Raw Food Diet Meal Plans

Day One

Breakfast

Start with a fruit smoothie or green smoothie, containing these ingredients:

- Four or five cups fresh fruit and green vegetables
- Ice
- Two to three cups water
- Optional: add one raw egg

Snack

- Raw nuts
- Fresh fruit such as oranges, apples or pears

Lunch

Eat a large salad based on these foods:

- Green leafy veggies
- Three celery stalks
- Two large tomatoes
- Any color bell pepper
- Avocados
- Sunflower seeds

You can drizzle on salad dressing made of cold-pressed olive oil and/or freshly squeezed orange juice.

Snack

- Four cups berries or pineapple or three peaches

Dinner

Have a spinach salad with the following:

- Baby spinach leaves
- Romaine lettuce
- Cucumbers
- Tomatoes
• Green onions
• Orange segments

Pair with freshly-made vegetable juice containing mostly green veggies.

**Dessert or Evening Snack**

• 10 raw pecans or walnuts
• Banana

**Day Two**

**Breakfast**

Start your day with fresh juice made from:

• Two apples
• One cup of spinach
• Two carrots

Enjoy your juice with 10 - 20 macadamia nuts.

**Snack**

• Two mangos

**Lunch**

Eat a salad made of the following:

• Cucumber
• Tomato
• Zucchini
• Avocado

Drizzle freshly-squeezed orange juice on top as dressing.

**Snack**

• Two oranges

**Dinner**

Try a bowl of cold soup containing these ingredients blended together:
- Two avocados
- Half a peeled cucumber
- 1/2 cup fresh lime juice
- 2 teaspoons ground coriander
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 cup water

Top the soup with a "cream" made of these ingredients blended together:

- 1 cup cashews
- 1 tablespoon lemon juice
- 1 tablespoon raw, unfiltered apple cider vinegar
- 1 cup water

Pair with one quart (one liter) of freshly made vegetable juice containing green vegetables, along with various fruits.

**Dessert or Evening Snack**

- 30 - 40 berries

**Day Three**

**Breakfast**

Try a creamy and sweet breakfast made of the following:

- One young coconut blended into a cream
- 1 cup fresh, hulled strawberries

Pour the cream over the strawberries and enjoy.

**Snack**

- Two apples
- Two ribs of celery

**Lunch**

Try a rich, creamy smoothie that has a slight taste of chocolate and nuts. Blend together these ingredients:

- Two bananas
- 1 tablespoon raw almond butter
• 2 tablespoons raw cocoa butter  
• 1 cup of ice

**Snack**

• Two persimmons  
• Assorted green leafy vegetables

**Dinner**

Enjoy a dinner made of coated zucchini sticks. Start with two peeled and sliced zucchinis, coated in the following ingredients, and dehydrate:

• 2 tablespoons olive oil  
• 1 tablespoon minced garlic  
• 2 tablespoons nutritional yeast  
• Salt and pepper to taste

**Dessert or Evening Snack**

• Two mangos  
• 10 raw pecans

**Day Four**

**Breakfast**

• 30 - 40 berries  
• One avocado

**Snack**

• Two oranges  
• Assorted greens

**Lunch**

Enjoy a salad for lunch that includes the following:

• Leafy greens  
• Avocado  
• Green apples  
• Raw, rice vinegar for dressing

Finish your salad off with freshly squeezed fruit and vegetable juices.
Snack

- 1 cup sunflower seeds

Dinner

Try a raw pizza made with an almond crust. The crust includes these ingredients:

- 2 cups of ground almond meal
- 1 cup of ground flax seeds
- 1 tablespoon oregano
- 1 teaspoon cumin
- 1 cup water
- 1 tablespoon olive oil

Mix together the ingredients; then form into mini pizzas and dehydrate. Top with your favorite raw vegetables.