

The **lifeit** RESET



RELEASE. RENEW. RESET.

Real food for the Real You

WITH *Latrice Folkes*



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Welcome

Welcome to the Lifeit Reset Renewal System and Congratulations on your major step towards health and vitality. In only 7 days this program can give you a quick boost of energy, help you drop a few extra pounds and also introduce you to a healthier way of life. Just extend the time that you do the program to reach bigger health and weight goals.

Sometimes we need to push the reset button on our body and health, whether we have had a total body breakdown or just need to lose a few extra pounds. A body do-over of sorts is sometimes needed to restore our body back to its optimal state.

We are exposed to a lot of chemicals and toxins on a daily basis, more than any other generation. To the chemical laden processed foods, the air we breathe, the clothes we wear, the water we drink, and the household chemicals we inhale, we are consuming high levels of toxicity daily. Not to mention all of the stress most of us encounter constantly. Then we find ourselves with a lack of energy, weight problems, can't sleep, mood swings, inability to concentrate, headaches, aches and pains, skin problems, allergies or worse life threatening illnesses, and wonder how this happened to us.

We cannot control all of the toxins that we come in contact with at all times, but we can greatly reduce the amounts that we are exposed to; especially in the foods that we eat, which will have the greatest effect on our health. The body is a miraculous machine capable of healing and regenerating itself, if it is given the proper fuel do so.

To restore our body back to an optimal state we must Cleanse, Nourish, and Maintain a healthy state of being. Cleanse - get rid of and release waste and toxins. Nourish – give your body essential nutrients for it to operate efficiently. Maintain – create lasting sustainable healthy habits that becomes second nature and a part of our daily routines.

This program will help you cleanse as well as nourish your body, and release negative emotions that are sabotaging your health. Perfection is not the goal, just keep taking consistent imperfect action towards your health and weight goals and you will win. So get committed, get focused and let's do this. I know you're ready for the body and health you deserve.

What is a Lifeit?

A Lifeit is a wholistic lifestyle centered on life giving principles and activities including eating whole fresh plant based and living foods.

What are Raw Foods?

Raw living vegan foods are uncooked foods, meaning no grilling, steaming, frying, etc. Living foods are raw foods with the enzymes intact, preferably organic; they may be dehydrated, frozen, or fermented but not heated above temperatures of 115 degrees (this temperature varies slightly in different books). Cooking above these temperatures begins to destroy the enzymes, nutrients, and life force of the food.

Some Benefits of Raw Foods

- Increased Energy
- Decreased Anxiety
- Glowing Skin, Healthier Hair and Nails, Clearer Eyes
- Increased Mental Clarity
- Stronger, Faster, and Leaner Body
- Youthful Appearance
- Raw Food is known to have healed or helped a wide range of minor and severe illnesses, conditions and symptoms
- Living Foods are rich in chlorophyll, hormones, oxygen, phytochemicals, and enzymes that help an overloaded system to recover.

Reaching Your Ideal Weight on Raw Foods

Raw fruits and vegetables are high in water content that allows for detoxification, you will be eating less starches, complex sugars, and fewer fats (don't overdue the nuts and oils). Also with the increased energy that you will experience it will be easier to exercise. Raw foods partnered with exercise, proper hydration, and rest will definitely create the environment for losing excess weight quickly.

Healing Yourself on Raw Foods

Enzymes that are more readily available in raw foods contribute to cellular regeneration. Also disease and illness cannot survive in an alkaline environment, which eating living foods create. So with that said; most illnesses, irritations, and health problems can be eradicated in a relatively short time by including Raw Foods into a healthy holistic lifestyle.

Some illnesses reported that raw foods have helped or healed

- | | |
|--------------------|---------------------|
| • Diabetes | Fibromyalgia |
| • Acne | Migraine |
| • Back Pain | Neck and Joint Pain |
| • Asthma | High Blood Pressure |
| • High Cholesterol | Colitis |
| • Diverticulitis | Candida |
| • Arthritis | Serious Allergies |
| • Depression | Anxiety |
| • Skin Diseases | Obesity |
| • Chronic Fatigue | Cancers |

Lifeit Reset

Program Outline and Guidelines

5 Major Components of this renewal program

1. **The Lifeit** – Eat Fresh, Vibrant Raw Living Foods. Enjoy simple delicious recipes that will nourish, energize, and satisfy you.
2. **Exercise** – It has many benefits, it improves your bodily functions, mental clarity, circulation and it aids with digestion, just to name a few. Add 20 minutes of exercise a day; walking, yoga, aerobic activity, dancing, Pilates, etc.
3. **Water** - It is important to drink plenty of water to keep your system flowing. Drink 6-8 glasses of pure water between meals - ½ hour before and 2 hours after eating. Drink a glass of room temperature water upon rising.
4. **Introspection** - Do your morning and evening introspection to clarify your mind and goals, and get to the bottom of any limiting beliefs about yourself or your food that can be holding you back from achieving optimal health.
5. **The Herbal Cleanse with Salt flush** - A small cleanse at the beginning and end of this program is recommended to assist with your elimination. Take an herbal laxative in the evening before bed. Smooth Move Herbal Stimulant Laxative by Traditional Medicinals (can find at your local health food store) is suggested because it is easy on the system and works in the morning after taken the previous evening (If you have an herbal cleanse that works for you please use that). Then take the Salt Flush (2 level teaspoons of uniodized sea salt to 1 quart of lukewarm pure water) upon rising the following morning. Do not plan anything for a couple of hours after you take the flush.

Quick Program Overview

1. Choose your program length: 7, 10, 21, 28, or 30 days are common lengths. Start with 7 focused and committed days and then add more days or weeks if needed for you to reach your health and weight goals.
2. Read over the entire Renewal program Manual.
3. Do the herbal cleanse and salt flush before you get started. This will give you more of a clean slate and it will also make you desire to put healthy light stuff back into your body.
4. Go shopping for your essentials for the program.
5. Weigh yourself so that you can have an idea of how much weight you release during the renewal program.
6. Drink a room temperature glass of water upon rising each morning, add juice from ½ lemon for added alkalinity and cleansing. Drink 6-8 glasses of water between meals daily.
7. Complete your morning and evening introspection located in the Lifeit Reset Daily Planner and Journal.
8. For Breakfast, Start your day with a mono-fruit meal (choose a single fruit and eat only that fruit until you are full, i.e. only apples, watermelon, oranges, pears, etc.) a Green Smoothie or one of the other breakfast recipes. Lunch: Include a large Lifeit Salad or Greens dish. Dinner: Create a simple raw meal from some of the recipes provided or create your own.
9. Exercise for 20 minutes daily.
10. Get your proper rest, go to bed at a reasonable time, try to at least get in 7 hours of sleep a night or until you feel well rested.
11. Do an herbal cleanse and salt flush at the end of the renewal program to get the full benefit. Do the herbal cleanse once a week if doing the program for more than 7 days.
12. After the renewal program, if you are adding cooked foods back into your lifeit, start off with lightly steamed vegetables and brothy vegetable soups.

Don't forget to listen to your body and most of all enjoy this process!

Preparation

♥ **Get Clear on why you are doing this renewal program.** This will give you leverage to complete the program. Write down the answers to the following questions:

1. Why are you doing this program?
2. What results do you want to accomplish on this program?

♥ **Have a plan to incorporate all of the major components of the Lifeit Reset renewal program into your already existing lifestyle.**

Answer the following questions to help you plan:

1. What are you going to eat?
2. When will you have time to prepare it?
3. When will you exercise?
4. What type of exercise will you do?
5. What day will you take the colon cleanse at the beginning and end of the program or each week if longer than 7 days?

♥ **Make a commitment to yourself for your health.** Read and complete the commitment on the next page.

♥ **Realize that eating is only one part of a Holistic Lifestyle.** See compliments to a raw food lifestyle on pgs. 11-13.

♥ **Go Shopping.** Get the supplies that you need to be successful in this program, a guide to the most important foods to buy organic is included, the basic staples you need in this renewal program are supplied on pgs. 15-16, a shopping list is also included that you can print out and take to the store with you, and also the Equipment needed is listed on pg.18.

Commitment

This commitment is to myself, because I am the sole determinant for my healing and the condition of my body.

One of the main commitments is loving myself wherever I am in life. There is nothing wrong with making changes to myself to enhance my being, but I must love myself first unconditionally.

I will accept whatever state of being I am in the present, whether I am happy or sad, mad or glad, fat or skinny, rich or broke, whatever I am right now, I accept it. This is the path of least resistance, and the less resistance that I have to my state of being the easier it will be to make changes in my life and to grow.

I will give my body the best I can, so that it can reward me with great health, energy and pleasure.

I am responsible for my health and well-being.

Liability Waiver

Lifeit LLC or Latrice Folkes or any of its affiliates are not in any way liable to my health or wellbeing, by me participating in the Lifeit Reset Renewal Program. The information outlined in this program is for educational purposes only. As with all diet (lifeit) and exercise programs it is strongly recommended that you see a medical professional before starting this program.

_____ Date: _____

Participant Signature

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Compliments to the raw food lifestyle

1. **BREATHE DEEP** – Breathing can be very invigorating and energizing, make sure that you go outside often, breathe deep and enjoy the fresh air, especially first thing in the morning.
2. **MEDITATION** – Find a quiet space to rest your mind and be refreshed and relaxed by stillness.
3. **REHYDRATION** – Being properly hydrated is very important; being that our body is mostly made of water. Dehydration is one of the causes of fatigue and other health conditions. Drink pure water, a good filter is best, instead of bottled water that can be housed in warehouses for long periods of time and be contaminated with harmful chemicals absorbed from the plastic that it sits in.
4. **EXERCISE**- Regular movement and stretching is good for getting the results for your body that you want, it energizes, and also reduces stress. Try walking, yoga, calisthenics, dancing, and any movement that you enjoy to get your blood circulating.
5. **SUNSHINE** – Many vitamins and minerals are available directly from the sun, Vitamin D being one of them. This is why some people practice the art of sun gazing to get the benefits of health from the sun.
6. **REST & RELAXATION**- Going to bed at reasonable hours and spending some time every day doing absolutely nothing will help make your days more efficient in the long run.
7. **MASSAGE**-Many benefits are associated with massage other than relaxation; it increases flexibility and circulation and reduces fatigue and anxiety. It also assists with toxin elimination.

8. **CLEANSING AND DETOXIFICATION**-There are so many toxins around us that we willingly put into our body, some that are in the air or absorbed by our skin. However we receive them we need to get them out regularly. There are many colon cleanses and methods to keep our bowels and blood, clean and flowing.
9. **LAUGHTER & FUN**- Laughter adds years to your life, so let your hair down and have some fun often.
10. **EXPRESS YOURSELF**- Say what you feel and start using positive affirmations.
11. **ACCEPT YOUR THOUGHTS AND FEELINGS**- Know that it is okay whatever state of being that we are presently in and accepting that state helps us to experience the least resistance.
12. **USE NATURAL CLEANING PRODUCTS**- Most common household products contain very harmful and cancer causing chemicals that are detrimental to your health, switch to safer greener versions even major chemical companies like Clorox are now putting out a safer greener product.
13. **REDUCE TELEVISION**- Limit the nutrition that you are receiving from your television set it can have a negative effect on you, not only because of negative electromagnetic energy and radiation, but be conscious of too much negativity (news) or violence.
14. **REDUCE STRESS**- Most of the activities on this list will assist you in stress reduction, such as rest, exercise, sunshine, and breathing, just do what you love, I'm sure that will help.
15. **SIMPLIFY YOUR LIFE** - Declutter your environment, your outer environment is usually a reflection of your inner environment and vice a versa, so getting rid of clutter will also help you to think clearer and reduce stress.

16. **NATURAL CLOTHING**- Our skin is the largest organ on our body so it absorbs everything that it comes in contact with, it needs to be comfortable and breathable and not constantly covered with non-organic materials that have been sprayed with harmful chemicals.
17. **NATURAL SKINCARE & HAIRCARE** – Same as above, as a general rule you should not put anything on your skin or hair that you cannot eat!
18. **CULTIVATE YOUR SEXUAL ENERGY** – Sex can be very healing especially when you're in a loving and committed relationship without repression. The Eastern philosophies of Taoist sex and Tantric sex, is a good starting point to get more information about healing sexuality from a holistic point of view.

What Foods Are Most Important to Buy Organically?

This chart came from a study that was developed by the Environmental Working Group which is a non-profit research organization dedicated to improving public health and protecting the environment by reducing pollution. Here is a list of the foods with the most pesticides starting with the worst that you should avoid or buy organic. I suggest that you buy all of your green leafy vegetables organic. Also here is a list with the foods with the least pesticides starting with the best, most fruits and vegetables with hard shells are ok to eat without being organic. Organic is always better than conventional, but this is a guide to assist you if you have to make a choice of what to buy organic.

Top 12 Foods with Most Pesticides		Top 12 Foods with Least Pesticides	
(worst)		(best)	
	Apples	Avocados	
	Peaches	Sweet Corn	
	Nectarines	Pineapples	
	Strawberries	Cabbage	
	Grapes	Sweet Peas Frozen	
	Celery	Onions	
	Spinach	Asparagus	
	Sweet Bell Peppers	Mangos	
	Cucumbers	Papayas	
	Cherry Tomatoes	Kiwi	
	Snap peas	Eggplant	
	Potatoes	Grapefruit	

Stocking Your Raw Food Pantry and Shopping Tips

- ❖ Keep less perishable items on hand such as Nuts, Seeds, Dried Fruits, Dried Seaweed, Oils, Vinegar, Nut and Seed Butters, and Spices.
- ❖ Nuts and Seeds should be in their raw state not roasted or salted.
- ❖ Bulk Bins in Health Food Stores are great places to find your Dried Goods, Nuts, Seeds and specialty items like Nutritional Yeast.
- ❖ Nut and Seed Butters should also be raw without added sugar and other additives.
- ❖ Oils should be Extra Virgin and Unrefined, Cold-Pressed and Organic if possible.
- ❖ Vinegar should also be raw and unfiltered, Bragg Organic Apple Cider Vinegar is the brand that I use.
- ❖ Shop store brands (generic label) especially for organic packaged items for the best deals.
- ❖ Shop for Fresh Fruit and Vegetables as you need them, try Farmers Markets and ask your Grocer when they get their produce trucks in to get your fruits and vegetables as fresh as possible.
- ❖ Buy Organic whenever possible for the best quality and higher standards. Check out chart on page 14 to see what fruits and vegetables are most important to buy organic.

Lifeit Reset Shopping List

FRUIT	<input type="checkbox"/> Apples	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Papayas	<input type="checkbox"/> Raspberries	
	<input type="checkbox"/> Avocadoes	<input type="checkbox"/> Honeydew	<input type="checkbox"/> Peaches (Fresh or Frozen)	<input type="checkbox"/> (Fresh or Frozen)	
	<input type="checkbox"/> Bananas	<input type="checkbox"/> Lemons	<input type="checkbox"/> Pears	<input type="checkbox"/> Strawberries	
	<input type="checkbox"/> Blueberries	<input type="checkbox"/> Limes	<input type="checkbox"/> Pineapple	<input type="checkbox"/> (Fresh or Frozen)	
	<input type="checkbox"/> (Fresh or Frozen)	<input type="checkbox"/> Mangoes	<input type="checkbox"/> Plums	<input type="checkbox"/> Tangerines	
	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> (Fresh or Frozen)	<input type="checkbox"/> Raisins	<input type="checkbox"/> Watermelon	
	<input type="checkbox"/> Dates	<input type="checkbox"/> Oranges			
VEGETABLES	<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Olives (Black or Green)	<input type="checkbox"/> Spinach	
	<input type="checkbox"/> Basil (Fresh)	<input type="checkbox"/> Garlic	<input type="checkbox"/> Parsley (Fresh)	<input type="checkbox"/> Sprouts (Alfalfa, Mung)	
	<input type="checkbox"/> Beets	<input type="checkbox"/> Ginger	<input type="checkbox"/> Portabella Mushrooms	<input type="checkbox"/> Sundried Tomatoes	
	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Green Onions	<input type="checkbox"/> Red Cabbage	<input type="checkbox"/> Sweet Yellow Onions	
	<input type="checkbox"/> Cabbage	<input type="checkbox"/> Green Peppers	<input type="checkbox"/> Red Onions	<input type="checkbox"/> Tomatoes	
	<input type="checkbox"/> Carrots	<input type="checkbox"/> Jalapeño Peppers	<input type="checkbox"/> Red Peppers	<input type="checkbox"/> Wakame	
	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kale Greens	<input type="checkbox"/> Romaine Lettuce	<input type="checkbox"/> Seaweed	
	<input type="checkbox"/> Celery	<input type="checkbox"/> Mixed Greens	<input type="checkbox"/> Snow or Snap Peas	<input type="checkbox"/> Yellow Squash	
	<input type="checkbox"/> Cilantro	<input type="checkbox"/> Nori Sheets		<input type="checkbox"/> Zucchini	
	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Okra			
	<input type="checkbox"/> Corn				
	NUTS & SEEDS	<input type="checkbox"/> Almonds	<input type="checkbox"/> Flaxseeds	<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Sunflower Seeds
		<input type="checkbox"/> Cashews	<input type="checkbox"/> Hemp Seeds	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Walnuts
		<input type="checkbox"/> Chia Seeds	<input type="checkbox"/> Pecans	<input type="checkbox"/> Shredded Coconut	
CONDIMENTS & SPICES	<input type="checkbox"/> Apple Cider Vinegar	<input type="checkbox"/> Dried Basil	<input type="checkbox"/> Kelp Granules	<input type="checkbox"/> Raw Carob Powder	
	<input type="checkbox"/> Black Pepper	<input type="checkbox"/> Dried Parsley	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Red Pepper Flakes	
	<input type="checkbox"/> Cayenne Pepper	<input type="checkbox"/> Dulse Granules	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Sea Salt	
	<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Extra Virgin Coconut Oil	<input type="checkbox"/> Nutritional Yeast	<input type="checkbox"/> Tahini	
	<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Extra Virgin Olive Oil	<input type="checkbox"/> Oregano	<input type="checkbox"/> Turmeric	
	<input type="checkbox"/> Cumin	<input type="checkbox"/> Granulated Garlic	<input type="checkbox"/> Paprika	<input type="checkbox"/> Vanilla	
	<input type="checkbox"/> Curry Powder	<input type="checkbox"/> Italian Seasoning	<input type="checkbox"/> Raw Almond Butter	<input type="checkbox"/> Wheat Free Tamari	
OTHER	<input type="checkbox"/> Distilled Water	<input type="checkbox"/> Smooth Move Herbal Laxative			

Ingredient glossary

Carob Powder, Raw: A powder ground from pods of the carob tree, it is a chocolate substitute.

Coconut Oil: Also known as coconut butter is solid at room temperature, but becomes a clear liquid at about 78°F. It is primarily a saturated fat but it is very digestible. Make sure you use only cold-pressed or expeller-pressed coconut oil.

Cold Pressed Extra Virgin Olive Oil: The first pressing of olive oil that uses gentle pressure with heat rising no higher than room temperature.

Dulse: Is a soft, flat sea vegetable that is easy to digest and high in iron, beta-carotene, and vitamin E.

Kelp: The most common type of seaweed that contains protein, vitamin B₂, Vitamin C, and minerals. It is an antibacterial, antibiotic, antioxidant, and diuretic.

Medjool dates: large sweet dates that usually come from date palms in the Middle East. They are high in fiber and essential minerals like potassium, magnesium, copper, and manganese.

Nori: Is seaweed that is located in shallow water. It is high in protein, beta-carotene, and minerals. It also stimulates circulation. It comes in sheets and the black ones are raw and the green ones have been roasted.

Nutritional yeast: Grown specifically for its nutritional value. It has a cheesy flavor; it is great for cheeses, crackers, and some sauces. It's rich in vitamins, particularly B-complex vitamins as well as essential amino acids.

Sea Salt: Choose an unbleached, naturally harvested that is unheated such as Redmond real salt, Celtic sea salt or Himalayan crystal salt.

Raw Tahini: Butter made from ground sesame seeds.

Turmeric: A strong-flavored, aromatic yellow spice that has anti-inflammatory properties.

Wakame: It is a sea vegetable that is rich in protein, trace minerals, beta-carotene, and B-complex vitamins. It helps support the liver and nervous system.

Wheat-free Tamari: A type of fermented soy sauce that is made without wheat.

Equipment Needs

For this renewal program I wanted to keep it simple by including recipes that did not require a lot of expensive equipment to start out with. Start wherever you are and you can add equipment as you are ready, as your commitment to your new lifestyle grows.

Good sharp knife – preferably a chef knife

Cutting board – only used for fruits and vegetables

Hand Grater

Vegetable Peeler

Strainer

Julienne Peeler or hand held spiral slicer (optional) – this peeler cuts vegetables in thin julienned strips good to make noodles with zucchini or squash, spiralized noodles if you use the hand-held spiral slicer

Blender (optional) - will be good to make your green smoothies

Food Processor (optional) – will make chopping and slicing easier

What to Eat

The Lifeit

Plentiful Foods

These foods you can eat as much as you want

All Fresh Fruits: for example, apples, bananas, strawberries, mangoes, peaches, melons, watermelon, pineapple, avocados, etc.

Fresh Vegetables and leafy greens: kale greens, spinach, broccoli, cabbage, zucchini, squash, beets, etc.

Dried Sea Vegetables: Nori, Wakame, Hijiki, etc.

All types of sprouted grains and seeds: i.e. Alfalfa, sunflower, mung beans, buckwheat, etc.

Fresh Herbs: Basil, Parsley, Cilantro, etc.

Limited Foods

For the Renewal program we are not going to overdue heavy nuts but they are permitted, i.e. walnuts, cashews, almonds, etc. use seeds instead, i.e. sunflower, pumpkin, sesame, etc.

Foods to Avoid

Foods that we are not eating on the renewal program: Meat, all animal products, dairy, white sugar, white flour, heavily processed foods, coffee, iodized salt, tobacco, alcoholic beverages, cooked fruits, vegetables or grains.

Creating meal plans

Creating a personal plan for eating Raw Foods, you want to have variety and create balance. Include lots of greens daily in your lifeit and make sure you are eating a rainbow of foods (i.e. yellow squash, red peppers, purple eggplant) to get a variety of nutrients. Eat plenty of fruits for meals as well as snacks, add them with greens in a smoothie and you are good to go. Add a moderate amount of proteins from nut and seed sources, as well as fats and oils.

Basic Meal for breakfast

Usually fruit, if you find yourself not able to eat just fruit, Add some grounded seeds (chia, hemp, flaxseed, sunflower, etc.) to a green smoothie (see basic recipe on pg. 29). That should stabilize your blood sugar.

Basic Meal for Lunch

A Large Salad with lots of greens, sprouts and vegetables or some sort of wrap.

Basic Meal for Dinner

An entrée type food such as portabella mushroom steaks

Some type of greens

A food that resembles a side dish such as zucchini noodles

Note: For this renewal program just mix up some of the included recipes and enjoy!

Sample Meal plan for a week

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UPON RISING	Water*	Water*	Water*	Water*	Water*	Salt flush****	Water*
BREAKFAST	Mono-Fruit**	Fruit Salad(30)	Chia seed pudding(33)	Tangy Pineapple Salad(31)	Chia seed pudding(33)	Green drinks and water all day	Carob delight breakfast pudding(32)
SNACK	Green(29) smoothie	Green(29) smoothie	Green(29) smoothie	Green(29) smoothie	Green(29) smoothie	↓	Green(29) smoothie
LUNCH	Lifeit salad(41) Veggie collard wrap (61)	Wakame seaweed salad(40) Guacamole avocado salad(46)	Creamy marinated kale(39) Ginger beets(48)	Lifeit salad(41) Thai lettuce wraps(63)	Nori wraps(62) Cauliflower tabouli(47)		Asian slaw(54) Cucumber and tomato salad(49)
SNACK	Fruit	Coco protein power balls(75)	Walnut candy(74)	Coco protein power balls(75)	Carob almond raisin cookies(72)		Apple nut crunch(73)
DINNER	Zucchini fettuccini(67) Spicy collard greens(42)	Portabella steaks(66) Curried cabbage(53)	Stir raw veggie lo mein(70) Asian Spinach Salad(43)	Veggie rice bowl(69) Live okra salad(52)	Coconut Thai noodle bowl(68) Island cucumber salad(50)		Enchiladas (64) Mexican corn salad(51)
SNACK	Hot herbal tea***	Hot herbal tea***	Hot herbal tea***	Hot herbal tea***	Smooth move***	Hot herbal tea***	Hot herbal tea***

Page numbers are located next to the recipe.

* Water – Drink a glass of room temperature purified (preferably alkaline) water upon rising.

** Mono-fruit meal – choose a single fruit and eat only that fruit for breakfast until you are full (for example, only apples, watermelon, oranges, pears, or etc.)

***Hot herbal tea – Drink caffeine free herbal tea, peppermint or a ginger tea is good for digestion. On Friday evening take smooth move laxative tea to prepare for salt flush on Saturday morning.

****Salt flush- Add 2 level teaspoons of uniodized sea salt to 1 quart of lukewarm purified water.

Kiss Meal plan for a week

Keep It Super Simple

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UPON RISING BREAKFAST	Water*	Water*	Water*	Water*	Water*	Salt flush****	Water*
	Chia seed pudding(33)	Mono-Fruit**	Chia seed pudding(33)	Mono-Fruit**	Chia seed pudding(33)	Green drinks and water all day	Mono-Fruit**
SNACK	Green(29) smoothie	Green(29) smoothie	Green(29) smoothie	Green(29) smoothie	Green(29) smoothie	↓	Green(29) smoothie
LUNCH	Lifeit <u>salad(41)</u>	Lifeit <u>salad(41)</u>	Lifeit <u>salad(41)</u>	Lifeit <u>salad(41)</u>	Lifeit <u>salad(41)</u>		Lifeit <u>salad(41)</u>
SNACK	Coco protein power balls(75)	Coco protein power balls(75)	Coco protein power balls(75)	Coco protein power balls(75)	Coco protein power balls(75)		Coco protein power balls(75)
DINNER	Zucchini <u>fettuccini(67)</u>	Veggie rice bowl(69)	Stir raw veggie lo mein(70)	Veggie collard wraps(61)	Coconut Thai noodle bowl(68)		Enchiladas(64)
SNACK	Hot herbal tea***	Hot herbal tea***	Hot herbal tea***	Hot herbal tea***	Smooth move***	Hot herbal tea***	Hot herbal tea***

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****Salt flush- Add 2 level teaspoons of uniodized sea salt to 1 quart of lukewarm purified water.

Create A Meal

EAT A RAINBOW OF FOODS

different colors of food represents
different nutrients.



ADD SOME PROTEIN

Nuts and Seeds, not too
many nuts though



EAT PLENTY OF GREENS

**Kale, Collards, Parsley,
Romaine, Mixed Greens, etc.**



CREATE DIFFERENT TEXTURES

keep it interesting, cut veggies in different
ways for more variety: spiralize, ribbon,
dice, julienne, etc.



PUT SOME FLAVOR ON IT

Add Sauces and Spices



THROW IT ALL TOGETHER IN...



A Wrap

Use a collard,
cabbage or lettuce
leaf to wrap



A Big Salad

Keep it colorful



A Bowl

Asian bowl style, use
zucchini ribbons for the base
noodles or cauliflower rice



A Variety Plate

A combination of entrée
and sides

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Essential Nutrients

Whole Plant Foods are rich in essential vitamins and minerals that we need for our body to function properly. A varied plant based lifeit eating a rainbow of foods, will fill most of your nutrient needs easily. Vitamins like B-12 and Vitamin D are not abundant in non-fortified plant foods, so it is best to add a supplement to be sure. Absorbable B-12 comes from bacteria but it doesn't have to be from an animal source. You can get Vitamin D from sunlight although it's trickier in the winter or if you live in a place without a lot of sun. You will need about 15 minutes daily midday if your fair skin, 30 minutes if your dark skin. Again you can take a supplement to be sure. Some Raw Foods that can give you other important nutrients are listed below.

PROTEIN

NUTS - Almonds, Walnuts, Cashews, Pecans, Brazil, etc.
SEEDS – Sunflower, Pumpkin, Sesame, Flax, Chia, Hemp, etc.
SPROUTS – Mung bean, Alfalfa, Sunflower, Radish, etc.
PEAS – Snow peas, Sugar snap peas, Green peas
GREENS – Kale, Collards, Watercress, Parsley, etc.
MUSHROOMS – Portabella, Shitake, Crimini, Oyster, etc.

IRON

NUTS – Cashews, Almonds, Macadamias, and Pistachios
SEEDS –Sesame, Pumpkin,
GREEN LEAFY VEGETABLES – Spinach, Collard Greens, Kale
DRIED FRUIT – Prunes, Apricots, Raisins
SEA VEGETABLES – Spirulina

CALCIUM

GREEN LEAFY VEGETABLES – Collards, Turnip Greens, Kale
SEEDS –Hemp Seeds, Tahini, Sesame, Pumpkin, Almond Butter,
DRIED FRUIT – Figs, Dates Apricots, Raisins
VEGETABLES – Fennel, Broccoli, Artichoke
FRUIT – Oranges, Blackberries

ESSENTIAL FATTY ACIDS

SEEDS –Chia, Flaxseeds, and Hemp Seeds
NUTS – Walnuts
HERBS – Fresh Basil, Oregano Dried, Cloves
GREEN LEAFY VEGETABLES – Spinach
VEGETABLES – Cauliflower
SEA VEGETABLES – Spirulina

Renewal Program Success Tips

- Set the intention and know why you need to make this change.
- Evaluate how you really feel right now, are you happy and satisfied with your current physical appearance and health condition?
- See yourself the way you desire with the health you deserve.
- Get educated and start researching on the internet and in books about raw foods. Join social networks that focus on raw with likeminded people.
- Create a plan to fit the renewal program into your already existing schedule.
- Get Committed make it a MUST to get healthy.
- Pay attention to your body to find what works for you.
- Eat enough greens: eat plenty of greens daily; green smoothies, greens and salads
- Layoff the fats – use pulps and seeds and less nuts.
- Eat a variety of foods, don't get stuck on the same thing all the time eat lots of different foods and eat a rainbow of colors of foods for varied nutrition.
- Eat enough calories so that your body has what it needs to operate.
- Be mindful of food combinations, if you are experiencing a lot of gas on raw, pay closer attention to the foods you are putting together.
- Reduce behaviors that diminish your health and increase activities that enhance it.
- Have to be well rounded – still need to exercise, sun, fresh air, rest, etc.

Recipes



Breakfast

Basic Green Smoothie

1 cup frozen fruit (mangoes, blueberries, strawberries, etc.)

1 frozen banana

Large handful of greens (spinach, kale, collards, chard, etc.)

4 Soaked Medjool dates (optional)

1 cup of filtered water

Put in blender or food processor; add water, fruit then greens.

1 Serving

Fruit Salad

1 apple (cubed)

1 banana (sliced)

1 cup Strawberries (sliced)

1 cup Blueberries

3 Tablespoons date paste (pg. 34)

Toss fruit in a bowl, top with date paste and enjoy!

Serves 2

Jangy Pineapple Salad

2 apples (peeled, cored and diced)

2 cups of pineapple (chopped)

2 Tablespoons raisins

1 Tablespoon lemon or lime juice

1 Tablespoon apple cider vinegar

¼ cup date syrup (pg. 34)

Combine all ingredients in a bowl and toss well.

Serves 2

Carob Delight Breakfast Pudding

1 avocado (ripe)

1 banana (ripe)

1 Tablespoon (heaping) raw carob

1 Tablespoon date paste (pg.34)

Mash the avocado and banana together in a bowl with a fork. Add raw carob and date paste and mix well. Optional top with fresh fruit.

Serves 1

Chia Seed Pudding

3 Tablespoons chia seeds (soaked for at least 30 minutes)

1 ripe banana (mashed)

1 cup filtered water

2 Tablespoons date syrup (pg. 34)

Optional fresh fruit toppings (sliced strawberries, bananas, mango, raspberries, blueberries, etc.)

Mash banana with a fork in a bowl, add filtered water and date syrup mix well or put in a blender. Add chia seeds to banana date water mixer and stir until all chia seeds are immersed in liquid. Cover chia mixture and place in refrigerator for at least 30 minutes up to overnight. The seeds will swell and be a pudding like texture. Top with fresh fruit and enjoy.

Serves 1

Date Syrup and Paste

2 cups Medjool dates

Filtered water enough to cover the top

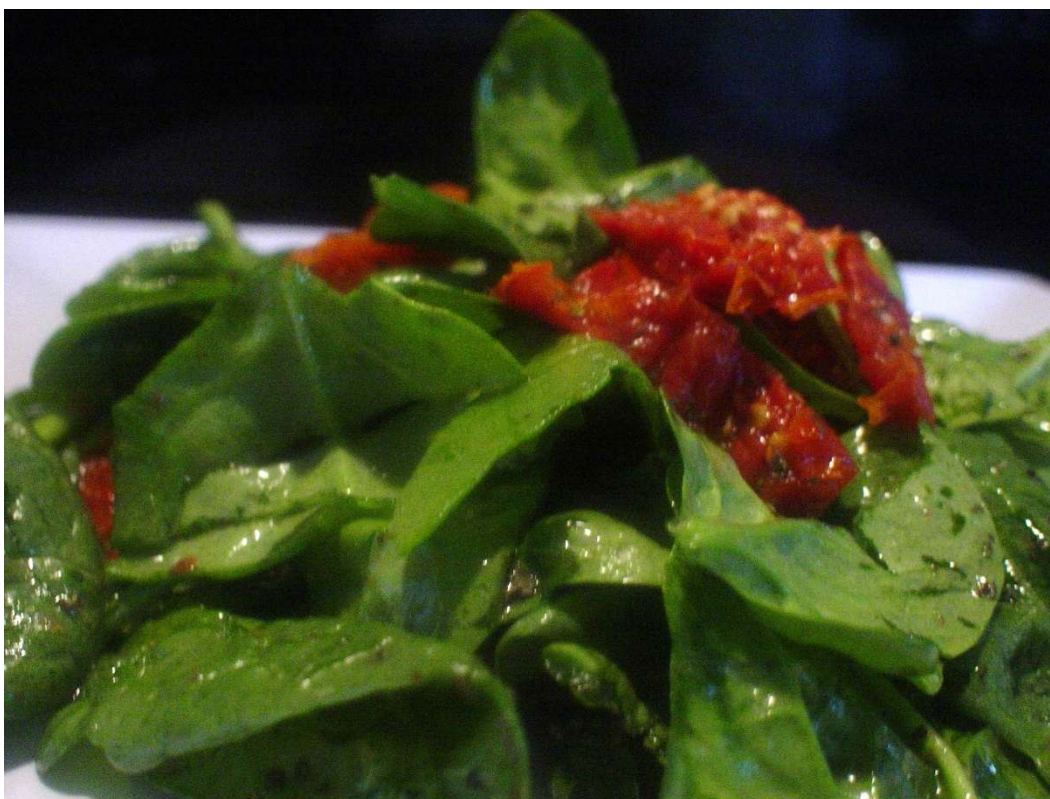
Remove stems and seeds from dates and place in a glass jar or container and use enough filtered water to just cover the top of the dates and let it soak.

To make **date syrup**: soak dates overnight, drain the dates and you will be left with a syrup like liquid that you can use as a liquid sweetener in some of your dishes.

For a stronger sweetener make a **date paste** by either mashing the soaked dates with a fork with soak liquid or put them in a blender with soak liquid and blend. (If you are going to use a blender than you only need to soak the dates for about an hour.)

Both the date syrup and paste can last up to a week or two in the refrigerator.

Greens



Marinated Spinach Salad with Sundried Tomatoes

Marinated Spinach Salad with Sundried Tomatoes

1 bag triple washed organic spinach (about 8oz.)

½ cup sliced sundried tomatoes

¼ cup extra virgin olive oil

3 Tablespoons lemon juice

1 teaspoon Italian seasoning

1 teaspoon sea salt

Add all ingredients to the spinach and toss well.

Serves 4



Creamy Marinated Kale

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Creamy Marinated Kale

- 1 bunch of kale greens
- ¼ cup diced red onions
- ¼ cup diced red peppers
- ¼ cup diced yellow peppers
- 1 avocado
- ¼ cup extra virgin olive oil
- 2 Tablespoons lemon juice
- 2 Tablespoons apple cider vinegar
- 1 teaspoon cumin
- 1 teaspoon granulated garlic
- 1 teaspoon sea salt

Separate greens from stem and wash them thoroughly, ribbon slice kale with a sharp knife. Add all ingredients to a bowl and mash the avocado with the kale and mix all ingredients thoroughly.

Serves 4

Wakame Seaweed Salad

- 1 bag crushed wakame seaweed
- ½ cup diced tomatoes or red peppers
- ¼ cup diced onions
- 1 heaping Tablespoon minced garlic
- ¼ cup extra virgin olive oil
- 2 Tablespoons lemon juice
- 1 Tablespoon wheat free tamari
- 2 Tablespoons nutritional yeast
- 1 teaspoon granulated garlic

Crush dry seaweed to make small. Put in a bowl and add just enough purified water to cover the top of the seaweed and let soak until all the water is absorbed. Add remaining ingredients and mix well.

Serves 4

Lifeit Salad

- 1 large bowl of mixed greens (rinsed and drained)
- 1 handful of sprouts (mung, alfalfa, sunflower, radish, etc)
- ¼ cup fresh parsley (chopped)
- ¼ cup fresh cilantro (chopped, optional)
- ¼ cup fresh basil leaves (chopped)
- 1 avocado (peeled, pitted, and chopped)
- 1 celery stalk (chopped)
- ¼ cup red pepper (sliced)
- 1 handful of pumpkin seeds
- 2 Tablespoons sesame seeds (ground) or use one of the tahini dressing recipes (pg. 58-59)
- 1 teaspoon of kelp granules
- 1 teaspoon of dulse granules

Add all ingredients to large bowl of mixed greens and toss well. Add a dressing of your choice from Sauces and Dressings section (pgs. 56-59). 1 Serving

Spicy Collard Greens

- 1 bunch collard greens, washed
- ¼ cup chopped sun-dried tomatoes
- ¼ cup chopped scallions (whites only)
- 1 garlic clove (minced)
- ¼ cup extra virgin olive oil
- ¼ cup apple cider vinegar
- 2 Tablespoons date syrup (pg. 34)
- 1 teaspoon red pepper flakes
- 2 teaspoon sea salt, divided

Wash collards in a sink or bowl full of cold water and take several leaves at a time and roll tightly into a cylinder and slice into thin strips. Place collards in a bowl and pour olive oil on collards and add salt and massage into collards. Add remaining ingredients and toss well. Let marinate in the refrigerator for at least 4 hours, but overnight is best.

Serves 4

Asian Spinach Salad

1 bag triple washed organic spinach (about 8oz.)

1 cup sliced organic apples

½ cup raw cashews

½ cup Asian Dipping Sauce and marinade (pg. 56)

Add all ingredients in a bowl and hand toss and let sit for a few minutes to allow the spinach wilt.

Serves 2

Salads and Dressings



Left - Wakame Seaweed Salad (pg. 40),
Center - Zucchini Fettucini (pg. 67),
Right - Mexican Corn Salad (pg. 51)

Guacamole Avocado Salad

2 ripe avocados

¼ cup diced tomatoes

¼ cup diced onions

¼ cup cilantro leaves, finely chopped

1 teaspoon jalapeño pepper (minced)

1 Tablespoon lemon or lime juice

1 Tablespoon fresh garlic (minced)

½ teaspoon sea salt

Cut avocados in half. Remove seed. Scoop out avocado from the peel, put in a mixing bowl. Using a fork, mash the avocado. Add the chopped onion, garlic, cilantro, lime or lemon, salt. Cover with plastic wrap directly or place in an airtight container to prevent oxidation from the air reaching it. Refrigerate until ready. Just before serving, add the chopped tomato to the guacamole and mix.

Serves 2

Cauliflower Tabouli

2 cups cauliflower (grate on the small side for a rice like texture or mince)

2 Tablespoons lemon juice

2 Tablespoons apple cider vinegar

2 Tablespoons extra virgin olive oil

¼ cup of onion (diced)

¼ cup of red pepper (diced)

1 bunch curly parsley (finely chopped)

¼ cup of black olives, pitted and sliced

1 teaspoon granulated garlic

1 teaspoon sea salt

Place all ingredients in a bowl mix well. Let sit for at least 30 minutes, if you can, to let the flavors set in. Serves 4

Ginger Beets

2 large beets (shredded)

¼ cup date paste or syrup (pg. 34)

¼ inch of ginger (peeled and minced)

¼ cup lemon juice

Mix all ingredients in a bowl mix well and let sit for about 30 minutes to allow the flavors to set in.

Serves 2

Cucumber and Tomato Salad

- 1 cucumber (sliced)
- 2 tomatoes (chopped)
- ¼ cup diced red onions (diced)
- 2 Tablespoons lemon juice
- 2 Tablespoons apple cider vinegar
- 1 teaspoon Italian seasoning
- 1 teaspoon sea salt

Slice cucumber in half lengthwise, and then slice medium size. Add other ingredients and mix well. Allow to sit and marinate for extra flavor.

2 servings

Island Cucumber Salad

2 cucumbers (sliced)

½ cup fresh cilantro (chopped)

2 Tablespoons extra virgin olive oil

2 Tablespoons lime or lemon juice

1 teaspoon curry powder

½ teaspoon sea salt

Combine all ingredients in a bowl and toss well.

2 Servings

Mexican Corn Salad

Kernels of 4 ears of corn or 2 cups of frozen organic corn
(thawed)

1 tomato (chopped)

¼ cup chopped fresh cilantro

¼ cup red bell pepper (diced)

2 Tablespoons extra virgin olive oil

1 Tablespoon date syrup (optional, pg. 34)

1 teaspoon chili powder

1 teaspoon granulated garlic

½ teaspoon sea salt

Combine all ingredients in a bowl and toss well.

Serves 2

Live Okra Salad

- 2 cups okra (sliced)
- 1 cup corn kernal
- ¼ cup red onion (diced)
- 1 tomato (chopped)
- 2 Tablespoons extra virgin olive oil
- 1 Tablespoons lemon juice
- 1 teaspoon cumin
- 1 teaspoon granulated garlic
- 1 teaspoon dried basil
- 1 teaspoon sea salt

Wash and cut the ends of okra then slice. Combine all ingredients in a bowl and toss well.

Serves 2

Curried Cabbage

- ½ head cabbage
- ¼ cup red onion (sliced)
- ¼ cup red pepper (sliced)
- ¼ cup green pepper (sliced)
- ¼ cup fresh basil (chopped)
- ¼ cup coconut oil
- 1 Tablespoon lemon juice
- 2 Tablespoons date syrup (pg. 34)
- 2 Tablespoons Nama Shoyu or wheat free tamari
- 1 Tablespoon Curry Powder
- 1/2 teaspoon turmeric
- 1 Tablespoon nutritional yeast
- 1 teaspoon granulated garlic
- 1 teaspoon Sea Salt

Slice cabbage thin with a knife or run it through food processor using the slicing blade. Massage the lemon juice, coconut oil, and spices into cabbage. Add all other ingredients and mix well. Serves 2

Asian Slaw

2 cups red cabbage (shredded)

2 cups white cabbage (shredded)

1 carrot (grated)

¼ cup fresh cilantro (chopped)

1 cup Asian dipping sauce and marinade (pg. 56)

Add cabbage and carrots to a bowl, add Asian dipping sauce and toss well. Serves 2

Blazin' Salsa

3 tomatoes (chopped)

1 scallion (chopped)

¼ cup fresh cilantro (chopped)

1 garlic clove (minced)

1 teaspoon Jalapeno

1 Tablespoon apple cider vinegar

1 Tablespoon lemon or lime juice

1 Tablespoon date syrup (pg. 34)

1 teaspoon sea salt

Combine all ingredients in a bowl and mix well.

2 Servings

Asian Dipping Sauce and Marinade

½ cup wheat free tamari

2 Tablespoons apple cider vinegar

2 Tablespoons date syrup

2 Tablespoons extra virgin olive oil

1 Tablespoon ginger (peeled and minced)

1 clove of garlic (minced)

1 Tablespoon Sesame seeds

Combine all ingredients in a bowl and whisk well.

Simple Italian Dressing

¾ cup extra virgin olive oil

¼ cup apple cider vinegar

1 clove garlic minced

1 Tablespoon fresh parsley minced

2 Tablespoons date syrup (pg. 34)

2 teaspoons Italian seasoning

½ teaspoon crushed red pepper flakes

¼ teaspoon black pepper

1 teaspoon sea salt

Combine all ingredients in a jar or bottle. Shake it vigorously.

Simple Tahini Dressing

¼ cup raw tahini

2 Tablespoons lemon juice

2 Tablespoons extra virgin olive oil

2 Tablespoon date syrup (pg. 34)

2 Tablespoons filtered water

½ teaspoon sea salt

Place tahini in small bowl, add salt and stir well adding oil, lemon, and water slowly.

Cilantro Lime Tahini Dressing

¼ cup raw sesame tahini

¼ cup loosely packed cilantro (chopped)

1 garlic clove (minced)

Pinch of turmeric

1 Tablespoon fresh lime

2 Tablespoons purified water

½ teaspoon sea salt

In a bowl add the tahini and the spices (turmeric and salt).

Slowly stir in liquids (lemon juice and water). Finally add cilantro and garlic and stir well.

Wraps and Main Dishes

Veggie Collard Wraps

4 large collard leaves

1 avocado (thinly sliced)

½ cup carrots (shredded)

1 cup cucumber (thin sticks)

1 cup celery (thin sticks)

1 medium tomato (sliced)

Simple Tahini Dressing (pg. 58)

Wash and pat dry collard leaves and cut in half and strip away the middle stem. Place avocado slices, carrots, cucumber, and celery in the center of collard leaf. Roll up and secure with large toothpick and serve. Serve with Simple Tahini Dressing (pg. 58) as dipping sauce.

Serves 2

Nori Wraps

4 Nori sheets

1 avocado (thinly sliced)

½ cup carrots (shredded)

½ cup cucumber (thin sticks)

2 Tablespoons ginger (peeled and minced, optional)

Place avocado slices, carrots, cucumber, and ginger (optional) in the center of the Nori Sheet. Roll the Nori sheet, pulling tight as you roll up, and seal with a few drops of water along the seam. Leave it whole as a wrap or with a sharp knife, cut Nori roll into inch-thick slices and turn face up on a plate side by side. Serve with a small bowl of wheat free tamari as a dipping sauce.

Serves 2

Thai Lettuce Wraps

4 romaine lettuce leaves

1 portabella mushroom cap (diced)
1 Tablespoon ginger (peeled and minced)
1 Tablespoon garlic (minced)
1 Tablespoon extra virgin olive oil
1 Tablespoon lime juice
1 Tablespoon date syrup (pg. 34)
1 Tablespoon wheat free tamari
1 teaspoon red pepper flakes (optional)

1 cup cucumber (thin sticks)
½ cup carrots (shredded)
¼ cup fresh cilantro (chopped)
¼ cup fresh basil (chopped)
1 cup mung bean sprouts

Wash and pat dry romaine leaves. Add mushroom, ginger, and garlic to bowl, then add lime, olive oil, tamari, date syrup, pepper flakes and mix. Add a spoonful of mushroom mixture to lettuce wrap then add other veggies on top, roll and enjoy. Serve with a small bowl of wheat free tamari as dipping sauce.

Serves 2

Enchiladas

4 cabbage leaves

Filling

1 ear of corn or ½ cup corn
1 cup zucchini or yellow squash (shredded)
½ cup red pepper (diced)
½ cup red onion (diced)
½ cup fresh cilantro (chopped)
1 tomato (chopped)
1 avocado (peeled, pitted, and chopped)
2 Tablespoons extra virgin olive oil
1 teaspoon chili powder
1 teaspoon granulated garlic
1 teaspoon sea salt

Wash and pat dry the cabbage leaves for the wrapping.

Combine all of the ingredients for the filling in a bowl and mix well. Place a large spoonful of filling in the center of the cabbage leaf and roll the cabbage leaf securely around it.

Pour Salsa (see recipe on page 55) on top and serve.

2 Servings



Portabella Mushroom Steaks

Portabella Mushroom Steaks

2 portabella mushrooms caps (sliced)

¼ cup red onions (sliced)

¼ cup green peppers (sliced)

¼ level cup wheat free tamari

¼ cup extra virgin olive oil

1 teaspoon granulated garlic

Add all ingredients in a bowl and toss well lightly without breaking the mushrooms into small pieces.

Serves 2 to 4

Zucchini Fettuccini

2 large zucchinis

2 Tablespoons fresh parsley (finely chopped)

¼ cup sliced mushrooms

1 scallion (chopped)

2 Tablespoons red onion (chopped)

2 Tablespoons extra virgin olive oil

1 Tablespoon wheat free tamari

Sauce: ¼ cup tahini

¼ cup lemon juice

2 Tablespoons date syrup (pg. 34)

1 teaspoon Italian seasoning

1 teaspoon granulated garlic

1 teaspoon sea salt

Cut each zucchini into very thin length-wise strips using a vegetable peeler. Soak the strips, onions, scallions, parsley, mushrooms, oil, and wheat free tamari in a mixing bowl. In a separate bowl first put in the tahini, then add seasonings (Italian, garlic, and sea salt) add date syrup and lemon juice to the mixture while stirring. Add tahini sauce to the soaking vegetables. 2 Servings

Coconut Thai Noodle Bowl

2 large zucchinis

¼ cup fresh basil (chopped)

½ cup sliced mushrooms

¼ cup scallions (chopped)

2 Tablespoons extra virgin coconut oil

1 Tablespoon date syrup (pg. 34)

1 Tablespoon nutritional yeast

1 teaspoon curry powder

1 teaspoon dried basil

1 teaspoon granulated garlic

1 teaspoons sea salt

Cut each zucchini into very thin length-wise strips using a vegetable peeler or a spiral slicer. Add all other ingredients and Toss together making sure it is mixed well.

2 servings

Veggie Rice Bowl

1 cup cauliflower rice (grate on the small side for a rice like texture or mince, also can put in a food processor with s-blade)

¼ cup sliced mushrooms

2 Tablespoons red onion (diced)

2 Tablespoons green pepper (diced)

2 Tablespoons red pepper (diced)

1 Carrot (shredded)

1 crown of broccoli (chopped)

1 clove of garlic (minced)

2 Tablespoons cilantro (chopped)

2 Tablespoons extra virgin olive oil

1 teaspoon chili powder

¼ teaspoon ground cumin

1 Tablespoon wheat free tamari

¼ teaspoon sea salt

Add all ingredients to cauliflower rice and mix well.

2 Servings

Stir Raw Veggie Lo Mein

2 large zucchinis

½ cup sliced mushrooms

2 Tablespoons red onion (diced)

2 Tablespoons green pepper (diced)

2 Tablespoons red pepper (diced)

1 Carrot (shredded)

1 crown of broccoli (chopped)

½ cup snow peas

1 Tablespoon ginger (peeled and minced)

1 clove of garlic (minced)

1 Tablespoon extra-virgin olive oil

1 Tablespoon wheat free tamari

½ teaspoon sea salt

Use julienne peeler, spiral slicer, or regular peeler to make zucchini noodles. Add rest of ingredients to zucchini noodles and mix well.

2 Servings

Snacks

Fresh Fruit, Vegetable Sticks, Raisins with Sunflower Seeds, Pumpkin Seeds or Almonds or one of the recipes on the following pages that can be frozen and eaten anytime.

Carob Almond Raisin Cookies

- 1 cup raw almond butter
- 1 cup almonds (coarsely chopped)
- 2 Tablespoons raw carob powder
- 2 Tablespoons raisins
- ¼ cup date paste (pg. 34)
- 1 teaspoon vanilla extract
- ½ teaspoon sea salt

Combine in a large bowl and mix well. Line a cookie sheet or plate with parchment or plastic. Form dough into balls and press into cookies. Cover and freeze for about an hour.

Remove cookies from sheet and store in a covered container in the freezer.

Apple Nut Crunch

3 apples (peeled, cored, and shredded)

¼ cup soaked dates (chopped)

2 Tablespoons date paste (pg. 34)

1 teaspoon vanilla

1 teaspoon lemon juice

1 teaspoon cinnamon

¼ teaspoon sea salt

1 cup pecans (chopped coarsely)

Mix all ingredients in a bowl except pecans. Put in a mini pie pan and sprinkle pecans on top.

Serves 2

Walnut Candy

1 cup finely chopped walnuts

1 cup grated coconut

½ cup raw carob powder

½ cup date paste (pg. 34)

Sesame seeds

Combine all ingredients in a large bowl and stir well. Spoon the mixture into candy molds and cover with parchment or wax paper or line square baking pan with parchment or plastic and put the mixture in a pan pressing down evenly to flatten. Place in the freezer for about an hour, then flip it out of the pan onto a flat surface and cut into squares or rectangles. Store in a covered container and place in the freezer so they won't get soft and mushy.

Coco Protein Power Balls

2 Tablespoons flaxseeds (ground)

2 Tablespoons hemp seeds

2 Tablespoons sesame seeds

1 Tablespoon raw carob

1 teaspoon coconut oil

2 Tablespoons date paste

2 Tablespoons coconut (shredded)

Add ground flaxseeds, hemp seeds, sesame seeds, and raw carob to a bowl and mix. Add coconut oil and date paste to seed mixture. Mix well, mixture should stick together. Roll into balls then roll into shredded coconut.

1 serving

Breathe!



You did it! You took the first step to creating a healthy life that you love. You got excited, focused, and took consistent action. I know that you will continue until you reach all of your health and weight goals. Be kind and gentle to yourself, take small steps each day and just take consistent imperfect action to reach your goals. The goal of this book was to help you cleanse and get nourished, your next step is to stay nourished and maintain a healthy lifestyle that will satisfy and sustain you. If you need help at that next level don't hesitate to reach out to me. You can connect with me via my website www.latricefolkes.com, social media www.facebook.com/cheflatricefolkes or twitter @lifeit.

Much Success and Excellent Health to your healthy journey!

Latrice Folkes

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Latrice Folkes is a Chef, Author, Educator and Restaurateur with almost 20 years of experience in plant based living. Her concentration is in whole plant based foods with an emphasis on raw vegan foods because of their restorative and regenerative properties. She is the founder of Lifeit LLC, a company dedicated to

assisting people in changing their diet into a lifeit. Latrice defines Lifeit as a wholistic lifestyle centered on life giving principles and activities, including eating whole fresh plant based and living foods.

Latrice is the former owner of Lifeit Cafe in Greenville, SC that specialized in vegan and raw food cuisine. Also she was a part owner and operator of a health food store and Raw Foods Deli in Atlanta, GA. Latrice has served many celebrity clients as well as received raving reviews from food critics and fans. She is known for “making healthy food taste good” by creating flavor filled recipes that reminds you of southern down home eating with a side of excellent health benefits. Her intuitive books and programs delves deep into the hearts of her clients to help them create a healthy life that they love.

