bowl, and<br/>mix together.</p> <p>To make the sauce:<br/>Chop celery into<br/>approx. 1 inch/2cm<br/>pieces. Blend the flesh</p> |

|  |  |  |
|--|--|--|
|  |  | <p>of 1 orange, chopped celery, and basil (keep several leaves for decoration) together until smooth. Pour over the salad.</p> <p>(total for the dinner: approx. 730 calories)</p> |
|--|--|--|



## A few words about the healing crisis

Healing crises are completely normal during the beginning of the raw vegan diet and need to be welcomed with open arms.

Typically, they emerge in many uncomfortable forms, as your body begins to eliminate the old poisons and toxins.

Symptoms that you may experience can include headaches, upset stomachs, acne, flu, nervousness, emotional imbalances, fear, etc.

Continuing on the path of healthy living, and not letting the temporary and uncomfortable detox issues stop you on your way to greater health needs to become your goal.

If you were not afraid of consuming a diet that leads to toxicity and disease, then why be afraid of a diet that builds true health and well-being?

Providing you are following the raw vegan lifestyle the right way, any detox symptoms you may experience will not stay around forever and will eventually pass.

For all of this hard work you will be rewarded with greater vibrancy, a healthier and fitter body, a sharper mind, and an awakened Spirit.

Alongside applying all of the essentials mentioned in this guide, be sure to add other powerful tools and practices to help your physical, mental, emotional and spiritual process of detoxification.

These can include: contemplation, relaxation, meditation, breathing techniques, practicing positive thinking, listening to tapes on self-empowerment, reading books on health and inner growth, spending time in Nature, etc.

## Healthy Living

Healthy living and a low-fat, raw food diet will help you re-create yourself. Every single part of your body - from your cells, through to your organs, tissues, and muscles - will be changing and going through renewal.

You will be laying down the foundations for a new you and a fresh more vibrant life for yourself.

Your body has given you the most incredible opportunity of all – the chance to experience health and happiness and to share it with the world around you.

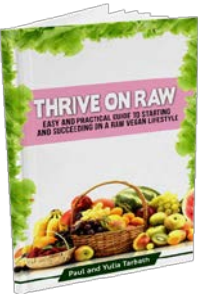
Give your body the best you can, treat it with love and care and help to make this world a better place through your own example!

**Go raw and enjoy the journey.**

**Paul and Yulia Tarbath**

## Recommended raw food resources

### Going raw and succeeding on raw:

|   |  |
|---|--|
|  | <p><b>Thrive On Raw</b><br/>by Paul and Yulia Tarbath</p>  |
|   | <p>Thrive On Raw is an “easy to digest” guide on how to successfully implement a raw vegan diet into your day-to-day life. You will how to balance your nutrition for maximum health results, raw food meal planning, how to shop on raw, supplementation, foods to include and exclude, and more!</p> |
|   | <p>Order your copy from:<br/><a href="http://www.rawsomehealthy.com/products">www.rawsomehealthy.com/products</a></p>  |

### 40 easy low-fat raw vegan recipes:

|   |   |
|---|---|
|  | <p><b>Thrive On Raw Recipes</b><br/>by Paul and Yulia Tarbath</p>   |
|   | <p>A raw food lifestyle is Nature’s best and safest way to rid your body of toxins, drop weight and experience bundles of energy on a day-to-day basis. To help you enjoy your food, we created a unique collection of low-fat raw food recipes. Discover drinks, green smoothies, appetizers, soups, salads and wraps, salad dressings, main courses, desserts, raw transitioning tips and more!</p> |
|   | <p>Order your copy from:<br/><a href="http://www.rawsomehealthy.com/products">www.rawsomehealthy.com/products</a></p>   |

## Private one-on-one coaching:



### **Raw Food Diet Coaching with Paul or Yulia Tarbath**

If you are looking for one-on-one assistance with transitioning to a raw food lifestyle the right way, including how to create your own raw food diet plan that will take into consideration your own personal needs, including disease recovery, weight loss, detox or fitness, we are happy to offer you our assistance.

For more details, please see:

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