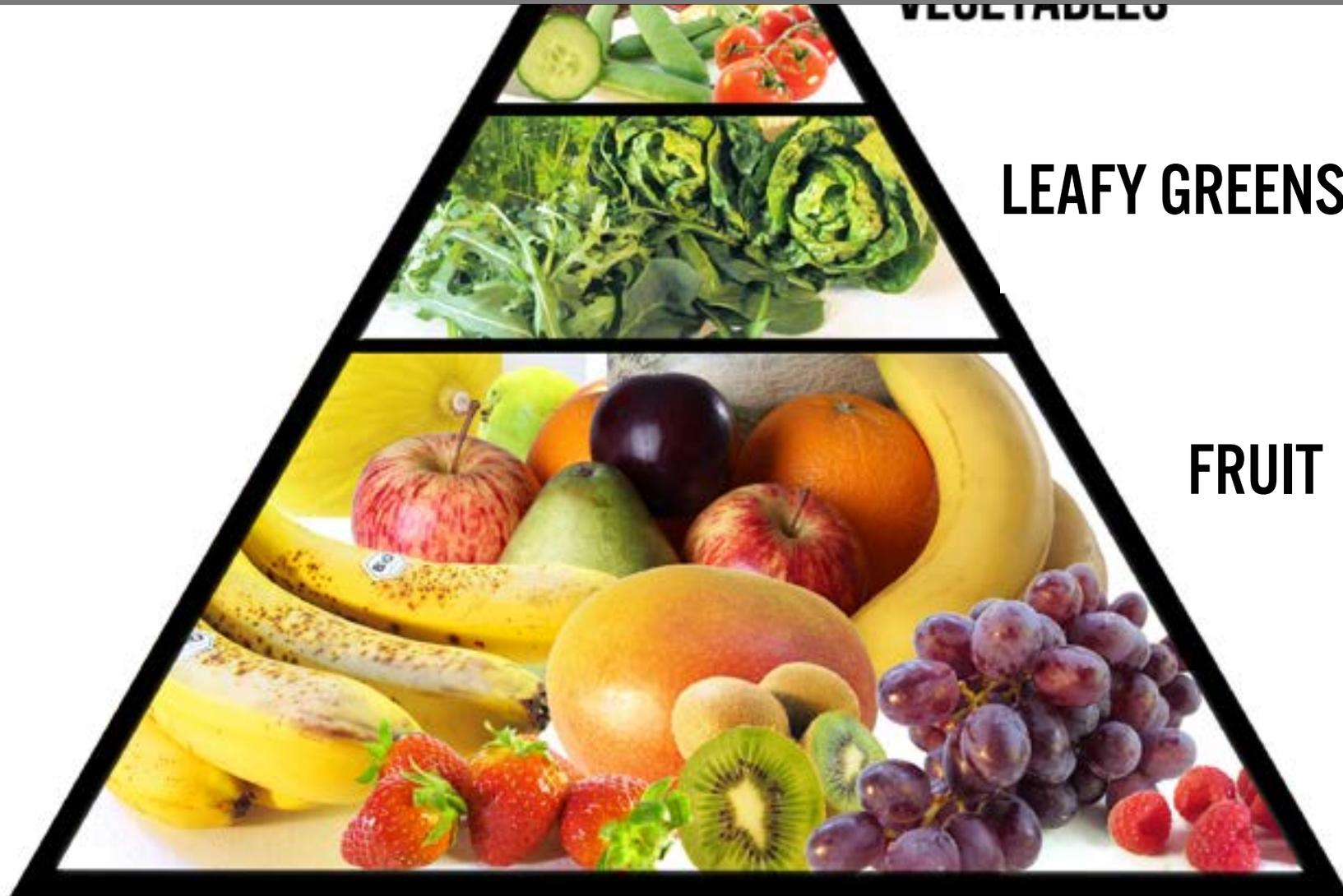


FULL 80/10/10 WEEK 3

RAW FRUITS AND VEGETABLES FOR ALL MEALS



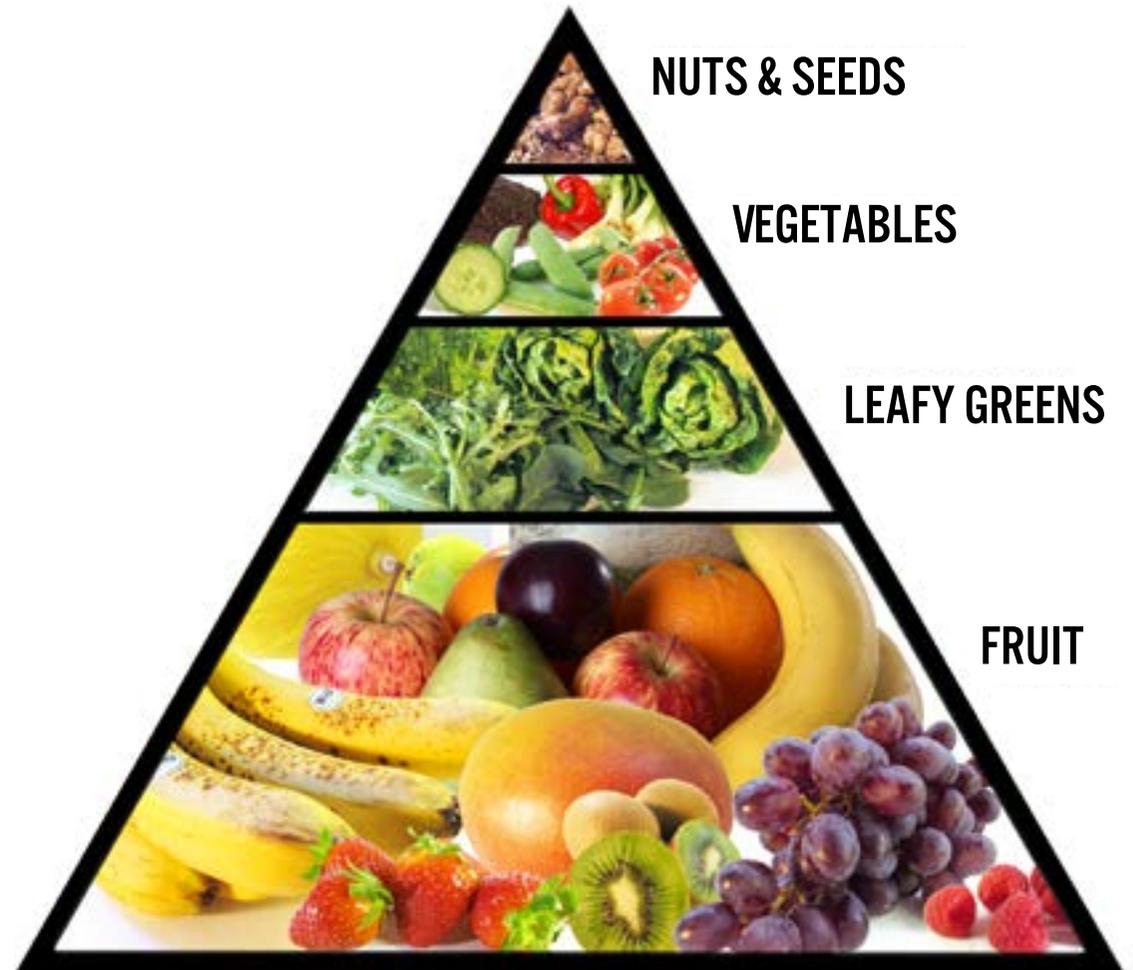
FULL 80/10/10 WEEK 3

THE 80/10/10 PRINCIPLES

This week you will be eating fully raw according to the 80/10/10 principles. So what does that mean?

80/10/10 means that you eat a minimum of 80% carbohydrates, a maximum of 10% protein and a maximum of 10% fats of your daily calorie intake. That means large amounts of fruit, a lot of leafy greens, small amounts of softer vegetables like cucumber, tomatoes, bell pepper, zucchini etc. and tiny amounts of nuts and seeds. In order to get the 80/10/10 ratio right I suggest you type in what you eat in Cronometer.com for the first couple of weeks. That way you get a general understanding that you can use in the future.

On the next page you will find the 'yes', 'no' and 'sometimes' lists that you should eat from if you are fully raw.



FULL 80/10/10 WEEK 3

YES

Apples
Apricots
Avocado
Bananas
Bell peppers
Berries - all sorts
Breadfruit
Cape gooseberry
Carambole
Celery
Cempedak
Cherimoya
Coconuts - young
Cucumber
Dates
Dragon fruit
Durian
Figs
Fruit juice - fresh
Grapefruit
Grapes
Herbs - fresh
Jackfruit
Kale
Kiwi
Lemon
Lettuce/ leafy greens

Lime
Mandarin/ tangerine
Mangos
Mangostan
Melons - all sorts
Nectarine
Nuts - fresh
Oranges
Papaya
Passion fruit
Peaches
Pears
Peas - fresh
Persimmons / sharon
Pineapple
Plums
Pomegranate
Pomelo
Rambutan
Seeds
Spring onions
Sprouts - fresh
Sweet corn
Tomatoes
Zucchini

SOMETIMES

Asparagus
Beetroot
Broccoli
Cabbage
Carob
Carrots
Cauliflower
Chilli - mild
Corn
Dried fruit
Garlic
Ginger
Herbal tea
Leek
Mushrooms
Nori seaweed
Olives
Onions
Radish
Raisins
Sundried tomatoes



FULL 80/10/10 WEEK 3

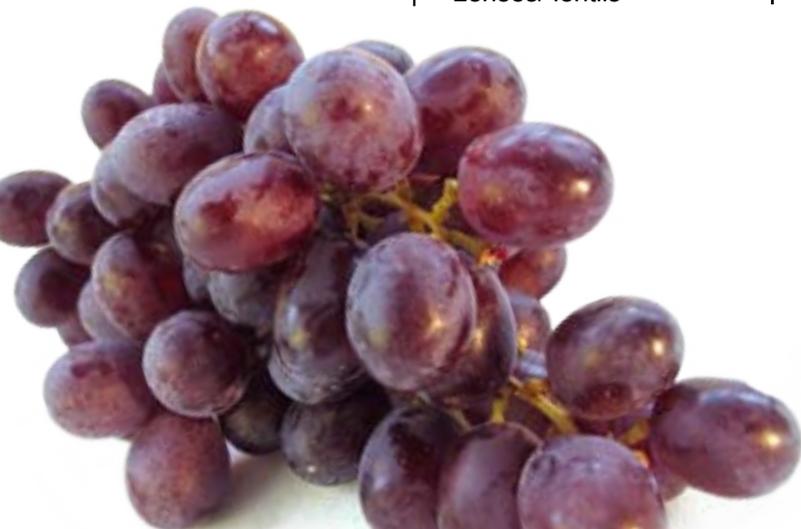
NO THANKS

Alcohol/ liquor
Beans
Black pepper
Bread
Butter
Cacao/ cocoa
Cake
Canned food
Cereals / grains
Cheese
Chocolate
Coffee
Dairy
Eggs
Fish
Honey
Juice - carton
Junk food
Lenses/ lentils

Marmalade
Meat
Oil
Pasta
Potatoes
Potato chips
Rice
Rice milk
Salt
Soft drinks
Soya
Spices - dried
Sweets
Syrup
Tea with caffeine
Tobacco
Tofu
Vinegar
Yogurt

WEEK 3 - ON YOUR OWN

Hopefully by now you haven't had any overt fat for 2 weeks and you are ready to step up your intake of fruit sugar. So this week you will be eating a 100% fully raw 80/10/10 diet, which means raw fruits and vegetables at every meal. Like the previous weeks you are welcome to replace any fruit you can't get hold of or don't like with something else. If you choose to make your own meal plan I suggest you eat mono meals, smoothies, green smoothie or fruit salads for breakfast and lunch and for dinner a large salad with fruit dressing or a raw dish. This could for example be cold soups, wraps or zucchini noodles and you can find recipes in my recipes eBook. Eating this way makes it easier for your to dine with others and the cravings for cooked food should hopefully be less. You are also welcome to make a starter, a main course and a dessert for dinner if that makes it easier. If you just feel like plain fruit for dinner you are of course welcome to do so too.



FULL 80/10/10 WEEK 3

FOLLOW MY MEAL PLAN

This week I have a full meal plan for you with clear guidelines for each meal. If you follow this meal plan on the following pages then breakfast will be fruit, just like the three previous weeks. For lunch it is again a green smoothie because they are pretty easy to bring to school or work. If you prefer to have your green smoothie at home then feel free to swap the meals around. The green smoothie recipes have been made to fit a 1,5 litre blender jug so if your jug is smaller you will have to make two portions. If you are still not used to large amounts of leafy greens you should start low in the beginning and then slowly step up the amounts.

This week I have also added a little snack in the afternoon in order to make sure that you get enough calories. It can be difficult to get enough in only three meals in the beginning but over time when your stomach has gotten used to the larger amounts you can cut out the snack. Another trick to make sure you get enough calories is to blend your food. For some reason you feel less full when you blend so that is why you find a lot of smoothies and blended dishes

in the meal plan. Over time you should be able to eat more whole foods without blending so much. In the meal plan I have also added a little bit of overt fat so that you are getting fat three times a week. It is fine to eat more than 10% of fats one day and then none the next. The maximum 10% fat of your calorie intake can be seen as a weekly average. It is also fine if you don't eat any overt fats as you will naturally get about 3-4% fats from fruits and veggies.

On the following page there is an overview of this weeks meals and after that you find the recipes for each day. The daily calorie intake is about 2.000 calories which is a good starting point for a slightly sedentary woman. If you are male or very active you will have to eat more so just add more fruits to the recipes. You can use [Cronometer.com](https://www.cronometer.com) to track your calorie intake if you want.

If your stomach is sensitive you may have to correct certain food combinations in the recipes as the meal plan does not following the food combining guidelines completely.

FULL 80/10/10 WEEK 3

WEEK 3	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY:	Smoothie: mango, strawberries, bananas, water	Green smoothie: pineapple, bananas, green coral lettuce, parsley, water	Grapes	Cold soup: mangos, tomatoes, spring onion, sundried tomatos, parsley, water
TUESDAY:	Watermelon	Green smoothie: bananas, spinach, basil, water	Tangerines	Tomato salad: tomatoes, spring onions, red bell pepper, fresh oregano and basil. Berry mix: strawberries, blue berries, raspberries, blackberries Dressing: mango
WEDNESDAY:	Mangos	Green smoothie: honeydew melon, butter lettuce, mint, water	Strawberries	Salad: tangerines, bananas, apples, raisins, green coral lettuce, celery, cucumber Dressing: orange juice Avocado with lime or lemon
THURSDAY:	Cantaloupe melon	Green smoothie: bananas, peaches, iceberg lettuce, lemon balm, water	Kiwis	Wrap: plum tomatoes, red bell pepper, fresh basil, fresh corn, dates, iceberg lettuce Smoothie: pineapple, raspberries, bananas, water
FRIDAY:	Fresh orange juice	Green smoothie: bananas, arugula, lemon, water	Dates	Salad: cherry tomatoes, cucumber, spinach, mango, fresh dill, pine seeds, orange juice
SATURDAY:	Bananas	Green smoothie: pears, mint, green oak leaf lettuce, dates, water	Oranges	Cold soup: tomatoes, dates, celery, lemon, water Fruit salad: peaches, oranges, blueberries, bananas Almonds
SUNDAY:	Smoothie: blueberries, bananas, water.	Green smoothie: mangos, baby spinach, basil, water	Peaches	Salad: arugula, peas, bean sprouts, cucumber, zucchini, dates Banana soft ice: frozen slices of bananas, cinnamon or vanilla, water

FULL 80/10/10 WEEK 3

MONDAY	
BREAKFAST:	<p>Smoothie: 1 mango 10 strawberries 5 bananas 1-2 glasses of water</p> <p>Blend and enjoy.</p>
LUNCH:	<p>Green smoothie: 450 g pineapple 4 bananas 70 g green coral lettuce 10 g fresh parsley 1½ glass of water</p> <p>Blend and enjoy.</p>
SNACK:	30 grapes
DINNER:	<p>Cold soup: 2 mangos 4 medium size red tomatoes 1 small spring onion 1/2 sundried tomato 5 g parsley</p> <p>As much water as you like to give it the consistency you prefer.</p> <p>Blend and serve in a bowl.</p>

In total: 2.027 calories, 30,2 g protein, 9,7 g fat

TUESDAY	
BREAKFAST:	<p>Fruit meal: 1.500 g watermelon</p> <p>Half it and eat it with a spoon or slice it up.</p>
LUNCH:	<p>Green smoothie: 7 bananas 80 g baby spinach 7 g fresh basil 2 glasses of water</p> <p>Blend and enjoy.</p>
SNACK:	6 tangerines
DINNER:	<p>Tomato salad: 6 medium sized red tomatoes 10 g spring onion 80 g red bell pepper 10 g fresh basil 5 g fresh oregano</p> <p>Cut the tomatoes into slices and chop the rest of the ingredients into small pieces. Mix everything and serve on a plate.</p> <p>Berry mix with mango dressing: 100 g strawberries 80 g blueberries 60 g raspberries 80 g blackberries</p> <p>Dressing - blend: 1 mango ½ glass of water</p> <p>Place all the berries in a bowl and pour the blended mango on top as a dressing.</p>

In total: 2.006 calories, 39 g protein, 11,6 g fat

FULL 80/10/10 WEEK 3

WEDNESDAY	
BREAKFAST:	Fruit meal: 3 mangos
LUNCH:	Green smoothie: 1 honeydew melon 80 g butter lettuce 3-5 g fresh mint ½ glass of water Blend and enjoy
SNACK:	250 g fresh strawberries
DINNER:	Salad: 2 tangerines 2 bananas 2 apples 30 g raisins 100 g green coral lettuce 1 stalk of celery 150 g cucumber Dressing: 1 orange Chop the bananas, apples, celery, tangerines and cucumbers into smaller pieces. Chop the green coral lettuce finely and mix everything in a bowl along with the raisins. Half the orange and squeeze the juice on top of the salad as a dressing. Fat on its own: 1 avocado with lime or lemon juice on top. Half it and eat it with a spoon at the end of the meal or after the meal.

In total: 2.098 calories, 30,9 g protein, 38,3 g fat

THURSDAY	
BREAKFAST:	Fruit meal: 1 cantaloupe melon Half it and eat it with a spoon or cut it into slices.
LUNCH:	Green smoothie: 6 bananas 3 peaches 80 g iceberg lettuce 5 g lemon balm 2 glasses of water Blend and enjoy.
SNACK:	6 kiwis (yellow kiwis are sweeter than green)
DINNER:	Wrap: 7 plum tomatoes 65 g red bell pepper 5 g fresh basil 50 g fresh corn 4 dates 5-6 large leaves of iceberg lettuce Chop all the ingredients and mix them in a bowl. Place a spoonful of the veggie mix on each of the iceberg lettuce leaves. Roll the leaves up carefully and enjoy. Smoothie: 300 g pineapple 60 g raspberries (frozen is ok) 3 bananas 2 glasses of water Blend and enjoy.

In total: 2.005 calories, 35,5 g protein, 11,0 g fat

FULL 80/10/10 WEEK 3

	FRIDAY
BREAKFAST:	<p>Fruit meal: 2 litres of freshly squeezed orange juice (app. 13 oranges)</p> <p>Juice and enjoy</p>
LUNCH:	<p>Green smoothie: 7 bananas 80 g arugula The juice from ½ lemon 2 glasses of water</p> <p>Blend and enjoy</p>
SNACK:	6 dates
DINNER:	<p>Salad: 6 cherry tomatoes 100 g cucumber 60 g baby spinach 1 mango 5 g fresh dill 30 pine seeds</p> <p>Dressing: The juice from ½ orange</p> <p>Chop everything into a salad and squeeze the orange juice on top.</p>

In total: 2.077 calories, 33,3 g protein, 12,9 g fat

	SATURDAY
BREAKFAST:	<p>Fruit meal: 7 bananas</p> <p>Nb. Blend them with water if you have a hard time eating that many.</p>
LUNCH:	<p>Green smoothie: 4 pears 8 g fresh mint 150 g green oak leaf lettuce 6 dates 2 glasses of water</p> <p>Blend and enjoy.</p>
SNACK:	2 large oranges
DINNER:	<p>Cold soup: 4 large or 5 medium sized tomatoes 3 dates 2 stalks of celery The juice from a slice of lemon 1 glass of water</p> <p>Blend everything and serve in a bowl.</p> <p>Fruit salad: 2 peaches 1 orange 70 g blueberries 2 bananas</p> <p>Chop everything into smaller pieces and mix in a bowl.</p> <p>Fat on its own: 10 almonds at the end of the meal.</p>

In total: 2.049 calories, 32,1 g protein, 13,6 g fat

FULL 80/10/10 WEEK 3

	SUNDAY
BREAKFAST:	<p>Smoothie: 100 g blueberries 7 bananas 1½ glasses of water</p> <p>Blend and enjoy.</p> <p>Preparation: Slice up three bananas and place them in a plastic bag in the freezer for the ice cream tonight.</p>
LUNCH:	<p>Green smoothie: 2 mangos 50 g baby spinach 10 g basil 2 glasses of water</p> <p>Mix and enjoy.</p>
SNACK:	4 peaches
DINNER:	<p>Green salad: 10 g arugula 70 g fresh peas 50 g bean sprouts 130 g cucumber 130 g zucchini</p> <p>Dressing: 8 dates 1/2 glasses of water</p> <p>Chop the cucumber and zucchini into smaller pieces and mix it in a bowl with all the other ingredients. Blend the dates with water and pour on top as dressing.</p> <p>Banana soft ice: 3 frozen bananas 1 pinch of vanilla or cinnamon 1/2 glass of water or less</p> <p>Defrost the frozen bananas partly and blend them into soft ice along with the water, and the vanilla or cinnamon. You can also mash the frozen bananas with a fork or use a food processor.</p>

In total: 2.035 calories, 35,5 g protein, 9,7 g fat