

80/10/10 WEEK 4

FULLY RAW AND OPTIMIZATION

1. GEAR

PARTLY RAW

For example 'Raw till 4' or eating 50-90 % raw 80/10/10.

2. GEAR

FULLY RAW - MIXED

Mixed meals of raw fruits and veggies according to the 80/10/10 principles.

3. GEAR

GREEN SMOOTHIE CLEANSE

Drinking only green smoothies for a while, for example for a week.

4. GEAR

MONO MEALS & ISLANDS

Fruit meals of only one type of fruit or even a cleanse eating just one type of fruit for a while (an island).

5. GEAR

FRUIT JUICE CLEANSE

For example a week where you only drink freshly squeezed fruit juices like orange juice or grape juice.

6. GEAR

WATER FASTING

Drinking water only for up to 3 days (longer fasts require medical supervision).

80/10/10 WEEK 4

DIET WEEK 4

From week 4 and onwards you are on your own in the sense that you have to use the principles you have learned up till now. In this guide I will give you some general guidelines that will make it even easier. The rules are for people eating fully raw but in this guide I will also cover the various gears that you can switch between in order to control the healing process.

GUIDELINES

First of all try to follow the 'Yes', 'No' and 'Sometimes' lists that you find in the 'Week 3' guide. It is fine to eat a little bit of overt fat from now on as long as you keep the fat intake under the 10% on a weekly basis. That means that you can eat small amounts of nuts, seeds, avocado, coconut fat etc. but make sure to check your intake in Cronometer.com so you know how much you are getting. If you get too much you can get blood sugar issues and you may get tired as well.

General guidelines:

- Eat your favourite fruit all day and as much fruit as you care for.
- Make a green smoothie as often as possible, preferably once a day and/or make a large salad in the evening with leafy greens and soft vegetables.
- Eat fruit before the big salad to meet your calorie needs.
- Eat an avocado or a small handful of nuts or seeds a few times a week but do keep track with Cronometer.com
- Eat fats on their own, preferably at the end of the meal or outside of meals.
- Make sure to eat varied so that you get various kinds of fruits, leafy greens and vegetables and not the same 5 things all the time.
- Eating mono meals with only one type of fruit is perfectly fine.
- Use the food combining chart if you have digestive issues.
- Make delicious raw recipes from my recipes e-book if you are struggle with eating fruits on their own.

80/10/10 WEEK 4

FUTURE GOALS

The way you eat in the beginning is most likely not the way you eat when you have been on the diet for a while. In the beginning it is important to do whatever it takes to get enough calories and also to do whatever it takes to stick with the diet. But over time you probably want to simplify things and eat more mono meals as it will digest better and give you more energy. The goal for your future diet is:

- To remove the snack so that you only eat 3 times a day.
- To step up the amounts of greens in the green smoothies so that you get at least 100-150 g in each smoothie.
- To get preferably 2-300 g of leafy greens a day if possible.
- To be able to eat simple mono meals of fruit.
- To be able to estimate how many calories you are getting without using cronometer.com
- To be able to get the 80/10/10 ratios fairly right without using cronometer.com.

THE RIGHT BALANCE

It is possible to do a period of cleansing where you eat only fruit and no vegetables or leafy greens. That will speed up the healing process but your every day diet should include all three categories. The fruit is what gives you the most calories so you cannot live on vegetables and leafy greens alone, because you will not get enough calories and not enough fuel for energy. Too few calories will make you feel tired, give you sleeping problems and will make you loose weight. So the fruit is the most important of the three but you also need the vitamins, minerals, fibres etc. that you find in the leafy greens and the vegetables.



80/10/10 WEEK 4

THE 6 GEARS

You can control how fast or slow your detox and healing should go and you do this by 'changing gears'. By gears I mean various ways of lightening the digestive load. In general, heavy foods, processed foods and heated foods slows down the healing process where as water rich fruits and super simple fruit meals will speed it up. So basically you are in control of the process and if the detox becomes too hard to handle you can simply go to a lower gear and slow the process down.

To the right you see the various gears and by eating 'Raw till 4' or what you could call partly raw/ partly cooked meals you are in the first gear. If you eat fully raw the healing and detox will speed up and you are in the second gear. Then you can do a green smoothie cleanse where you drink only green smoothies for a while and the extra greens will speed up the detox even more. That is the third gear. To eat mono meals of fruits only with no leafy greens or vegetables for a while will really speed things up. You can also do what is called an 'Island' where you eat only one type of fruit for all meals, for example melons only and that would be called a melon island. Mono meals and islands are the forth gear and this is where healing and detox really pick up speed. Then there is gear 5 where you juice fruits, for example oranges or grapes. Because there are no fibre in the juice it speeds things up even more. Finally there is water fasting where you only drink water for 1-3 days and this gives the digestive system a complete rest. But do not fast more than 3 days on your own without medical supervision as it can be really dangerous.

1. GEAR **PARTLY RAW**

For example 'Raw till 4' or eating 50-90 % raw 80/10/10.

2. GEAR **FULLY RAW - MIXED**

Mixed meals of raw fruits and veggies according to the 80/10/10 principles.

3. GEAR **GREEN SMOOTHIE CLEANSE**

Drinking only green smoothies for a while, for example for a week.

4. GEAR **MONO MEALS & ISLANDS**

Fruit meals of only one type of fruit or even a cleanse eating just one type of fruit for a while (an island).

5. GEAR **FRUIT JUICE CLEANSE**

For example a week where you only drink freshly squeezed fruit juices like orange juice or grape juice.

6. GEAR **WATER FASTING**

Drinking water only for up to 3 days (longer fasts require medical supervision).