

# TRANSITIONING WEEK 2

RAW FOR BREAKFAST AND LUNCH



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In week two it is time to add another raw meal and this time it is for lunch. Just like week one you can choose to eat the fruit just as it is, make fruit salads or fruit smoothies, but what I highly recommend is that you introduce what is called a 'green smoothie'. A green smoothie consists of fruit, leafy greens and water - nothing else. No syrup, milk, protein powder, oils, vegetables etc. Only fruit, leafy greens and water! You should increase the amount of greens you use very slowly as they are extremely detoxifying. Learn more about how to make green smoothies and get lots of recipes in the 'Green Smoothies for Health' eBook. Eating raw fruits and veggies for breakfast and lunch and a cooked vegan meal for dinner is called 'Raw till 4'. Read more about it in the 'Raw till 4' eBook.

This week you will increase the amount of fruit sugar in your diet so it is extremely important that you keep your fat intake at zero in order to avoid blood sugar issues. This means that you should not eat things like meat, fish, eggs, dairy, butter, oils, cream, cheese, nuts, seeds, avocado, etc. For dinner

WEEK 2	BREAKFAST	LUNCH	DINNER
MONDAY:	Mangos	Green smoothie of bananas, parsley and water.	A cooked vegan meal with no overt fat
TUESDAY:	Watermelon	Green smoothie of pineapple, bananas, baby spinach and water.	A cooked vegan meal with no overt fat
WEDNESDAY:	Persimmons/sharon or peaches	Green smoothie of mangos, bananas, basil and water.	A cooked vegan meal with no overt fat
THURSDAY:	Fruit salad with bananas and raspberries	Green smoothie of melon and mint.	A cooked vegan meal with no overt fat
FRIDAY:	Galia melons	Green smoothie of bananas, blueberries, celery and water.	A cooked vegan meal with no overt fat
SATURDAY:	Fruit salad of pineapples and clementines	Green smoothie of peaches, mango, iceberg lettuce and water.	A cooked vegan meal with no overt fat
SUNDAY:	Fruit salad of apples, pears and raisins	Green smoothie of bananas, arugula, lemon and water.	A cooked vegan meal with no overt fat

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you should continue to eat a cooked vegan meal like you did last week. For example boiled or steamed vegetables, baked potatoes, rice, pasta, quinoa, lentils, beans, etc. You should also begin to eat more soft vegetables like tomatoes, cucumbers, bell pepper and zucchini plus all sorts of leafy greens and fresh herbs this week. Most people prefer to eat their vegetables and salads at night but you are welcome to eat them at other times as well.

It will be great if you can completely remove the stimulants in your life too. Here I mean things like tea, coffee, cigarettes, caffeine drinks, alcohol etc. that you are addicted to or need in order to get energy or calm down.

When you change your diet and remove stimulants you will most likely begin to detox and experience some detox symptoms. This can be things like cold/ flu like symptoms, headaches, stomach problems, fatigue, greasy or dry skin or even worsening of your present health issues. But don't worry. It will pass and it is normally a natural part of the process. You can help the process by drinking lots of water in between meals but not during meals. After a fruit meal you should rinse your mouth with a little bit of water so you wash away the fruit sugar from your teeth. This is important in order to avoid cavities.

Fruit contains a lot of water so this week you have to make sure that you

meals are large enough to fill you up and also give you enough calories so you don't lose weight. Because of the high water content in fruit your meals will have to be almost twice as big as a cooked meal and you will have to eat more than you are used to. Therefore I suggest you snack on fruit in-between meals in the beginning until your stomach has gotten used to the larger portions. So do eat a little bit more in each meal than you normally would and eat snacks in-between meals if you ever feel hungry.

## THE PLAN:

Here are the rules for this week:

- Eat as much fruit as you can for breakfast
- Eat a green smoothie or fruit for lunch
- Eat cooked vegan meal for dinner + salads
- Keep overt fats at zero
- Remove as many stimulants as possible
- Eat more than you are used to

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## GET ENOUGH CALORIES

It is important to get enough calories, especially if you choose to eat fully raw in week 3. If you get too few calories you may feel tired and loose weight.

Here are some general guidelines as to how many calories you need:

### WOMEN:

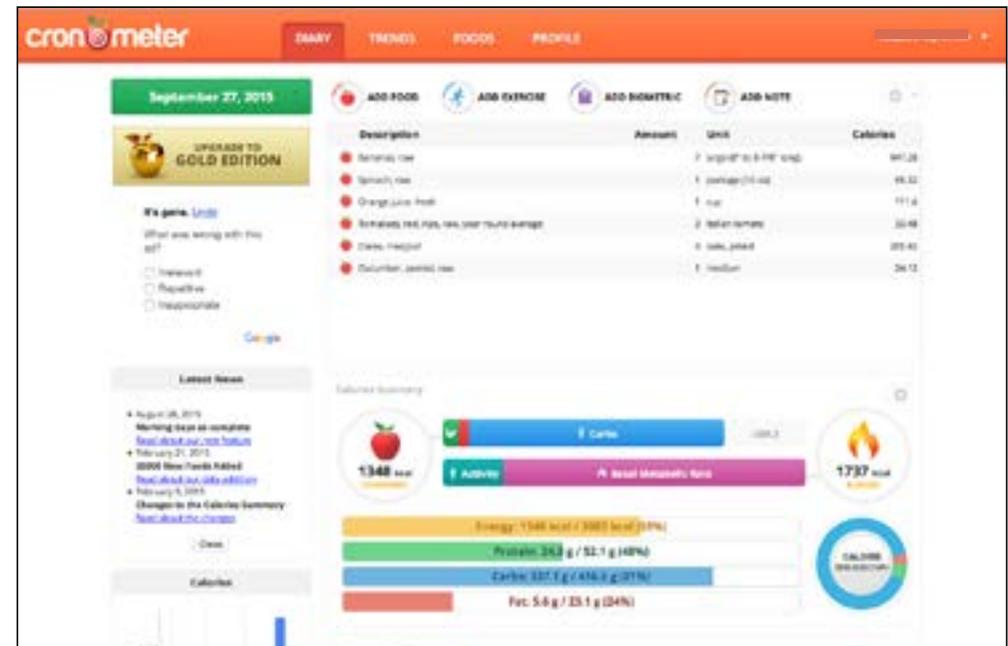
A sedentary woman	app. 1.600 - 2.000 calories pr. day
A normally active woman	app. 2.000 - 2.500 calories pr. day
A very active/ sporty woman	app. 2.500 - 3.000 calories or more pr. day

### MEN:

A sedentary man	app. 2.000 - 2.500 calories pr. day
A normally active man	ca. 2.500 - 3.000 calories pr. day
A very active/ sporty man	ca. 3.000 - 4.000 calories or more pr. day

I suggest you use a program like [www.cronometer.com](http://www.cronometer.com) to keep track of what you eat this week. That way you can learn about how many calories, minerals, vitamins etc. you get each day. Watch the video in the member's area about

how to use Cronometer. I encourage you to use it for at least for the first couple of weeks so you learn how many calories you get from each meal. That way you avoid under- or overeating. If you use the '30bananasaday/HCLF' setting [www.cronometer.com](http://www.cronometer.com) can also show you if you get the 80/10/10 ratio right. After a while you will know how much food you need to eat without using the program. On the following page you can find a general calorie guide.



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## CALORIE GUIDE

1 cup of almonds (143 g)	= 822 calories	1 kiwi, green (69 g)	= 42 calories
1 apple (182 g)	= 94 calories	1 kiwi, yellow (86 g)	= 51 calories
1 avocado (201g)	= 321 calories	1 lemon (58 g)	= 16 calories
1 banana (118 g)	= 105 calories	1 mandarin (88 g)	= 46 calories
50 blueberries (68 g)	= 38 calories	1 mango (336 g)	= 201 calories
1 cantaloupe melon (552 g)	= 187 calories	1 nectarine (142 g)	= 62 calories
1 cup of cashew nuts (145 g)	= 801 calories	1 orange (131 g)	= 61 calories
1 stalk of celery (40 g)	= 6 calories	1 papaya (350 g)	= 150 calories
10 cherry tomatoes (170 g)	= 30 calories	1 peach (150 g)	= 58 calories
10 dates (83 g)	= 234 calories	1 pear (178 g)	= 101 calories
1 fig (50 g)	= 37 calories	1 pineapple (905 g)	= 452 calories
1 grape fruit (246 g)	= 102 calories	1 plum (66 g)	= 30 calories
10 grapes (49 g)	= 33 calories	10 raspberries (19 g)	= 10 calories
1 honeydew melon (1.000 g)	= 360 calories	1 head of romaine lettuce (626 g)	= 106 calories
1 iceberg lettuce (539 g)	= 75 calories	1 strawberry (12 g)	= 4 calories
1 Persimmon/sharon (168 g)	= 117 calories	1 tomato (91 g)	= 16 calories
		1 watermelon (4.518 g)	= 1.355 calories
		1 zucchini (196 g)	= 33 calories



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## RAW MEAL OPTIONS

Apples	Herbs - fresh	Pomegranate
Apricots	Jackfruit	Pomelo
Asparagus	Kale	Rambutan
Avocado	Kiwi	Seeds
Bananas	Lemon	Spring onions
Bell peppers	Lettuce/ leafy greens	Sprouts - fresh
Berries - all sorts	Lime	Star fruit
Breadfruit	Mandarin/ tangerine	Sweet corn
Cape gooseberry	Mangos	Tangerines
Carambole	Mangostan	Tomatoes
Celery	Melons - all sorts	Zucchini
Cempedak	Nectarine	
Cherimoya	Nuts - fresh	
Coconuts - young	Oranges	
Cucumber	Papaya	
Dates	Passion fruit	
Dragon fruit	Peaches	
Durian	Pears	
Figs	Peas	
Fruit juice - fresh	Persimmons / sharon	
Grapefruit	Pineapple	
Grapes	Plums	

## COOKED MEAL OPTIONS

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

# FOOD COMBINATION GUIDE

## HIGH STARCHES

Asparagus, beetroot, carrots, pumpkin, sweet potatoes, artichokes, roots. Do not go well with protein, fat and fruit.



## LOW STARCHES

Bell pepper, broccoli, beansprouts, alfalfa sprouts, cabbage, cauliflower, cucumber, mushrooms, beans, bok choy, sweet peas, radish, spring onions, sweet corn, garlic, kale, zucchini.

Works well with most things.



## LEAFY GREENS

All kinds of leafy greens e.g. spinach, parsley, celery, iceberg lettuce. Works well with almost everything.



## PROTEINS AND FAT

Nuts, seeds, durian, avocado, coconuts, etc. Not good with sugar or high starches. Best with leafy greens or on their own.



## ACID FRUIT



Oranges, mandarins, grape fruits, lemons, lime, pomelo, pineapple, kiwis, passion fruits, strawberries, tomatoes, cranberries, pomegranates, tamarind. Works best with sub-acid fruits, leafy greens and celery. Not with sweet fruit or high starches.



## MELONS

Melons are best eaten on their own or with other types of melons.



## SUB-ACID FRUIT

Apples, pears, peaches, nectarines, plums, apricots, blackberries, blueberries, raspberries, mango, papaya and some types of grapes. Works well with both acid and sweet fruit but not at the same time. Also good with leafy greens and celery.

## SWEET FRUIT



Bananas, dates, raisins, figs, prunes, dried fruit, sharon, cherimoya, durian, jackfruit, sapodilla, sweet cherries, sapote, carob, sweet grapes. Works well with sub-acid fruits plus celery and leafy greens. Not with acid fruits.