

# TRANSITIONING WEEK 1

FRUIT FOR BREAKFAST



# TRANSITIONING WEEK 1

## GET STARTED WITH 80/10/10

There are several ways in which you can start your new diet but unless you are very healthy I don't recommend going 100% raw overnight. The possible detox can simply be too tough on you where as a slower transition gives your body time to adjust to the new diet. I recommend that you use two to three weeks to transition so I have made a transitioning program where you change one meal a week. In week one you are going to eat fruit for breakfast and in week two you will be eating raw for both breakfast and lunch. The rest of the time you will be eating a high carb vegan diet with vegetables, roots, beans, grains, lentils etc. In week three you can choose to go fully raw or keep your dinners cooked vegan. It is up to you but the more raw you eat the better and faster results you will get.

## FAT AND SUGAR

Another reasons why I recommend a slow transition is that it will help you clear all fats from your system before you step up the fruit sugar consumption. It takes about 7-10 days to clear the fat you have previously eaten from your bloodstream. A lot of fat and sugar in the system at the same time can cause problems like fatigue, candida, blood sugar spikes or insulin problems so it is a good idea to remove all fats for about two weeks before you eat a fully raw fruit based diet. By fat I mean things like **butter, oils, meat, cheese, yoghurt, fish, egg, dairy, margarine, nuts, seeds, coconuts, avocado, fish oil**, etc. If you have diabetes it is even more important that you remove all fats for at least 2 weeks. My program is designed so that you will remove all overt fats during week one and two and then slowly introduce a little bit of overt fat in week three. If you worry that you won't get enough omegas then rest assured that there are also omega 3, 6 and 9 in most fruits and vegetables.

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## SHOPPING WEEK 1

The first thing you need to do is to shop for week 1 and maybe also a bit for week 2. Most fruits need to ripen for a couple of days or longer. Sometimes it even takes one to two weeks before they are ready to eat so do make sure to shop 2-7 days in advance. When you are half way through week one you should do some shopping for week two. The fruit you find in most supermarkets is often quite unripe so it is a good thing to buy in bulk and let it sit in your kitchen and ripe. Of course you can also risk that you buy too much and that it goes bad before you get the chance to eat it. It does take a bit of planning and practice in the beginning. If you bought too much the best solution is to freeze it and use it in a smoothie at a later date.

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It is time to get started and you can either follow my transitioning plan or make your own. You find my plan on the following page and if there is something in it

you don't like or can't get hold of then just replace it with some other fruits that you like. As you may notice there are no indications of amounts in the plan but this is deliberately. Everyone needs different amounts of calories depending on their height, size and level of activity but it is also very individual how much you will be able to eat in the beginning. Fruit contains a lot of water so in time your portions should grow considerably larger than what you are used to in order to get enough calories. It is too early to track your calories as you are still eating a lot of cooked food but next week I will teach you all you need to know about calories. So this week just eat as much fruit for breakfast as you can and then a bit more so that you are totally full.

This week you should also remove all animal products from your diet so you eat completely vegan. Be creative and make meals out of things like rice, pasta, potatoes, quinoa, beans, lentils, bread, baked or cooked vegetables etc. You can find inspiration in my 'Raw till 4' guide. It is also ideal if you can begin to remove stimulants like coffee, cigarettes, energy drinks, alcohol etc. from your diet this week.

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## THE PLAN:

Here are the rules for this week:

- Eat as much fruit as you can for breakfast and then some
- Remove all overt fats
- Eat completely vegan
- Eat cooked vegan for lunch and dinner
- Cut down on stimulants

WEEK 1	BREAKFAST	LUNCH	DINNER
MONDAY:	Oranges (feel free to make freshly squeezed orange juice out of them).	Cooked vegan without fat	Cooked vegan without fat
TUESDAY:	Grapes	Cooked vegan without fat	Cooked vegan without fat
WEDNESDAY:	Peaches or nectarines	Cooked vegan without fat	Cooked vegan without fat
THURSDAY:	A fruit salad from mangos and strawberries	Cooked vegan without fat	Cooked vegan without fat
FRIDAY:	A fruit salad from bananas and blueberries.	Cooked vegan without fat	Cooked vegan without fat
SATURDAY:	A smoothie from dates, bananas, cinnamon and water.	Cooked vegan without fat	Cooked vegan without fat
SUNDAY:	Honeydew melons	Cooked vegan without fat	Cooked vegan without fat

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## MAKE YOUR OWN PLAN

If you prefer to make your own transitioning plan you can use the list to the right. Just pick whatever fruit you like from the list and make sure that it is whole, fresh, ripe and raw. You can choose to eat the fruit as it is or make a fruit salad or a smoothie. Frozen fruit is ok too. If you choose melons then make sure to eat them by themselves, as they do not digest well with other fruits. On the next page you find information about how you know if a fruit is ripe or not.

## RAW IDEAS FOR BREAKFAST

Apples	Mangostan
Apricots	Melons
Bananas	Nectarines
Berries – all kinds	Oranges
Cherimoya	Papayas
Dates	Passions fruits
Dragon fruit	Peaches
Figs	Pears
Grapefruit	Pineapple
Grapes	Plums
Jackfruit	Pomegranate
Juice – freshly squeezed	Pomelo
Kaki/ Sharon	Star fruit
Kiwi	Tangerines
Mangos	

# TRANSITIONING WEEK 1

## RIPENING GUIDE

### HONEYDEW MELONS

They often get better if you leave them for a week or more. Go for the ones which are darker in colour and smells sweet. The ripe ones may also be a bit softer on the outside.

### PEACHES AND NECTARINES

They should be a little bit soft to the touch and can take anywhere from 0-7 days to ripen. Just let them sit until they feel soft and juicy.

### ORANGES AND TANGARINES

They are usually ripe when you buy them and can generally last a couple of days to a week before they go bad. Non-organic citrus fruits can be heavily sprayed.

### MANGO

Should preferably be soft to the touch like an avocado. If they are not then just leave them until they are. Do not eat the peel and wash them first if you get a stomach ache.

### BANANAS

Truly ripe bananas are yellow with brown spots. This can usually take up to a week or even longer depending on the room temperature and how green they were when you bought them. You can also tell the ripeness from how soft they are. The softer the more ripe they are.

### PINEAPPLE

A ripe pineapple is normally orange or brown on the outside but never green. If the leaves come off easily and it smells sweet it should be ripe. Leave a green pineapple for a week or until it is ripe and then freeze whatever you can't eat and use in smoothies.

### GRAPES

Grapes are ready when you buy them and do not get any better in time. They usually last a couple of days in the fridge. Unorganic grapes can be heavily sprayed.

### APPLES

Apples are ready to eat when you buy them and can last quite a long time. Most apples have been waxed and you can remove it but soaking them in hot water.

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## PEARS

Should preferably be soft and juicy so let them ripen until they are ready. Eating too many pears at once can give you a stomach ache.

## DATES

Go for dates that are as fresh as possible as they will digest better. Dates can last for a long time and will just become more and more dry.

## WATERMELONS

A watermelon is ripe when it sounds hollow - just hold it to your ear and knock on it. You can usually leave it for up to a week and it will still be good to eat.

## PERSIMMONS (SHARON)

Look like a large orange tomato and should preferably be quite soft to the touch. It can take anywhere from 3 days to 3 weeks to get them soft if they are unripe. Dark areas are ok to eat too.

## KIWIS

Kiwis should be a bit soft and you can let them sit for a week if you like. Yellow kiwis are sweeter than the green ones.

## GALIA MELONS

A galia melon should give in and be soft when you touch the ends of it. Eat it before it gets too many molden spots which can come within a few days.

## PREPARATIONS - WEEK 2

Next week you will be adding a green smoothie to your diet so you may want to buy some fruit for that soon. You can buy the greens at the beginning of week 2 so they are as fresh as possible. It takes a little bit of practice to learn when to shop and how long in advance fruit needs to ripen but you will get really good at it eventually. It should also get easier when you no longer follow my plans because then you can just eat whatever you have that is ripe.

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## VEGAN LUNCH AND DINNER

To the right you find some ideas for lunch and dinner during the transitioning period. Try to find whole foods that are not too refined and also organic if possible. Use the 'Raw till 4 inspiration' guide if you are short of ideas for dishes.



## IDEAS FOR LUNCH AND DINNER

- Almond milk
- Artichokes
- Asparagus
- Aubergine
- Bean vermicelli
- Beans
- Beetroot
- Bread (gluten free)
- Broccoli
- Carrots
- Cassava/ yacca
- Cauliflower
- Chickpeas
- Coconut sugar
- Corn
- Courgette
- Couscous
- Juice - bottled
- Leek
- Lentils
- Mushrooms
- Nori sheets
- Oatmeal
- Olives
- Onions
- Parsnips
- Pasta (gluten free)
- Potatoes
- Pumpkin
- Quinoa
- Rice
- Rice noodles
- Rice paper
- Spices
- Sweet potatoes
- Tofu
- Tomato sauce
- Turnip
- Yams