

Raw Menu, week One

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	All-U-Can-Eat Watermelon (Not seedless)	One large honeydew melon, coconut water	2 – 3 apples 10+ pecans, and lettuce	½ quart freshly made grapefruit juice	3-4 oranges 10-20 macadamia nuts with lettuce	2 bowls of strawberries, mixed lettuce salad and 1 avocado	(skip)
Am snack	Raw almonds, orange juice	2 oranges	2 apples	Mango	Orange	Sunflower seeds	(Brunch) Banana/avocado cream bars
Lunch	2 mangos Raw peanut butter stuffed celery	4 oranges, small green-leafed salad with 3 celery ribs, 20 walnuts and lemon	Cucumber, tomato, zucchini mixed salad, orange juice dressing	2 bowls of strawberries one small salad with cucumber and avocado	Cucumber, tomato, okra, zucchini mixed salad, with olive oil dressing	Cantaloupe. 1 qt freshly made vegetable juice (½ lettuces, ½ apples or pears)	(skip)
PM snack	Banana	Banana, handful of almonds	Assorted greens with apples	Mango	Orange, baby greens	Sunflower seeds	2 apples, 2 ribs celery
Supper	Lettuces, cucumber, tomato, chives salad with sunflower seeds, avocado & Lemon	Large lettuce salad with 2 avocados, fresh orange juice for dressing	Large salad with spinach, macadamia nuts, and orange juice dressing	Large salad with 20-30 almonds, orange juice dressing, and a shake of dulse	Large salad with avocado, orange dressing	Large salad with celery, avocado, extra virgin olive oil, raw dulse, raw garlic	Large leafy salad with avocado, dulse, orange juice, raw tahini dressing

Menu taken from **We Like it Raw**, at http://www.welikeitraw.com/rawfood/2006/08/sample_raw_food.html

About Raw Foods:

The belief behind a raw diet is that by cooking our food we destroy all the beneficial nutrients. Man is the ONLY animal that cooks his food, and man's health has been deteriorating. Most, if not all, of man's current health concerns are diet related. Cow's milk has been linked to allergies,¹ headaches, muscle aches, arthritis, constipation, chronic fatigue, obesity, autism, prostate cancer, Crohn's Disease and heart problems!^{2,3}

Recently, I entered an online essay contest by the Creative Health Institute, in Union City, Michigan. Their criteria for selecting a winner weren't based on writing skills, though. They were based on three parts: that the contestant took massive action to stand out, truly needed the help and would use it, and finally, would take action to spread the word about Raw foods. I was the grand prize winner! I won so much stuff! I won a free copy of the Dr. Ann Wigmore Raw Living Foods Home Study Program, valued at \$700.00, a one-hour consultation with Dr. Jim Carey of the Creative Health Institute, a one year membership to RawDoctors.com, and much more.⁴

I've been a bit overwhelmed by everything. There is just so much to learn all at once! I wanted to post about it, but I'm still a beginner. I'm just starting on this journey. I don't have my "success story" yet. I can't tell you yet how this has changed my life. But I do want to bring you along on my journey. For now, I'll post updates of my progress on my blog, and the menus on my menu page. I'll include how raw foods affect me, my husband, and my 2 yr old granddaughter, the queen of fussy eaters.

I should warn you though, that this menu would NOT qualify for any government sponsored child care food reimbursement program. I am currently on such a program – I get reimbursed for the foods I feed my granddaughter on the days I get paid to babysit her. I am not sure what I'm going to do about that – as I am required to serve milk at every meal, and I'm not sure if they'd take issue with me excluding meats from a preschooler's diet. I will probably have to drop the program eventually. For now, I'll offer my granddaughter the required servings of "forbidden foods" as she transitions from the Standard American Diet (S.A.D.) to totally raw.

The original menu posted at We Like It Raw did not have the raw banana/avocado cream bars for Sunday's brunch. This is a raw recipe I found in the Raw Living Foods Lifestyle Recipes book that came with my home study course. I've never had it before – but it sure sounds interesting! It's good that I actually like avocados. Looks like I'll be eating a lot of them!

¹ http://www.naturalchild.com/guest/linda_folden_palmer.html

² http://www.naturalnews.com/022673_bacteria_disease_cows_milk.html

³ http://findarticles.com/p/articles/mi_m0ISW/is_2002_Oct/ai_92282996/

⁴ <http://chidiet.com/blog/category/free-course>

Banana-Avocado Crème Bars

Cream:

2 avocados
4 ripe bananas
2 tsp vanilla ext.

Crust:

2 c. soaked almonds
8 dates
1 tsp vanilla ext.
2 tsp cinnamon
1 tsp nutmeg
Pinch of sea salt

Topping:

Shredded coconut

Directions:

- 1) Process all crust ingredients together in food processor. Press into a 9 x 6 glass pan.
- 2) Process cream ingredients in food processor until smooth. Spread over crust.
- 3) Top with grated, fresh, raw coconut (NOT the sugared product sold already grated)
- 4) Chill one hour, then serve! Raw foods are consumed same day, do not save left-overs