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**karenknowler**  
The Raw Food Coach™

## Welcome to your **FREE 7 day "So You Want to Go Raw?" e-course**

**The Journey to Rawdom can be a very long and winding one**, especially if you don't have an experienced guide accompanying you. In fact, my own journey took five years to go raw in the first place (*it doesn't have to take this long!*), and I've spent the remaining eight years analysing and making sense of all the ins-and-outs so that I can distill them into simple wisdom and how-to steps and hand them over to others walking this path.

In the first part of this special coaching project, a project that will take you from wherever you are now to bringing raw foods into your daily diet ongoingly, we'll be starting right at ground zero. The early questions may appear basic but your answers will be far reaching - just trust the process!

I see the exercises that follow as **central to making your raw life work for you**, this is a project I believe every aspiring raw food fan should set to work on - it can literally make all the difference between going raw and staying raw, or flailing around making the same mistakes and hitting the same brick walls for months or years to come, as I did.

**By Day 7, providing you do one exercise per day as suggested, you will be have completed Stage One of your journey and be clear on the following...**

- 1) Why you want to improve your eating habits.
- 2) How many meals you want to eat per day (more important than it sounds!).
- 3) How much of these you want to comprise of raw foods.
- 4) What foods and meals you actually want to eat (as part of this we will also make sure that you are eating from a wide variety of sources.)

And once these foundational things have been established you'll be all set to move on to Stage Two, which is where things get *really* interesting!

*Karen x*

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**So You Want to Go Raw?**

## **Day 1: Your Big Why**

In this first session we're going to begin taking a look at the basics. For this session you'll need a pen or pencil, some paper or a notebook (if you're really serious about this you'll probably want to get a special book just for this project), or if you prefer to run your life electronically, a computer or similar.

You'll need to allow 15-20 minutes of quiet, undisturbed thinking time to work effectively through this session. All set?

### **Step 1: Ask yourself "why?"**

Vision and motivation are two of the key ingredients for sticking to a new improved habit or lifestyle choice. It's vital that before you begin to get stuck into the what's, where's, how's and when's of this project, that you answer the why's first. Quite simply, if you don't know why you are doing something you are much more likely to quit.

### **TODAY'S ACTION:**

On a clean sheet of paper take 10 minutes to answer the following questions:

- 1) What are my main motivations?** (Examples: Health, energy, ethical/moral/environmental concerns, no cooking, health of spouse or family, etc)
- 2) What specific benefits am I looking for?** (Examples: Clear skin, strong nails, more energy, positive outlook, shiny hair, weight loss, more time, detoxification, etc.)
- 3) What positive affect do I see for my life overall as a result of making these changes?** (Examples: Colourful living foods kitchen, tasty new meal options, experimenting with new recipes and new foods, great body, unstoppable energy, healthy dinner parties for friends and family, learning a new skill or teaching others about healthy living, growing my own food, becoming a raw food chef, teaching my children about health, etc.)

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Now you've listed those things that are *pulling* you towards eating more healthily, now take some time to think about the things that are *pushing* you towards your goal - those things that are forcing your hand whether you like it or not, such as: poor health, lack of energy, depression, boredom with food, weight issues, bingeing on junk food, your family's health problems, cooking smells, and so on.

**4) So with the above in mind, take another 5-10 minutes to list all those pushes pertinent to you.**

All done? Good...

Now that you have all your pushes and pulls itemised, you should feel very clear about why you are doing this.

However, if for some reason, your reasons do not quite seem compelling *enough*, and you don't feel the excitement for this project that you ideally should have, then don't despair - you just need to dig a little deeper. In fact, this feeling is quite common, especially for those who have been raw before but who can't seem to get back there again, because often the reasons we list are for the most part generated by our *\*mind\** and therefore don't always lift us up as much as if we were to consult with other parts of ourselves, as will become clear in a moment.

Going raw, I have found, is about something much deeper, ultimately, than simply choosing to eat more healthily (a mind thing). If you *really* want to get the juice from the experience you need to enquire within your *heart and soul* to find what will take you there and keep you there.

**Bottom line: You need a big enough why.**

I discovered this myself after almost a year of trying to get back to being 100% raw after 2 years half-off. Finally, after becoming increasingly frustrated with myself for not feeling sufficiently motivated or sticking with it when I did, I realised that **my reasons had changed** to what they were originally, way back when, but I had not made that connection and was wondering why I was struggling to make it happen. Quite simply, my why had become deeper,

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wider and taller than before but I had not excavated it. I needed to find and name my new BIG WHY before I could get going again - and it worked!

Realising this may be enough for you also to have that "aha" moment that we all long for when trying to move to another level in our development or diet. If you have got this far and do genuinely feel that you want to go raw, then something within you is calling you, and it may not necessarily look or feel as you expected, but it *is* there. Get quiet, go within, feel the stillness and listen for your why. It's there waiting for you. It may even surprise you with what it's all about!

Once you've found it, you'll have the best talisman in your backpack that you will ever need - a burning desire to keep you moving forward when the going gets tough (and it may) - your big why.

So, further along the journey, if ever doubt should creep in, or when times get testing, you will have something to refer to to inspire you and push you on. Keep adding to this list as new things come to mind, not just today but over the next few weeks as well. It's time very well spent.

### **Finally, your last step: Reward Yourself!**

So you may not be interested on a carrot at the end of a stick (me neither), but how about treating yourself to an alphonso mango (these are the orange-skinned kidney-shaped Indian mangoes that have the most amazing, intense flavour) or, if they're not available to you right now, then the ripest most succulent mango you can possibly find. No putting this off though and no excuses - treat yourself today! Don't you deserve it?

Get the idea? Are you feeling inspired and ready to go?

If you feel ready and want to work with me on this, then please print these pages off, complete the exercise above and tomorrow we'll continue building the foundations by looking at your daily routine.

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## Day 2: Your Daily Routine

Welcome to Day 2. If you haven't completed yesterday's exercise then please do not attempt to do this second one until you have, as you simply mustn't skip what is quite undoubtedly the most important step of all.

So when you've completed it *\*and not before!\** come back to this exercise and we'll press on! No cheating now!

If you've done it, congratulations, *how do you feel?* If you're not revved and raring to go then perhaps you didn't fully embrace what I shared with you about finding your big why? If this is the case, I encourage you to revisit yesterday's post and dig that bit deeper. If you're keen, you must persevere, it should (and will) set your world on fire!

When you're done, you're ready to move on to stage 2.

### Stage 2: Your Daily Routine

Your eating habits are interwoven into your daily life, and while changing your life may not be on the cards, it is important to make sure that your life supports good eating habits, so we need to see what we have here!

#### TODAY'S ACTION:

On a clean sheet of paper or a new page, take 10 minutes to complete the following:

**1) Mark a time line down the left hand side of your paper** in hourly increments starting with the time you get up in the morning until the time you go to bed. For example, if you wake at 7:00am every day write that down at the top of your page and then write 8:00am, 9:00am and so on until 10:00pm, 11:00pm or whatever time you finish for the day.

**2) Next, write in the fixed activities of a normal working week day**, such as the time you must leave for work, or take the children to school, or whatever. Usually early morning

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activities such as washing, dressing and having breakfast are fairly flexible, so pencil those in around the times you normally do the things that can't bend. If breakfast is currently a non-event for you but you'd like that to change, don't worry, we'll cover that later.

**3) Continue adding in the other fixed activities** – your lunch hour if you have a set time to take it, the time you leave work, pick up children, make dinner, any evening classes or meetings, when you go to bed etc.

**4) Once you have all these fixed activities marked in, take a look at the time left.** Make a list to one side of all the other activities you need to fit in somewhere during your day, but don't add them into your timeline yet.

**5) The next step is to think about how many times per day you typically eat.** However, the question you need to ask yourself before putting pen to paper is: *Is this the number of times per day I want and need to eat?* You need to ask this question of yourself because sometimes you may not be eating regularly enough and then grab an unhealthy snack because you are ravenous, or you may be eating too often or too little due to other unhealthy patterns you may have developed such as compulsive eating, comfort eating, eating for stimulation, or being "too busy" to eat. Take a moment to think about your life and your needs in a caring and being-kind-to-yourself way and make a decision about how many meals a day you want and need to eat (your "want" and "need" should ideally be the same. If they're not, this is a separate issue which, depending on its severity, may be worth consulting the appropriate professional about). In most cases the answer to this question will be "three times per day", but each of us is unique and this is what you need to be focusing on here. If you are transitioning to a raw food diet but are used to eating big meals, you may find that you need to add in a snack or two as well as three meals per day for the time being.

**TOP TIP: Be mindful of when you slot your mealtimes in.** Your last meal of the day should ideally be eaten at last 3 hours before you go to bed otherwise you run the risk of waking up feeling sluggish and your food not having been digested properly. Bear this in mind when planning your meals - it's very important!

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**6) When you have your answer to the question above, once more think about your day and pencil in the times you would like to eat these meals.** Hopefully you'll find no obvious clashes with activities already marked on your timeline, but if there are, there's solutions to be had, so don't panic! We'll come to that later. Mark them in anyway.

*All done? See, this is easy!*

I'm sure you can already see that there's a lot of benefit to be had from the simple, straightforward approach as we get things moving in a slow but steady and highly-directed way. This is all tied in with the 'grounding' element of going raw – you need to know where you are starting from and lay the foundations for a future that is built on rock rather than sand – that way you won't need to keep starting all over again.

**And how about today's reward?** (Yes, you need to reward yourself every time you complete one of these exercises because you're doing so well). What will it be today? Today you get to choose. Will it be a night out on the town, a night in reading a new book, or maybe ordering or buying that new book? Perhaps a long hot soak in the bath with some candles or bubbles will hit the spot? Whatever you choose, make it suitably fitting as you've not only found your BIG WHY this week but you've also got your day down on paper AND you've figured out how many times per day you'd like to eat. Good going!

Tomorrow we'll be moving on to look at how much cooked and raw food you want to eat. NB: There's no right or wrong answer to this, but you finding your own right answer is imperative. Until then, if you're really and truly serious about going raw to any significant degree do make sure that you do more than just read this stuff, won't you?! **Tomorrow's reality (and body) is being created by YOU – NOW!**

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## Day 3: Your Goal in Sight

Day 3 and I'm assuming (correctly, I hope!) that you've completed the two exercises from Days 1 and 2? If not, then the same rules apply, go back and don't revisit this page until you have! (Yes, I'm a hard taskmaster, but I only have your best interests at heart, you know that ☺).

By this point you should be feeling good about yourself and quietly excited as you see some semblance of something useful coming together, even though you don't yet have all the pieces. So today you get the third piece of the puzzle, or, more appropriately, the third 'tool' to go in your backpack before your journey truly begins, and that is **clarity on where you want to go**.

On Day 1 you unearthed the passion, yesterday you got clear on the time available to spend on your journey, by the end of today you'll have the location on the map!

Assuming you're ready for this third crucial step, let's move one to the critical stage 3.

### Day 3: How much cooked, how much raw?

Today's step is actually the shortest of all, but significant nonetheless.

#### TODAY'S ACTION:

On a clean sheet of paper or a new page, ask yourself the following question:

**"How much raw food do I want to eat per day?"**

By this I don't mean in weight or a specific number of nuts or tomatoes or whatever. I mean, loosely speaking, do you want just one meal a day to be raw, all of your meals to be raw, your breakfast to be raw and the other two meals to be mainly raw with a cooked side dish – or any other permutation you can think of?

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Unless you are on a specific programme that you must adhere to for health or fitness reasons, the decision is completely yours.

Answer the question according to your current situation/needs and bear in mind with this and other questions - nothing is set in stone, you can adapt as you go along. As life changes so do our needs, but we do need to start from somewhere!

NB: If you are prone to setting your standards too high and then "failing" (really this is just learning), then err on the side of caution and aim slightly lower than you would have done – you can always work up and it's a much better approach than aiming too high, not making it and then giving up.

**Now, write your decision down as a statement at the top of your page.** It should read something like this:

**"I want \_\_\_\_\_ of my meals to be raw"** (Fill in the gap according to your decision and add on any adjunct such as "and to include one cooked item per day" or whatever you have decided with regard to cooked food.)

Now you know how many times per day you want to eat (from yesterday's exercise) and how much of that you want to be fresh and raw, your destination is now in sight!

**And today's reward is...?** I suggest that today you start looking into the future a little more and dreaming about that moment when you reach your goal. While there really is no such thing as a final destination (the journey just gets better and better and is constantly changing and evolving), we do certainly reach *places* in our journey where we feel "I've made it!".

Today, for your reward, I'd like you to **make a promise to yourself that you will give yourself everything you need** to reach this first place where you feel you've reached your goal. This means that you make a pact that you will be your own best friend, will do what needs to be done, will ask for help when necessary, will read, learn and search for whatever it is you need to find, will give yourself all the appropriate mental, physical, emotional and spiritual tools you need along the way and finally, that today you will **dream up your really big reward for reaching that place** and write it down.

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## Day 4: Choosing Your 'Vital Ingredients'

So it's **Day 4 of 5**. How are you feeling? Hopefully at this juncture you have a feeling that things are starting to make sense, are coming together inch by inch and you have a very safe feeling around what you are doing, perhaps for the first time to date, and a certain sense of calm may be enveloping you, knowing that you are approaching your raw eating habits in a very down-to-earth and ultimately doable way. If not so far, then hopefully after today's little exercise that will come.

By this point you should have completed your assignments for Days 1, 2 and 3 and be feeling pretty pleased with yourself. If you've got this far, well done and I do hope you are rewarding yourself appropriately? That's just as important!

Today is a very good day indeed ☺. You get to think about food and **indulge yourself in thoughts of all the raw foods you truly love**. This is the day when you start to realise **just how easy this can be**, and how diverse, delicious, fun and interesting too!

So, if you're ready for foody-thoughts and Assignment 4, let's get to it!

### Day 4: Choosing Your Vital Ingredients

Today's step is one of the most critical of all, as the bottom line is that you have to enjoy - no, I take that back, *adore* - what you are eating. Unless you are seriously ill and/or under strict instructions and your health will suffer if you don't follow certain advice, please don't fall into the trap of trying to follow someone else's diet plan or recommendations if you really aren't fond of what's listed on the menu - it's a given that you won't stick to it for more than a day or two, and quite honestly, why would you want to? There's an *almost limitless* variety of raw foods you can choose from, no matter what your taste, so during today's assignment I encourage you to drop all excuses/ beliefs etc. and just be honest about your likes and dislikes - that means: Only go for **foods that make you go "Mmmmm"!**

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### TODAY'S ACTION:

Get ready with your clean sheet of paper or a new page, and follow instructions below...

#### 1) List all of the foods you *would like* to eat in a typical week.

NB: Don't think about what you *currently* eat, this about what you *want* to eat - whether it's along the same lines or at the opposite end of the spectrum, it makes no difference.

If this part seems a little daunting for some of you, don't panic! This isn't as difficult as you may think. Reflect for a moment and you will realise that whatever diet people follow, usually only 15-30 different foods are eaten during a typical week, so your list doesn't need to be extensive – just attractive and mouth-wateringly inspiring!

**To give you some idea of what a list might look like**, here is mine, in no particular order. It took me just 3 minutes to compile:

*Tomatoes, cucumber, black olives, flax seeds, watercress, kale, lettuce, onion, avocado, nectarines, raspberries, bananas, mesquite powder, dates, nori sheets, coriander, Nature's Living Superfood, macadamia nuts, almond butter, tahini, white cabbage, carrots, broccoli, red bell pepper, cashew nuts, almonds, hemp seeds (hulled), sesame seeds, sunflower seeds, sunflower greens, pumpkin seeds, Udo's Choice Blend, olive oil, lemons, pure water.*

This totals 35 items, all of which would ideally be fresh, ripe, raw, wild or organic. I could have added a few more, but kept it short so as not to overwhelm you! (We're just focusing on ingredients for the time being, we'll get to the meal suggestions shortly).

NB: In days gone by when I ate mainly junk food, my list probably would have totaled 20 items maximum – I generally ate the same foods day-in day-out, so when people ask if I get enough variety eating raw foods, well, there's my answer!

So, **make your list now** using a clean sheet of paper and, if you are new or fairly new to raw food eating, *aim to list one or two foods you've never tried before*. No matter where we are coming from it's always a good thing to continue to broaden our horizons.

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**2) Next, and very importantly, check that the items you've listed cover a wide range of food groups to ensure variety and adequate nutrition.** (It's also worth adding a liquid B12 supplement if you have any concerns on that front).

**The nutrition check can be done by making sure that you have at least 2 items from each of the following food groups on your list:**

*Fruit, green leafy vegetables, non-leafy vegetables, herbs, sprouted beans and seeds, Omega-rich seeds or oils, nuts and seeds (soaked or unsoaked), sea vegetables or algae.*

NB: Make sure that when you buy these items that they are from the best possible sources – all foods are not equal. So think “organic” or “wild” or, even better, “organic and locally grown”.

**3) If you now find that your list is lacking and all bases are not covered,** add some other foods in, and **consider adding a superfood or supplement** to your list if you are in any doubt whatsoever. As you can see, I take [Nature's Living Superfood](#) because it contains so many different whole foods (in a powder form) so I know I am “eating” all these things that I likely would never manage to find or eat as separate foods in my normal everyday life. If you need any help or advice on this issue, consult your nutritionist or naturopath or call The Fresh Network (0845 833 7017) who can help advise you as to the right one/s for you.

At this point you may be thinking, “Shouldn't we be choosing our meals first, then listing the ingredients?” Ordinarily yes, but unlike conventional menu planning, this is about health and not just simply about taste and “what fills the hole”. If you pick the healthful ingredients first – and you love them – you can then have fun creating recipes that incorporate them and you have a win-win situation - this way you'll be eating for pleasure and your health – what a novel concept! (The flip side of this is that, if you pick your meals first and then list the ingredients you may find that your list isn't broad enough in variety and so on, so you'd have to start over again).

Are you having fun yet? You should be! The pieces of the jigsaw are coming together nicely now and this exercise should only take you 15 minutes at the most, and leave you salivating, just a little! (If it's not did you *really* pick only ingredients you love???)

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**Today's reward:** Today, free reign to create your own reward suitably fitting for successfully completing the task in hand. Perhaps it will be to purchase one of those items on your list that you love but haven't eaten for a while? Or maybe to try one of those new things that you've added to your list that you've never tried before? Or maybe it's not even food related but something along the lines of taking yourself off to yoga or for a swim (my current reward of choice), or reading your latest amazon find.

Tomorrow, Day 5, is the last step of this project and spans up to 3 days, taking you to day 7. Yes, you're almost there! Well done on all you've achieved so far; keep on going, the journey just keeps getting better and the rewards will be more than worth it.

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## Day 5: Create a Menu to Live For

**Well done and congratulations on getting to Day 5!**

Today is a great day indeed because **today you get to pull all of the pieces together** and have a ball imagining all of the great foods and meals you're going to be moving forward with. **You also get a FREE mini e-book about menu planning that is well worth persevering for!**

Today's assignment is going to be pretty lengthy - there's simply no way around that - however, I know that you're going to love it, thank me for it and be sooo glad you carried on even though you might feel a very strong pull to distract yourself and not go the final mile.

**I don't want you to leave now, and I'll tell you why:** You're a winner already. You're here and you're game. If you've completed Days 1-4 then you're ready, willing and able, and this means **it's your time**. Why stop now? It's Day 5 of 7, the end is in sight and this is the best bit so far!

That said, I have a feeling that it's going to take you today and the next couple of days to really get to grips with this one, but what's 3 days out of your life (and only fractions of them at that), when you're going to come away with **a winning plan that will get your eating habits bang on track and have you all set for Phase 2 of the big journey?**

As tempting as it may be to drop the baton now, I urge you *not* to listen to that voice of self-sabotage! Taking this step now, fully and completely, will make ALL the difference between you playing at this and you really making it happen. Trust me!

Besides, as mentioned earlier I have a really cool freebie waiting for you 😊.

So if you're ready for the final frontier of this particular leg of the journey, then follow me...

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But before we get to today's assignment, let's just take a moment to reflect on the past 4 days.

**Day 1 - You listed your pushes and pulls. You also found and named your BIG WHY-yay!**

**Day 2 - You put pen to paper and mapped out your typical day, including how many meals you want to eat and when.**

**Day 3 - You decided exactly what your goal is in terms of how much raw / cooked foods you'd like to eat at this particular chapter in your life.**

**Day 4 - You listed your Vital Ingredients.**

That's a lot of information, right? You should be proud!

Well, today we take your work from Days 2, 3 and 4 and get to the really juicy bit about **WHAT EXACTLY YOU ARE GOING TO EAT.**

So...

**Here comes your assignment for the next 1-3 days, step-by-step:**

**1) Pull out your work from the past 3 days** so that you have all of your answers in front of you

**2) Take a fresh sheet of paper, and list down all of your favourite drinks and meals -** cooked or raw, anything allowed - just get them down and be completely honest.

**3) Take a look at your list and cross out any food and drink that doesn't sit well with you** and where you want to go - you have to get real here! In the case of addictions or comforts such as coffee, bread, cheese, pasta, alcohol, chocolate or whatever, be realistic. These things may take weeks or months to wean off - don't forbid yourself from having them unless you genuinely feel ready to let them go. These things will fall away in good time - if you want them to.

**4) Looking at the list of foods and drinks remaining, think about what ingredients make these**

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things up - **what other recipes or ingredients do you need to bring into this picture to tick all of the Vital Ingredients off your list?** For instance, if you've listed parsley as one of the foods you really want to eat in your ideal week, but parsley doesn't appear in any of your recipes, then consider adding chopped parsley to salads or veggie burgers, or putting them into a juice or smoothie - just make sure it's in there somewhere! Then, keep going until all of those Vital Ingredients feature *somewhere* - ideally more than once.

**5) Next, open the PDF file I've attached here for you...**

[Download raw food for beginners menu planning transitioners allraw.pdf](#)

This is a gift to you *from me to you* and also exactly what you need to get from where you are right now to where you need to be before you move on to stage 2!

**Within this file you'll find some really useful guidelines for designing a Transitioners Menu and/or an All-Raw Menu as well as a sample menu of each. Finally, you'll see a blank menu planner for you to print off and fill in yourself.** How cool is that?! Aren't I so good to you? ☺

(If you cannot open PDF files, simply visit [www.adobe.com](http://www.adobe.com) and download Adobe Reader for free.)

**6)** After you've read the above file and are clear on which kind of menu you're going for, **take the blank Menu Plan and start to slot in your favourite meals according to your goals and other criteria you have set for yourself.** Remember - take it easy and don't aim too high at first. Your menu will always evolve, I guarantee that. Here I am, for example, 13 years into raw eating and my diet is constantly changing, just as it did right back at the start. This applies to everyone I have ever met who follows a raw diet - no-one stays the same and nor does what they eat.

**7) When you're done, make sure that your menu meets the following criteria:**

**Inviting** - you need to be inspired simply by looking at it. If you're drooling, well what can I say?! Star Pupil!

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**Easy and doable** - you know you won't follow your plan - even with the best intentions - if it means hours of soaking, sprouting and dehydrating are required, so choose recipes that are quick to make and/ or that will last for days in the fridge. This is one of the best pieces of advice I can give you at this stage. KISS - Keep It Simple, Sugar ☺. [NB: If you're looking for some super-quick and easy raw food recipes you'll definitely want to know about ["The Raw Food Coach's 50 Quick, Easy, Healthy and Delicious Raw Food Recipes"](#) eBook!]

**Nutritionally sound** - I'm assuming you don't have a serious health condition when I say this: You don't have to run this by a nutritionist (this is just a 1 week plan!) but do check that you have a good variety of foods as per the criteria set yesterday. Also think in terms of different colours as well as different food groups - try to eat all the colours of the rainbow, ideally every day - this is a classic guideline to go by for ensuring variety in any diet.

**8) Anything missing? Do you have gaps? Are you confused?** If you're very new to this then you may well be feeling a bit lost. Please don't! It really does get easy once you start experimenting and reading a little more. You soon find ways to adapt what you're used to eating and very soon it becomes second nature, honest.

Here's some ideas to get you off and running:

**A good rule of thumb for breakfast** is fruit (unless you have candida) - however much you want, whatever type/s appeal, until satiated. If fruit doesn't fill you up enough or you're looking for something else, then try a filling smoothie or nut milk. Or how about soaking some large dried fruits (like prunes, apricots and apple rings) in water until plump and pouring on a nut milk or rice milk? These are good standard choices that are quick to make and result in minimal clean up. A green smoothie is a particularly great way to start your day if you are up for it. Try about 5 or 6 large handfuls of baby spinach blended with 1 mango and see how delicious and easy they can be! After just 3 minutes of chopping and blending you'll have in your hands one of the most potent things you could possibly take into your body (so it has to be organic!). If you eat/drink one green smoothie a day your cells will be singing in no time!

**For lunch**, I'm assuming you're easing in, so try for 50/50. That would be something like a

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good quality sandwich made from wholemeal organic bread with a delicious raw filling such as avocado, tomato and cucumber. This was one of my favourite transitioning staples way back when. I also loved banana sandwiches - no butter, just bread with lots of ripe banana laid between the slices - very filling and very delicious. Or if you're eating out, then a good choice is a large jacket potato, no butter, but with a fresh coleslaw and side salad. I used to love smearing avocado inside my potato instead of butter - mmmm!

**For dinner**, again, try for 50/50 if you can. Select one favourite cooked item such as pasta, rice, bread, potatoes, fish, cheese, veggie burger or whatever, and serve with a large salad or some lightly steamed vegetables with a raw dip. It's really very easy when you think about it! One of my favourite meals along these lines was a large bowl of cooked wholegrain rice mixed with chopped avocado, tomato, red bell pepper, onion, cucumber and sprinkled with lemon juice - absolutely scrummy! I ate it night after night after night and never got bored of it. Another favourite was boiled organic baby potatoes swirled in a mixture of olive oil, crushed garlic, finely chopped basil and lemon juice and served in a large bowl of green leaves with all manner of salad items mixed in. Both delicious and filling and, in the grand scheme of things, very very virtuous.

If you're still stuck, I don't want you to be... so [email me](#) - I'm here to help!

**8) The last step now is to check in with yourself about the anomalies in life** - eating on the run, in the car, while travelling, when hungry and in the middle of nowhere - that kind of thing. What can you make or pack that will help you out in those kinds of situations? I have one idea for you that I have recommended over and over again - **create your own Trail Mix**. All you need to do is find a large glass jar or Tupperware box with an airtight lid and mix a few handfuls of different nuts and seeds with a few handfuls of dried fruits (raisins, dates, apricots, goji berries etc.). When you've nearly filled your container, give it a good shake - and voila! - you have a large amount of dried raw snack food that you can either keep in your office drawer, decant into smaller boxes or baggies for your handbag or briefcase, or keep in your car glove compartment, or wherever you're likely to need it. Great for kids too, of course.

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Also consider making or buying a stash of flax crackers or raw snack bars like the lovely [LARABARS](#). These travel well and are more calorie dense than fruits and veggies so will keep you going longer. As time ticks by you'll soon find out where and when your vulnerable moments are and in time you can become better and better prepared for them.

**9)** When you have your menu all filled in and are 100% happy with it, all that remains to be done is to **go shopping and have your kitchen stocked and ready for the week ahead!** If you need to soak or sprout anything then do it in the next couple of days, but ideally at this stage there will be very little of this going on as we want to keep it simple, quick, easy and doable, right?

**10)** If you've reached action 10, then you've done absolutely brilliantly and deserve a medal. Full permission granted to give yourself an extra special treat. Use Day 8 to see how you fare at following your menu, and in Stage 2 we'll start looking at all the little (and not so little) obstacles that may come your way or that you may put in your own way as you set out on the next stage of your Journey to Rawdom.

Congratulations! You made it!

**For lots more useful information about eating raw, setting up your kitchen and everything you need to know about to get you off and running** do make the most of the Going Raw and Free Stuff sections at <http://www.therawfoodcoach.com/>. There's masses of free information and recipes waiting for you!

See you there ☺

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