3 DAY HIGH RAW CHALLENGE

“Holistic Plant-Based Meal Plans” Reset your energy, mood and feel better in 3 days or less!”
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Our mission is to re-unite people all over the world with real food.

For additional recipes and programs, please visit our blog at: http://www.youngandraw.com

Contact us via email: support@youngandraw.com

Social Media:  

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Welcome!

Welcome to the 3 Day High Raw Challenge by Young and Raw. We’re glad you’re here!

The Young and Raw team has put this challenge together for you to have an opportunity to experience the benefits of a whole food diet, or as we like to call it a “real food diet”, without going to extremes.

Often times the body has endured years of mistreatment through processed, fried, sugary foods, alcohol and even stress. If you’ve come from this type of lifestyle, going immediately into a cleanse or a detox program may be a bit too much for your body to deal with. Slowly transitioning yourself into a real food diet is a gentle way to prepare your body for a cleanse, increase your energy, shed excess weight and reduce your stress levels!

There is no one size fits all diet so feel free to put your own spin on the meal plans we’ve provided, with the help of your N.D or holistic practitioner. Our mission with this 3 day plan is to support you in discovering what it’s like simply to only eat real food for a short period of time and perhaps you will then choose to go further.

Our goal is not to tell you what to eat or what diet style to adopt, but to support you in finding the balance that feels best for your body as an individual. Your body is constantly giving you messages and we want to help you receive them.

If you’re using this to reach a specific goal such as weight loss, cleansing, or battling sugar cravings, know that you’re not alone on this journey and that no one expects you to be perfect. Love yourself for who you are and where you’re at now, and have empowered thoughts about your ability to transform your own life. Change comes over time, not overnight, so be patient with your body and remember that it is always working to protect you. Get on the same side as your body and think positive thoughts because stress can be the worst road block for healing. Once your thoughts align with your actions in a positive way, you will notice doors begin to open up for you.

Happy Cleansing!
What is the purpose of this challenge?

The meal plans have been designed to be as simple as possible but keep in mind that there will still be a time commitment required from you because you’ll be preparing most, if not all, of your meals for yourself at home. This still applies if you’re on the go a lot because you can take your prepared meals with you.

If you feel you’re too busy to eat healthy, consider how you will manage if you become ill due to the mistreatment of your body from a poor diet. No one is asking you to be perfect, only to find a small window of time each day to ensure that you get the proper nutrition that you need to be your best self in the world and to lead by example. Try to look at this as a gift you are giving yourself, rather than a burden on your time. The Young and Raw Team believes in you 100% and that is why we are offering you this entire program at no cost as our gift to you.

Have a think what do you want to get out of this challenge? All of us here at Young and Raw will be very happy if you set the goal to become more in tune with your body throughout the next 3 days. By taking this opportunity to clean up your diet you may experience more energy, clearer thinking and possibly even weight loss if your body is holding on to excess weight. Keep in mind that if you’re coming from a highly processed diet (i.e. one consisting of fried foods, fast foods and packaged foods), switching to a whole, plant based diet for even 3 days may present detox symptoms. We’ll go into this more but for now let’s keep walking through the cleanse guidelines.

3 Days is not enough time for your body to adjust fully to anything so if you do not see results instantly that doesn’t mean this isn’t working for you, it means that your body needs more time. We live in a society where we expect instant results because that is what we are promised all day long by large corporations who care more about their bottom line than our well being. Truthfully, healing the body can take time and we’re here to support you every step of the way. If you look for an excuse to fail you will surely find one but if you look for an excuse to succeed, you will.

Use the next 3 days to get clear on your commitments to yourself. Think about how serious you are about making a transformation for yourself so you can lead by example for others around you.
What equipment will you need?

It would be most ideal for you to have a blender to participate in this challenge, however, you can still follow along for many of the meals without one. If there is no way for you to borrow or purchase a blender, make your own substitutions within the guidelines we’ve provided.

A juicer is not required to participate in this cleanse but if you have one and want to use it please do! You can have juices along with the meal plans we have provided, although for ease of use we’ve left juices out because we didn’t want to overwhelm you with a list of required equipment.

Another fun thing to have is a food processor but again this won’t be required of you throughout this.

Essential things you will need:

• A blender
• A sharp knife
• A cutting board
• Salad bowl
• Jars or something to store juices, smoothies or sauces in
• A portable glass or safe container to store food in when you’re on the go
• A fridge to store your food
• A stove/oven (for the cooked meals)
What exactly does it mean to be “High Raw”?

Eating “high raw” simply means that you eat a small percentage of your diet cooked and a large percentage of your diet raw.

Why do this instead of 100% Raw or 100% cooked?

At Young and Raw, our main goal is to support you in eliminating processed foods by adding more fresh, organic and whole foods to your diet instead. Our philosophy is not to advocate the adoption of any “one” diet style in particular.

Many vegetables offer up different health benefits and nutrient availability when they are raw vs. when they are cooked.

For example:

- Vitamin A will be more usable in a raw tomato and the lycopene will be more usable when the tomato is cooked.
- A carrot is more digestible cooked than raw, so for beta-carotene you are going to benefit more from eating steamed carrots.
- Starches, like sweet potatoes, carrots and yams, are all easier to digest when cooked.
- Raw greens, fresh fruits, sprouts, raw seeds, small amounts of raw sprouted nuts and many other vegetables are very healing when eaten raw. Because the body has to do less work to assimilate the nutrients, you may find you have increased energy over time with accelerated healing.
- I said we were going to touch base with you about potential detox symptoms you may experience if you’re coming from a highly processed diet (one consisting of fried foods, fast foods and packaged foods):
  - Headache
  - Fatigue
  - Moodiness
  - Bloating
  - Emotional
Now keep in mind, that detox symptoms can go far and beyond this short list. They can be mild to severe but the plan we have put together for you with the 3 Day High Meal Plans is a gentle introduction to high raw living not an intense detox. You really do not want to jump straight into a detox before preparing your body, so this is the most perfect step for you to be taking right now. Great job on listening to your intuition and finding yourself here and now with us :)

Experiencing mild to moderate detox symptoms is perfectly normal and part of the process. Your body may be storing toxins from your environment and current diet. By cleaning up your diet eventually it will begin to release those toxins so that you can heal. Embrace any detox symptoms you experience as a sign that your body is working and doing its job!

Remember to have fun and to enjoy the process of learning new foods and recipes. If you’re longing to make a transformation in your life, now is the time. We also suggest that you get your body moving during this time so feel free to hit up a yoga class, practice a yoga class at home by finding a free video on Youtube, or do some stretches. Walking, bike riding, dancing and singing are all wonderful ways to raise your energy levels and nourish yourself on a spiritual and emotional level.

Please post any questions or comments you may have only on the Young and Raw Facebook page, as we do not have the resources to provide one to one or email support for our free cleanses and challenges.
Can you already sense a change in yourself?

How you are feeling based on all the awesome whole foods you ate yesterday? Today let’s dive in a little to take a look at how the body works and why transitioning to a healthy diet is best done at a slow and steady pace.

The body is designed to survive. Every function that your body goes through has its roots in survival. Your body developed these tactics early in life when we were roaming the deserts. Remember that your body is on your side. If you are unhappy with something about your body right now, that just means that your body is sending you a signal that what you are doing is not optimal for it. Disease, excess weight, fatigue and any other symptom that the body presents you with is its way of saying to you, “Hey! This is not working, please try something else.”

Bodies in their natural healthy state are balanced, on the leaner side and strong. As a result, they are excellent at adapting to stress and other burdens. It is only when we take our bodies out of the state that supports their natural function that we begin to see imbalances. Excess weight is a symptom of an imbalance. Fatigue is a symptom of imbalance. Disease is a symptom of imbalance. Again, it is not your body that is broken it is the environment that is not in alignment with how your body works.

If your plan for weight loss does not include a plan for long term health, then that is not a plan that you want to follow. When you are nourishing your body from the inside out you will find that your body naturally eliminates excess weight because that is what it is designed to do. It is designed to be healthy.

There are two main reasons why an average person, who is not on any pharmaceutical drugs, will put on weight:

1. They have decreased their caloric intake to a level where the body thinks it is starving.

Our ancient ancestors did not live in the world that we live in today. They had periods where food would be abundant (like when they stumbled upon a field of mango trees) and then periods of time where food would be scarce (after they had eaten all the mangos and then were forced to travel long distances to find food again).
Their bodies adapted to this cycle by storing extra fat (fuel) during times of feast to use in times of famine. This was amazing because it enabled them to survive long stretches of time with very little nourishment. In today’s world where food is ever present, we do not really need this adaptation. However, it is still a part of our make up. If a person restricts their food, they are signaling to their body that they are in a time of famine. The body will then slow down its metabolic processes (which basically means it will use less energy to function in an attempt to save energy for the future) and cling to every extra calorie it can. This is what happens on most diets. The person decreases what they are eating, tricking their body into starvation mode which in turn lowers their metabolic rate. The person then becomes extremely hungry as the body becomes more and more desperate for nutrition. Eventually the signals to eat become so strong that they end up falling “off the wagon” and eat more than they would have before. The result is they gain back all the weight they lost, plus some. Their body was just trying to protect them from starvation. This generally becomes a vicious cycle that ends up in more and more weight being gained as the body tries to fight off starvation.

2. The toxic load on the system becomes too much and the body is not able to properly eliminate the toxins from the system.

Proper detoxification is a rather large undertaking for the body. This process happens primarily in the liver where a toxin is taken through two phases. In phase one, the liver literally “burns” the toxin, which renders the toxin water soluble (most toxins are fat soluble) so that it can be excreted from the body through urine, fecal matter and sweat. This burning process creates toxic by-products that need to be carefully dealt with in order to avoid damage to the body. This is what the liver does during phase two detox. It takes those toxic by-products, oxidizes them and then excretes them through bile.

Both of these processes require adequate vitamin, mineral and protein consumption as well as lots of energy. If a person has nutritional deficiencies, are not getting adequate rest, are over stressed or are exposed to a large amount of toxin, the body will not be able to properly and safely detoxify. If the liver is not able to safely complete both phases of detoxification, rather than running the risk of having extra toxic chemicals floating around in the body it will instead attach a buffer molecule to the ingested toxin. It will then send it for storage in one of your cells at the periphery of your body - safely away from your organs.
It does this to help minimize the damaging effects of this toxin by keeping it in the body for another day until it has the resources to properly excrete it.

If you are not properly supporting your liver with nutrition, rest, water and fresh air, it will not be able to properly do its job. This means that you will hold on to excess weight. Toxins are generally paired with water and other weighty molecules in your fat cells, which means that you hold on to that weight until the liver can properly deal with the toxic substance. This is the main reason why eating a nutrient dense diet is the best possible solution for weight loss. You will be providing your liver with the tools it needs to properly release what you are storing in your fat cells. Also, if the liver is not working properly the body will continue to store toxins so even if weight is lost it will be regained.

For those two reasons, eating a nutrient dense, high quality R.E.A.L food diet is imperative for long term weight loss and overall health.

This plan is designed to work with your body, not against it, to bring it naturally into a state of balance and health.

As you eat today, remember that you are supporting your bodies natural ability to heal. You are giving yourself an amazing gift.
How do I transition to a healthier way of life?

We’ve already looked at some of the reasons why eating healthfully is your best long term strategy for weight loss and health. Eating clean lets your body know that it’s going to get everything it needs to function optimally and allows the detox process to occur.

One of the reasons that we chose to do this high raw meal plan was because we recognize and respect the need to transition into a more healthful, natural diet. There are some people who can go from eating McDonalds one day and jump into a 100% raw plant based diet the next.

Those people are few and far between. For most of us, stepping stones towards a healthier way of living are needed. There is no need to totally shock your body or be plagued with overwhelming detox symptoms.

Transitioning to a healthier way of life can be graceful, approachable and even fun if you do it the right way.

This 3 day meal plan is an awesome example of a huge step in a healthful direction without being too extreme. What we wanted to show you is that you can still include cooked foods in your daily life while moving towards a more balanced way of eating. You may even want to stay here, keeping some cooked foods in your diet forever, and that’s fantastic tool. There’s no need to adopt an all or nothing attitude. It is just about taking the next appropriate step for yourself on your journey of health.

Making large, sweeping changes to your diet when you are physically or mentally not ready for it will only serve to make you feel worse. Respect where you are at and make the small, practical changes that you can do right here, right now. You will feel good when you see the small accomplishments you are making and they will fuel further action. Respect yourself, respect where you are at and move forward when you know it’s time. With your health, slow and steady really does win the race.

I would encourage you to take some time today to acknowledge your body and all that it does for you. It is a miraculous gift.
Preparation

Raw Food & Smoothies:
You can save time in the kitchen by prepping your fruits and veggies beforehand. Wash, slice and store your salad makings.

Peel and freeze your bananas in a large tupperware or glass container in the freezer so that they are always available to you for making smoothies. Freezing the bananas helps break down the starches making them easier to digest in a smoothie and also creates a very nice texture. If you don’t want to freeze them, or cannot freeze them for some reason, use them fresh.

Storage and Food Preparation:
Most raw food dishes don’t store very well. With a few exceptions, you should prepare and eat your meal within the same 24 hours. Smoothies and juices can store in the fridge for up to 24 hours in an airtight, sealed glass jar.

Salad dressings can be pre-made and stored in a sealed jar in the fridge for 3-4 days. Prepare your caesar dressing at the start of your week so you have it on hand when you want to use it, otherwise you will find following the meal plans very challenging.

How to cook rice/quinoa:
Take the amount of rice or quinoa called for in the recipe and divide that number by two. This is the amount of raw grain you will need. Next, take that amount of raw grain and double it, and that is the amount of water or vegetable stock you will need.
Example - If the recipe calls for 2 cups of cooked rice you will take 1 cup of raw grain and 2 cups of liquid to make 2 cups of cooked rice.

Next, take your grain and your liquid, put it in a pot and bring it to a boil. Once it reaches a boil, turn the heat down to medium low and allow it to simmer until all of the liquid is absorbed and the grain is tender. Stir occasionally. If the grain is still slightly crunchy at this point, add another ½ cup of liquid until your grain is soft enough to eat.

You may also take the time to soak your grain overnight, drain it and rinse the grain before cooking.
## Meal Plan

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<tr>
<th></th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WAKE UP</strong></td>
<td>Water with Lemon</td>
<td>Water with Lemon</td>
<td>Water with Lemon</td>
</tr>
<tr>
<td><strong>COFFEE SUBSTITUTE (Optional)</strong></td>
<td>Yerba Mate' or Guayusa Tea</td>
<td>Yerba Mate' or Guayusa Tea</td>
<td>Yerba Mate' or Guayusa Tea</td>
</tr>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Healing Cleanse Green Smoothie &amp; Berry Hemp Breakfast Bowl</td>
<td>Pineapple Cleanse Smoothie &amp; Fruit Meal</td>
<td>Pear Basil Anti-inflammatory Smoothie &amp; Chia Cinnamon Pudding</td>
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<tr>
<td><strong>SNACK</strong></td>
<td>Anti-Aging Protein Smoothie</td>
<td>Protein Smoothie</td>
<td>Blueberry Hempster Protein Smoothie</td>
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<tr>
<td><strong>LUNCH</strong></td>
<td>Greek Green Salad with Dressing</td>
<td>Roots &amp; Sprouts Wraps with Apple Cumin Green Soup</td>
<td>Veggies &amp; Oil Free Lentil Dip</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Big Green Salad with Quinoa &amp; Steamed Veggies</td>
<td>Pizza Salad</td>
<td>Green Cabbage Tacos with optional Cooked Quinoa</td>
</tr>
</tbody>
</table>

Coffee substitute:
Note: This is optional if you're weaning yourself off caffeine.

Disclaimer: These meal plans should not be used as a replacement for any healing therapy or medication you have been prescribed by your physician or naturopath. Should you have any health concerns, please seek advice from your physician before using these plans.
Shopping list

Veggies

3 small sweet potatoes
1 cup sun-dried tomatoes
1 small head cabbage or iceberg lettuce
4 roma tomatoes
3 head romaine lettuce
4 bell peppers (red, orange or yellow - not green)
½ cup mushrooms
1 glass jar Kalamata olives
3 avocados
7 ribs celery
2 carrots
1 beet
2 handfuls or 1 small pack of sprouts
1 zucchini
1 large cucumber
2-3 cups kale or mixed green of choice
1 small purple onion
1 small head broccoli

*optional: 1 cup spinach for creating your own protein smoothie

Herbs

1 head garlic
4-7 inches ginger (depending on dressing choice)
1 bunch basil
1 bunch parsley
1 bunch cilantro
1 small bunch dill

Grains, nuts & seeds

1 ½ cups dry lentils
1 small jar tahini
4-7 tbsp chia seeds or hemp seeds
1 box almond/coconut/sesame milk
1 handful raw nuts and seeds of choice
3 cups dry quinoa or wild rice

Seasonings, Spices, Misc.

These ingredients will last you a very long time. Purchase your seasonings organic and in bulk if possible to save on costs. You will be able to use these for longer than one week so consider this when making your purchase.

1 small container pink Himalayan salt
1 small container black pepper
1 small container chipotle powder
1 small container cinnamon
2 tbsp raisins
1 small container oregano
1 small container cumin
1 small container chili powder
1 box (not canned) low sodium organic vegetable broth
1 small container chickpea miso
1 small bag dulse flakes *optional

Optional items

1 small container protein powder of choice (this will last a long time - we recommend Sunwarrior, Vega & Nutiva Hemp Protein)
**Lemon Water**

**ingredients:**
- 1 litre of room temperature water
- ½ - 1 lemon

**instructions:**
Squeeze the juice of ½ to 1 lemon into 1 litre of water. Drink as much as you can right away. If you cannot finish it all you may consume the rest throughout the morning.

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**Healing Cleanse Green Smoothie**

**ingredients:**
- 1 rib of celery
- ¼ cup of cucumber
- 1 frozen banana
- 1 handful of parsley
- 1 handful of cilantro
- 1 inch thumb sized piece of ginger (or less if you’re new to ginger)
- 1 cup of water
- 1 tbsp chia or hemp seeds

**instructions:**
Place all ingredients in a blender and blend.

Smoothies are different than juices. Smoothies still have the fiber intact and are blended. We recommend using a quality blender but any will suffice.
ingredients:
- 1 cup of pineapple (fresh or frozen)
- 1 handful of cilantro
- 1 rib of celery
- 1 cup of water
- 1 tbsp chia or hemp seeds

instructions:
Place all ingredients in a blender and blend.

Pineapple Cleanse Smoothie
If you’re using a lower powered blender or if you’re in a cold climate, simply swap out any frozen items for fresh to make it easier for your blender to handle and warm your body up.

ingredients:
- 1 frozen banana
- 1 cup blueberries
- 1 cup strawberries
- 1 cup cherries

add greens:
- 1 cup lettuce, kale, spinach and/or 1 rib of celery

add protein powder:
- 1 scoop of:
  Nutiva, Manitoba Harvest Hemp Protein, Vega Sport Performance Protein,
  Garden of Life RAW Protein or Sunwarrior Protein.

instructions:
Blend until smooth and enjoy.

Protein Smoothie
Create your own amazing protein smoothie!
**ingredients:**
- 1-2 pears, cored
- 1 handful of basil
- 1 rib of celery
- 1 cup of water or coconut water

**instructions:**
Place all ingredients in a blender and blend.

**Pear Basil Anti-Inflammatory Smoothie**

If you want add ons with warming properties, try adding a small thumbnail sized piece of ginger root, 1 tsp cinnamon or a pinch of cayenne pepper.

**ingredients:**
- 1 frozen banana
- 1 cup frozen blueberries
- 1 tbsp chia/hemp seeds
- 1 scoop hemp protein or protein powder of choice
- 1-2 cups almond milk or water

**instructions:**
Place all ingredients in a blender and blend.

**Blueberry Hempster Protein Smoothie**
ingredients:
- 1 head of romaine lettuce (small sized)
- ½ cup cucumber, sliced
- ½ red bell pepper, diced
- ¼ cup of black Kalamata olives, pitted
- ¼ cup of purple onion, sliced *optional

dressing:
- 2 oranges, juiced
- 1 tbsp chickpea miso
- 2 Medjool dates, pitted (or any other type of date)
- 1 tsp dulse flakes

instructions:
Blend together until smooth and use as a salad dressing.

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ingredients:
- 1 head of romaine lettuce (small sized)
- ½ cup cucumber, sliced
- ½ red bell pepper, diced
- ¼ cup of black Kalamata olives, pitted
- ¼ cup of purple onion, sliced *optional

dressing:
- 1 cup tahini
- 4 oranges, peeled and juiced
- 3 lemons, peeled and juiced
- 3 Medjool dates
- 4 thumbprint sized pieces of ginger root

instructions:
Blend together until smooth and use as a salad dressing.

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Greek Green Salad

with Orange Miso Dressing

Our Resident N.D, Dr. Quinn suggests increasing your intake of cruciferous vegetables as these are an important component to of healthy diets to promote longevity, health and well being.

Studies have shown cruciferous vegetables may reduce the risk of cancer and are loaded with important nutrients that support the bodies detox abilities.
Grate your carrot and your beet. Lay your romaine lettuce leaves on a plate. Fill with your beets, carrots and sprouts. Serve with the sauce inside the wraps or as a dipping sauce.

Serve with either dressing from Greek Salad on previous page.

Roots & Sprout Wraps

You’ll notice we recommend using broccoli sprouts here, but they can be swapped out for something you have at home if you can’t find them.

Anti-Aging Protein Smoothie

Place all ingredients in a blender and blend.

Calories from whole foods and plant based foods are lighter for the body, so you’ll need to eat more to stay nourished. Calorie restriction will be harmful for your progress so don’t limit yourself.
Apple Cumin Green soup

Be empowered to tune into your whole body and eat when you’re hungry. If you have a specific craving, as long as it’s a real, whole food, honor that. Use these meal plans 100% or just as a guideline. It’s up to you how you’d like to use them to support you in your journey.

Berry Hemp Breakfast Bowl

The wonderful thing about eating whole foods is that your body is able to assimilate all of the nutrients and put them to work to create energy and promote healing.
Pizza Salad
with Marinara Sauce

**Ingredients:**
- 4-5 cups romaine lettuce
- ¼ cup diced pineapple
- ½ bell pepper, diced
- ½ cup mushrooms, sliced
- 3-4 black Kalamata olives, chopped
- 2 tbsp marinara sauce (see below)
- ½ tbsp dried oregano

**Instructions:**
Blend marinara sauce ingredients in a high speed blender and set aside. Chop romaine lettuce into bite size pieces. Chop pineapple, bell pepper, mushrooms and olives. Combine all ingredients in a bowl, toss and enjoy. Optional: Gently heat your marinara sauce on the stove and pour over the top for a warm pizza salad.

**Marinara Sauce:**
- 1 red pepper
- 2 roma tomatoes
- ¼ cup of soaked sundried tomatoes
- 1 clove of garlic
- ¼ tsp oregano
- ½ cup basil
- ¼ tsp pink Himalayan salt
- 7 cracks of black pepper

Big Green Salad with Quinoa

**Ingredients:**
- 2-3 cups of mixed greens or romaine lettuce
- 1 handful of your choice of sprouts (sunflower, pea, broccoli sprouts)
- ½ avocado, mashed in
- ½ cup cucumber, diced
- ¼ cup dill, diced

*Optional*
- 1 cup of cooked quinoa or wild rice

**Instructions:**
Cook your quinoa or wild rice according to the directions given earlier. Chop your cucumber and dill. Cut your avocado in half. Scoop out the flesh from one half, and place in a small bowl. Mash with a fork. When your quinoa or rice is finished cooking, place all ingredients in a bowl. Toss and enjoy!
ingredients:
- 2 tbsp chia seeds
- ¼ cup of almond, coconut or sesame milk
- 1 tsp cinnamon
- 2 tbsp fresh blueberries or raisins

instructions:
Soak your chia seeds in your milk for 30-60 minutes or overnight. When the chia seeds have absorbed the liquid, stir in your cinnamon and blueberries. Enjoy!

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Chia Cinnamon Pudding

Quinoa and Chia seeds both store quite well, you can prepare extra of these two recipes and store them in the fridge for 2-3 days.

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ingredients:
- 1 cup of quinoa (white, red or rainbow is fine)
- 2 cups of water or low sodium vegetable broth
- 2 ribs of celery, diced
- ¼ cup of sundried tomatoes
- 1 handful of parsley, chopped

steamed veggies:
1 head of broccoli, chopped
1 zucchini, chopped

instructions:
Place your chopped, washed veggies into a steamer and let soften for 2-5 minutes. Serve over the top of your quinoa.

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Quinoa & Steamed Veggies

If you would like to continue on with this eating plan beyond this 3 day meal plan we’ve laid out for you. We like to prepare batches of meals like these and store them in glass jars or containers for easily access and healthy food on the go.
Veggies and Oil Free Lentil Dip

**Ingredients:**
- 3 small sweet potatoes
- 1 ½ cups raw lentils (use any kind you like)
- 3 cloves garlic
- 2 inch piece ginger
- 3 limes - zest and juice
- 1 tbsp chipotle powder
- 2 tbsp tahini
- Pink Himalayan salt to taste

**Instructions:**

1. For the lentils - Pour your lentils into a medium pot with 3 cups of water. Bring to a boil and reduce to medium low. Allow to simmer for 25-35 minutes or until your lentils are tender.

2. For your sweet potato - Chop your sweet potatoes into small cubes. Pour three inches of water into the bottom of a medium pot and place a steaming basket inside. Place your sweet potatoes in the steaming basket and cover with a lid. Bring the water to a boil, reduce the heat to low and allow to steam for about 30 minutes or until your sweet potatoes are fork tender. The smaller you cut your potatoes the shorter the steam time will be.

3. Drain any excess liquid from your lentils.

4. Place your lentils and sweet potatoes in a food processor.

5. Using a microplane, grate in your ginger, garlic and lime zest. Cut your limes in half and juice them into the food processor. Add your tahini, chipotle and salt.

6. Process your dip until smooth. You can stir in some finely chopped green onion and cilantro for some extra flavor as well.

*Note: You may peel sweet potatoes if you wish but the skin is full of nutrients so it’s great to leave it on.

Enjoy your dip on some fresh raw veggies like carrot sticks, celery ribs, cucumber slices, sliced.
Green Cabbage Tacos

**guacamole:**
- 1 avocado, mashed with a pinch of pink Himalayan salt
- 1 pinch of chili powder
- 1 tsp cumin powder
- 1 lime, juiced
- 1 handful of parsley/cilantro, chopped

**ingredients:**
- 2 green cabbage leaves OR iceberg lettuce leaves
- 2 red peppers, chopped
- 1 carrot, grated
- 2 roma tomatoes, chopped
- Add 1 cup of cooked quinoa *optional

**instructions:**
Cook quinoa as per earlier directions. To make your guacamole, slice your avocado in half, remove the pit and scoop out the flesh into a bowl. Add your pink Himalayan salt, chili powder and cumin. Slice your lime in half and juice over your avocado. Chop your parsley and cilantro and add to your avocado. Use a fork to mash the avocado while stirring in the rest of the ingredients. Set aside.

Chop your red peppers and tomatoes. Grate your carrot.

When your quinoa is cooked, take your cabbage or lettuce leaves, and fill with your quinoa. Layer on your veggies. Place a dollop of guacamole on top and enjoy!

**Fruit Meal**

**ingredients:**
- 1 cup of berries, or
- 1 piece of fruit (optional add some raw nuts/seeds)

**instructions:**
If you feel you are sensitive to sugar or have insulin spikes you can add a handful of mixed nuts and/or seeds to your fruit meal or have a small glass of protein smoothie with your fruit meal.
Are you ready to make healthy eating a habit?

As long as you're part of the Young and Raw community, you'll never be alone!

Eating healthy doesn’t have to be extreme. In fact, the entire process can be easy and fun.

All it takes on your part is knowing that you can do anything you set your mind to do, and so far we've helped thousands of people like yourself transform their lives, lose weight and heal!

If you've seen or felt positive results with the 3 Day High Raw Meal Plans, I encourage you to continue eating in a similar fashion.

The Young and Raw team is always here to support you.

Take advantage of the meal plans we've created for you with our Nutritionist and Ambassador Samantha Gladish and our Resident Naturopathic Doctor, Francesca Quinn.

Save time and money with our step-by-step 30 Day Meal Plans:

Are you experiencing boredom with all of the meals you’ve been making at home?

Want your family to eat healthier but don't know where to start?

Get your eating habits under control and say goodbye to food cravings for good with our 30 Day Meal Plans.
We put these plans together over months of collecting our absolute favorite meals that are family friendly, delicious and loaded with all the nutrition you need to thrive on a plant-based lifestyle.

- Plant-Based/Vegan Meal Plans.
- Can easily be made Vegetarian or Paleo for various diet styles.
- Gluten, Soy, Corn & Dairy Free.
- Family Friendly.
- Safe for Pregnant & Nursing Mamas.
- Gently Cleansing.
- Intentionally Designed for Adequate Protein, Calcium and other Vital Nutrients.
- Fully designed Meal Plans, Recipes, Numbered Shopping Lists and Meal Prep Charts.

These Meal Plans are designed to support your transformation process:

- Lose Weight.
- Balance Hormones.
- Reset Your Metabolism.
- Reduce Stress Levels.
- Save Time in the Kitchen.
- Inspire Your Partner or Family Members to Eat Healthier.

Click here to purchase them for a one time payment of $39
No health claims are made for this program. This nutrition and exercise program will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The author is not a medical doctor, registered dietitian, or clinical nutritionist; the author is a fitness and nutrition consultant.

If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional for health advice.

Your nutrition plan will not be effective by itself. You must combine a good diet with an appropriate exercise program for optimal results. If you have been sedentary and are unaccustomed to vigorous exercise, you should obtain your physician’s clearance before beginning an exercise program.

The American College of Sports Medicine (ACSM) recommends that (apparently) healthy individuals who are male and over 40 or female and over 50 to have both a physical exam and a diagnostic exercise test prior to starting a vigorous exercise program. A diagnostic exercise test and physical examination is also recommended in individuals of any age who exhibit two or more of the major coronary risk factors (smoking, family history of heart disease, elevated blood cholesterol, elevated blood pressure, and diabetes). Any individual with a known history of heart disease or other heart problems should be required to have a medical evaluation including a graded exercise test before engaging in strenuous physical activity.

The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any of the information contained in this manual. The user assumes all risk for any injury, loss or damage caused or alleged to be caused, directly or indirectly by using any information described in this course.
Printer Friendly Versions of Pages
Young and Raw.Com - 3 Day High Raw Challenge

### day 1
**Wake up** - (001) Water with Lemon

**Coffee Substitute** (002)

**Breakfast** - (003) Healing Cleanse Green Smoothie & (004) Berry Hemp Breakfast Bowl

**Snack** - (005) Anti-Aging Protein Smoothie

**Lunch** - (006) Greek Green Salad with dressing

**Dinner** - (007) Big Green Salad with Quinoa or (008) Quinoa & Steamed Veggies

### day 2
**Wake up** - (001) Water with Lemon

**Coffee Substitute** (002)

**Breakfast** - (009) Pineapple Cleanse Smoothie & (019) Fruit Meal

**Snack** - (010) Protein Smoothie

**Lunch** - (012) Roots & Sprouts Wraps with (011) Apple Cumin Green Soup

**Dinner** - (013) Pizza Salad

### day 3
**Wake up** - (001) Water with lemon

**Coffee Substitute** (002)

**Breakfast** - (014) Pear Basil Anti-inflammatory Smoothie & (015) Chia Cinnamon Pudding

**Snack** - (016) Blueberry Hempster Protein Smoothie

**Lunch** - (017) Veggies & Oil Free Lentil Dip

**Dinner** - (018) Green Cabbage Tacos & Optional add on of Cooked Quinoa

### shopping list

#### veggies
- 3 small sweet potatoes
- 1 cup sun-dried tomatoes
- 1 small head cabbage or iceberg lettuce
- 4 roma tomatoes
- 3 head romaine lettuce
- 4 bell peppers (red, orange or yellow - not green)
- ½ cup mushrooms
- 1 glass jar Kalamata olives
- 3 avocados
- 7 ribs celery
- 2 carrots
- 1 beet
- 2 handfuls or 1 small pack of sprouts
- 1 zucchini
- 1 large cucumber
- 2-3 cups kale or mixed green of choice
- 1 small purple onion
- 1 small head broccoli

*optional: 1 cup spinach for creating your own protein smoothie

#### herbs
- 1 head garlic
- 4-7 inches ginger (depending on dressing choice)
- 1 bunch basil
- 1 bunch parsley
- 1 bunch cilantro
- 1 small bunch dill

#### grains, nuts, seeds, legumes
- 1 ½ cups dry lentils
- 1 small jar tahini
- 4-7 tbsp chia seeds or hemp seeds
- 1 box almond/coconut/sesame milk
- 1 handful raw nuts and seeds of choice
- 3 cups dry quinoa or wild rice

Note: These are interchangeable. You may use one or the other.

#### fruits
- 4 limes
- 6 lemons
- 5 bananas
- 1 cup frozen blueberries
- 1 apple
- 2-4 oranges (depending on dressing choice)
- 2-3 Medjool dates
- 2 cups fresh or frozen berries of choice
- 2 pears
- 3-4 servings fruit of choice for fruit meal and make your own smoothie
- 1 ¼ cup pineapple

### seasoning/spices/misc
These ingredients will last you a very long time, purchase your seasonings organic and in bulk if possible to save on costs. You will be able to use these for longer than one week so consider this when making your purchase.

- 1 small container pink Himalayan salt
- 1 small container black pepper
- 1 small container chipotle powder
- 1 small container cinnamon
- 2 tbsp raisins
- 1 small container oregano
- 1 small container cumin
- 1 small container chili Powder
- 1 box (not canned) low sodium organic vegetable broth
- 1 small container chickpea miso
- 1 small bag dulse flakes *optional

### optional items
- 1 small container protein powder of choice Vega, Hemp or Sunwarrior
(001) Water with Lemon
1 litre of Water
½ - 1 lemon
Squeeze the juice of ½ to 1 lemon into 1 litre of room temperature water. Drink as much as you can right away. If you cannot finish it all you may consume the rest throughout the morning.

(002) Coffee Substitute
Yerba mate’ or Guayusa Tea
Note: This is optional if you’re weaning yourself off caffeine.

(003) Healing Cleanse Smoothie
1 rib of celery
¼ cup of cucumber
1 frozen banana
1 handful of parsley
1 handful of cilantro
1 inch thumb size piece of ginger
(or less if you’re new to ginger)
1 cup of water
1 tbsp chia or hemp seeds
Place all ingredients in a blender and blend.

(004) Berry Hemp Breakfast Bowl
2 cups of berries
(blueberries or mixed berries)
1 tsp hemp seeds
Add a few slices of banana *optional
Slice your banana if using one. Place your berries, hemp seeds and sliced bananas in a bowl, toss and enjoy.

(005) Anti-Aging Protein Smoothie
1 frozen banana
1-2 cups of berries (your choice, blueberries are nice, so are cherries)
1 scoop hemp protein
1-2 cups coconut water or regular water
Place all ingredients in a blender and blend.

(006) Greek Green Salad with Dressing
1 head of romaine lettuce
(small sized)
½ cup cucumber, sliced
½ red bell pepper, diced
½ cup of black Kalamata olives, pitted
¼ cup of purple onion, sliced *optional
orange miso dressing
2 oranges, juiced
1 tbsp chickpea miso
2 Medjool dates, pitted (or any other type of date)
1 tsp dulse flakes
or sweet ginger tahini dressing
1 cup tahini
4 oranges, peeled and juiced
3 lemons, peeled and juiced
3 Medjool dates
4 thumbprint sized pieces of ginger root
¼ cup coconut water
Blend together until smooth and use as a salad dressing.

(007) Big Green Salad with Wild Rice
2-3 cups of mixed greens or romaine lettuce
1 handful of your choice of sprouts (sunflower, pea, broccoli sprouts)
¼ avocado, mashed in
½ cup cucumber, diced
¼ cup of dill, diced *optional
1 cup of cooked quinoa or wild rice
Cook your quinoa or wild rice according to the directions given at the top of the meal plans. Chop your cucumber and dill. Cut your avocado in half. Scoop out the flesh from one half, and place in a small bowl. Mash with a fork. When your quinoa or rice is finished cooking, place all ingredients in a bowl. Toss and enjoy!

(008) Quinoa and steamed veggies
1 cup of quinoa (white, red or rainbow is fine)
2 cups of water or low sodium vegetable broth
2 ribs of celery, diced
¼ cup of sundried tomatoes
1 handful of parsley, chopped
steamed veggies
1 head of broccoli, chopped
1 zucchini, chopped
Place your chopped, washed veggies into a steamer and let soften for 2-5 minutes. Serve over the top of your quinoa.

(009) Pineapple Cleanse Smoothie
1 cup of pineapple (fresh or frozen)
1 handful of cilantro
1 rib of celery
1 cup of water
1 tbsp chia or hemp seeds
Place all ingredients in blender and blend.

(010) Protein smoothie. Create your own:
Base of frozen or fresh fruit of your choice from:
1 frozen banana
1 cup blueberries
1 cup strawberries
1 cup cherries
add greens
1 cup lettuce, kale, spinach
and/or 1 rib of celery
add protein powder
1 scoop of:
Nutiva, Manitoba Harvest Hemp Protein,
Vega Sport Performance protein,
Garden of Life RAW Protein or
Sunwarrior Protein.
Place all ingredients in a blender and blend.

(011) Apple Cumin Green Soup
¼ avocado
¼ apple *sweet
1 rib of celery
1 tsp cumin
pinch of pink Himalayan salt *optional
Blend until smooth and enjoy.

(012) Roots & Sprouts Wraps
1 carrot, grated
½ small beet, grated
Handful of sprouts (broccoli or sunflower)
3-4 pieces of romaine, green cabbage or iceberg lettuce
Grate your carrot and beet. Lay your romaine lettuce leaves on a plate. Fill with your beets, carrots and sprouts. Serve with the sauce inside the wraps or as a dipping sauce.
Serve with either Orange Miso Dressing or Sweet Ginger Tahini Dressing (see 006)

(013) Pizza Salad
4-5 cups romaine lettuce
¼ cup diced pineapple
½ bell pepper, diced
½ cup mushrooms, sliced
3-4 black Kalamata olives, chopped
¼ tsp dried oregano
2 tbsp marinara sauce (Recipe Below)
Marinara Sauce
1 red pepper
2 roma tomatoes
¾ cup of soaked sundried tomatoes
1 clove of garlic
½ tsp oregano
½ cup basil
½ tsp pink Himalayan salt
7 cracks of black pepper
Blend marinara sauce ingredients in a high speed blender and set aside. Chop romaine lettuce into bite size pieces. Chop pineapple, bell pepper, mushrooms and
olives. Combine all ingredients in a bowl, toss and enjoy.
Optional: Gently heat your marinara sauce on the stove and pour over the top for a warm pizza salad.

(014) Pear Basil Anti-inflammatory Smoothie
1-2 pears, cored
1 handful of basil
1 rib of celery
1 cup of water or coconut water

Place all ingredients in a blender and blend.

(015) Chia Cinnamon Pudding
2 tbsp chia seeds
½ cup of almond, coconut or sesame milk
1 tsp cinnamon
2 tbsp fresh blueberries or raisins

Soak your chia seeds in your milk for 30-60 minutes or overnight. When the chia seeds have absorbed the liquid, stir in your cinnamon and blueberries. Enjoy!

(016) Blueberry Hempster Protein Smoothie
1 frozen banana
1 cup frozen blueberries
1 tbsp chia or hemp seeds
1 scoop hemp protein or protein powder of choice
1-2 cups almond milk or water

Place all ingredients in a blender and blend.

1. For the lentils - Pour your lentils into a medium pot with 3 cups of water. Bring to a boil and reduce to medium low. Allow to simmer for 25-35 minutes, or until your lentils are tender.

2. For your sweet potato - Chop your sweet potatoes into small cubes. Pour three inches of water into the bottom of a medium pot and place a steaming basket inside. Place your sweet potatoes in the steaming basket and cover with a lid. Bring the water to a boil, reduce the heat to low, and allow to steam for about 30 minutes or until your sweet potatoes are fork tender. The smaller you cut your potatoes the shorter the steam time will be. Note: You may peel sweet potatoes if you wish but the skin is full of nutrients so it's great to leave it on.

3. Drain any excess liquid from your lentils.

4. Place your lentils and sweet potatoes in a food processor.

5. Using a microplane, grate in your ginger, garlic and lime zest. Cut your limes in half and juice them into the food processor. Add your tahini, chipotle and salt.

6. Process your dip until smooth. You can stir in some finely chopped green onion and cilantro for some extra flavor as well.

Enjoy your dip on some fresh raw veggies like carrot sticks, celery ribs, cucumber slices, sliced bell pepper or broccoli spear.

(017) Veggies & Oil Free Lentil Dip
3 small sweet potatoes
1 ½ cups raw lentils (use any kind you like)
3 cloves garlic
2 inch piece ginger
3 limes - zest and juice
1 tbsp chipotle powder
2 tbsp tahini
Pink Himalayan salt to taste.

Guacamole
1 avocado, mashed with a pinch of pink Himalayan salt
1 pinch of chili powder
1 tsp cumin powder
1 lime, juiced
1 handful of parsley/cilantro, chopped

Cook quinoa according to earlier directions. To make your guacamole, slice your avocado in half, remove the pit and scoop out the flesh into a bowl. Add your pink himalayan salt, chili powder and cumin. Slice your lime in half and juice over your avocado. Chop your parsley and cilantro and add to your avocado. Use a fork to mash the avocado while stirring in the rest of the ingredients. Set aside.

Chop your red peppers and tomatoes. Grate your carrot.

When your quinoa is cooked, take your cabbage or lettuce leaves, and fill with your quinoa. Layer on your veggies. Place a dollop of guacamole on top and enjoy!

(019) Fruit Meal
- 1 cup of berries, or
- 1 piece of fruit (optional add some raw nuts/seeds)

If you feel you are sensitive to sugar or have insulin spikes you can add a handful of mixed nuts and/or seeds to your fruit meal or have a small glass of protein smoothie with your fruit meal.