



## SIMPLE RAW VEGAN GUIDE

This guide worked for me when I was raw vegan for four years. Bearing in mind everyone's budget is different.

1. Having a wide variety of fruits, vegetables, nuts, and seeds, but focusing more on the fruits & vegetables, was especially important, making sure I am getting my vitamins and minerals from most food groups. You need to have enough each day to fulfil your calorie intake.

I was not trying to lose weight but rather maintain my weight by eating the right portions of calories. Losing weight was easy but maintaining it was not. With exercise and consuming 2500 calories per day I was able to maintain my weight. This approach worked for me.

### 2. Meals

For breakfast I would like to have a smoothie, or I would a mono meal.

When having a smoothie, I would make sure my smoothie consists of 800-1000 calories.

Mono meals would consist of a large bowl of a single variety of fruit, about 800-1000 calories. I was using an app to count my calories most of the time, the app was called Chronometer which had a section for raw vegans.

For lunch I would have a large salad, making sure I am getting my calorie intake because lettuce and cucumbers are extremely low in calories.

So, I had to rely on avocados, nuts, and seeds as a part of my meal, but not all in one sitting.

### Snacks

Would be any dried fruit, like dates, a big favorite of mine, I have a dehydrator and I would make my own raw crackers, kale chips or fruit leathers, also I would make my own raw nut or seed butters and would have that with vegetables as a dip.

### For dinner

Because I was not 100% raw, I would sometimes have steamed vegetables with vegetable juice for dinner, especially in the winter months, you wanted something nice and warm.

3. My body when I first started eating raw, was detoxing all the junk out of me, the first six months of being raw I went down to one dress size, but as soon as I was eating the right amounts of calories for my height, I went back to my normal weight.

What I noticed about my health being a raw vegan is the amount of energy it gave me, how my skin was clear and glowing from head to toe.

I was the healthiest when I was in that lifestyle, but it is not that easy to maintain when living in England with its climate.



### Quick List of Foods:

Fresh, dried, juiced, or dehydrated fruits.

Raw, juiced, or dehydrated vegetables.

Raw nuts and seeds.

Uncooked grains and legumes (sprouted or soaked)

Raw nut or seed milks.

Raw nut or seed butters.

Fermented foods & drinks like miso, kimchi, sauerkraut & kefir

Seaweed