



Going **Raw** The Right Way

Your guide to eating the *right* raw foods and
10 Medicinal Raw Recipes to get you started!

With The Raw Food Institute

An important read:

Thank you for joining The Raw Food Institute community and for downloading our first free e-book. Our passion (and mission) is to spread the outrageous benefits and healing powers of raw food to as many people as possible. Right now, that's starting with YOU!

Maybe you've been following the raw food movement for a while or maybe you're just tuning in. Either way, we want to share some really important information with you today.

Our society has taken a serious step back in health over the last 100 years. Right now, our children's life-span is *less than* ours and rates of cancer, diabetes (including adult-onset diabetes in children), obesity, depression, heart disease, digestive concerns, sleep disorders, eating disorders, and a range of other concerns are increasing nationally and internationally.

And while the *problem* is getting more and more clear, the solution is not. But we have a few ideas on how to stop and even *reverse* some of these problems. And you guessed it, it has to do with raw and living food.

We want to take a minute before sharing our **delicious** raw recipes to explain what raw food is, why it's important to eat raw food and which raw foods are important to eat. Right off the cuff we will tell you: **Not all raw food is created equal.**

What is all the hype behind raw foods? Why are they better than cooked foods?

Well, when you cook food you lose at least 30% of the nutrients and 100% of the enzymes in that food. Nutrients are the building blocks of cells in our bodies - we **need** those nutrients for cell repair. Enzymes aid digestion and control all of the bodily functions in our bodies.

Enzymes are the building blocks of life! Our bodies' enzymes are responsible for every single action in our body: from chewing and digesting our food (Digestive Enzymes), to waking up in the morning and brushing our teeth (Metabolic Enzymes). Your body produces some of its own enzymes, but you also need help from your food.

If you don't have enough enzymes, your body won't have the energy to develop new cells, fight off infections, find energy to be productive, or digest your food. Since raw food has 100% of its enzymes in place, by eating raw foods your body is literally being fed energy! When your body has help from foods' enzymes, you'll have more energy than ever imagined! This extra energy can be used to heal your body or get up early to go on a run. The possibilities are endless.

To take it one step further, sometimes cooking food chemically changes the molecular structure of plants. This may create toxins, carcinogens, mutagens and free-radicals associated with diseases like diabetes, arthritis, heart disease and cancer.

Having a good balance of raw foods in your diet help reduce these toxic risks by flooding your body with the most nutritious food possible, giving your body the ability to heal at a deep cellular level. Raw foods also help your body reach a clean and alkalized state—where healing, weight loss, and detoxification occur.

ACIDITY VS ALKALINE FOODS

There are two types of foods: acidic and alkalinizing foods. Acidity encourages decomposition, decay, disease and energy loss. Alkaline foods support detoxification, clarity, and balance in the body. Our natural body creates both acidity and alkalinity and likes to stay in the 20/80 balance.

But the Standard America Diet overloads our system with too much acidity. Foods like sugar, meat, alcohol, cheese, and processed chocolate are very acidic and damaging during the cleansing and healing process. This tip of the scale causes fatigue, weight gain, illness, and serious disease. We need to combat these issues with alkalinizing foods!

Green leafy vegetables, living sprouts, and fresh fruits are all alkalinizing and cleansing—which is what a raw and living food diet is based on! With the extreme benefits of enzymes and the detoxification of alkalinizing foods, raw food are good for:

• Increased energy	• Reduced risk of cancer
• Better digestion	• A great sense of wellbeing
• Weight loss	• Improved skin appearance
• Reduced risk of heart disease	• Connection to your food and environment
• Reduced risk of diabetes	• Highly ethical and sustainable diet

But The Raw Food Institute and this e-book take raw food one step further. We focus our energies on **living** foods such as sprouts and fermented foods that are in their growth stage—when the plant is producing the most nutrients! This is one of the components of what we call “medicinal raw food.” Food that is **supercharged** with nutrients, protein, and life (enzymes).

Other medicinal and healing foods like fresh wheatgrass, medicinal mushrooms, and superfoods make your healing and health-conquering as powerful as possible. And that’s why we’ve created an e-book with all medicinal raw food recipes!

When healing your body, you need the most clean, nutritious, and powerful foods. Raw foods have the power to help aid serious disease, rebuild your body, and create vibrancy in your life! Now is the time to rebuild your health and recharge your life! Please use this e-book as a powerful starting point for making adjustments to your diet and finding your path to outrageous health!

ACTION STEPS:

Wow. Who knew food could have that much power over how your body acts and feels! If you're anything like us, as soon as you hear about this, you're going to want to **jump on board** with the raw food lifestyle and start seeing just how amazing you can feel.

But if you feel a little lost on how to get started, let's break it down. Here are the things you should be doing to start incorporating more raw foods in your life.

1. Learn the difference between the levels of raw foods and which ones you should be eating in order to heal, rejuvenate, and feel your best. We have a chart breaking down the different levels of raw foods on the next page. This will teach you which foods are the most medicinals and which raw foods should be saved as a special treat.
2. Start adding more raw foods into your diet at your own pace. This could simply mean a salad a day or making a conscious decision to eat more vegetables. Either way, you are doing great things for your body and these efforts will pay off!
3. Start experimenting with the medicinal raw recipes we give you in this e-book. These easy recipes offer medicinal qualities - meaning they have life-giving enzymes and living ingredients. This is the highest level of raw. Once you get used to using these ingredients, you can start making the majority of your meals medicinal raw.
4. When you're ready to dive deeper and want to learn all about raw foods for healing, detoxification, and rejuvenation, [contact us](#) to talk about the different **medicinal raw programs** we have for those healing, health and nutrition educators, and internet programs. Our aim is to spread the word of the powers of raw foods and start seeing RESULTS!

Raw Food Classification

A raw food diet is phenomenal for increased energy, weight loss, and feeling your best. **But not all raw food is created equal.**

That's why The Raw Food Institute developed the Raw Food Index of Nutrition (RFIN) that classifies raw recipes into four categories depending on their nutritional density.

Here at The Raw Food Institute, we realized there was a lot of confusion about raw foods when people started out - especially if they were on a healing journey. A lot of people found themselves eating too many nuts, seeds, or sugary fruits and were wondering why they weren't gaining all the benefits they heard about!

In order to reap all the benefits of raw food, you need to eat **high quality** raw foods. This is why we developed the RFIN, that sorts raw food recipes and ingredients into categories. This way, *you* can decide if a recipe or food fits into your raw diet based on your goals.

We want this system to act as a guide for any raw recipe you come across in the future - so you can be prepared and be eating the most nutritious raw food.

The 4 categories: **Recreational, Sensible, Superior, and Medicinal**, all have a place in the raw food diet - unless you are in a healing period (cancer, heart disease, diabetes, etc).

We recommend that the majority of your diet be made up of **Superior** and **Medicinal Raw** and a limited number of meals from the Recreational category. This will provide you with high levels of energy and living enzymes for protein and healing.

Recreational Raw: Recreational Raw includes raw food desserts or meals made with added sugars like agave, dates, or honey and are heavily nut based. Raw cakes, cookies, and ice creams are all examples of recreational raw.

Sensible Raw: Sensible Raw includes a balance of vegetables, fruits, nuts and seeds. Sensible Raw does not follow proper food combining. Any meal that uses fruit automatically fits into this category (or recreational). This could mean a large salad with added apple or kiwi, a smoothie with greens and fruit, or a nut based collard wrap.

Superior Raw: These raw meals don't use fruit and occasionally use fatty nuts. These meals are made up of vegetables, sprouts, sea vegetables and seeds. This could be a big hearty salad, raw pasta marinara, or cauliflower couscous. Superior Raw follows proper food combining: **meaning grains, fruit and proteins are never combined.** Vegetables combine well with everything, so eating protein and vegetables, and eating grains and vegetables is okay. But none can be eaten together. (Food combining gets more difficult than this when dealing with cooked food, sugars, and starches. But for our raw purposes this is the main principle). *

Medicinal Raw: Medicinal Raw uses living or cultured foods, superfoods, or medicinal herbs and spices. All meals are properly combined and fruits are not eaten in a medicinal raw meal.

*There is a very thin line between medicinal raw and superior raw. The difference is the addition of medicinal foods like wheatgrass, sprouts, etc.

10 Medicinal Raw Recipes

1. Daily Green Juice:

2 organic cucumbers (if not organic, peeled)

1/2 bunch celery

3 leaves dark leafy green (chard, collards, kale, bok choy, parsley, dandelion, etc)

1 lemon, skin removed but keep white pith

3 cloves garlic

1 inch ginger

Put all ingredients through a juicer. It helps to alternate between water rich vegetables (cucumber, celery, lemon) and the less juice-giving ingredients (greens, garlic, ginger). After you've finished juicing, try putting the pulp through the machine again to extract even more juice and get more bang for your buck!

In this medicinal recipe:

- Greens: Vitamins A, C, E and K, rich in chlorophyll, blood purifiers
- Sprouts: Concentrated phytochemicals, enzymes, protein, antioxidants, cardiovascular health
- Avocado: Blood purifier, oleic acid, potassium, healthy monounsaturated fats
- Dulse: Iodine, Vitamins B6 and B12, protein, hormone health
- Garlic: Anti-inflammatory, antioxidant, antimicrobial, circulatory system, blood purifier, immune support
- Ginger: Digestive aid, cold and flu prevention, anti-inflammatory, immune health, cancer prevention



2. Energy Soup:

3 cup filtered water
1 cup dark leafy greens (chard, collards, kale, bok choy, parsley, dandelion, spinach)
1/2 cucumber
1/2 red bell pepper
1 1/2 cup sunflower or pea sprouts
1/2 avocado
1 Tbs dulse flakes
1-3 clove garlic
1-3 tsp fresh ginger

Combine all ingredients in a high speed blender or Vitamix. Blend on high for 1-5 minutes, depending on how warm you want the soup). You can also leave some of the vegetables chopped small and added last for some varied texture.



In this medicinal recipe:

- Cucumber and Celery: Water rich vegetables full of minerals
- Greens: Vitamins A, C, E and K, rich in chlorophyll, blood purifiers, oxygen
- Garlic: Anti-inflammatory, antioxidant, antimicrobial, circulatory system, blood purifier, immune support
- Ginger: Digestive aid, cold and flu prevention, anti-inflammatory, immune health, cancer prevention
- Lemon: Cleanse digestive track, Vitamin C, Diuretic, anti-septic

3. Sprouted Mung Bean Pesto: (serves 4)

3 cups sprouted mung beans
3 cups fresh basil
1-2 cloves garlic
1/4 cup nutritional yeast
1 cup lemon juice
1/2 cup olive oil
1 Tbs kelp flakes

In a high speed blender, combine all ingredients except for lentils and sunflower greens. Pour pesto over lentils and sunflower greens and mix well.

In this medicinal recipe:

- Sprouted Lentils: Blood purifier, high fiber, essential fatty acids, complex carb, regulate blood sugar
- Sunflower Greens: Mineral rich, chlorophyll, nervous system, skin and teeth, protein
- Basil: Anti-inflammatory, antibacterial, Vitamin K, Cardiovascular health
- Garlic: Anti-inflammatory, antioxidant, antimicrobial, circulatory system, blood purifier, immune support
- Nutritional Yeast: Complete protein, blood health, mineral rich
- Lemon: Cleanse digestive track, Vitamin C, Diuretic, anti-septic
- Olive oil: monounsaturated fats for lower cholesterol
- Kelp flakes: Mineral rich, iodine, thyroid health, protein



4. Raw Nori Wraps: (serves 2)

6-8 pieces untoasted Nori Sushi Roll Paper

Mix of vegetables (avocado, cucumber, bell pepper, snap peas, cabbage)

Green leafy sprouts (sunflower greens, buckwheat sprouts, or pea shoots)

1/2 cup fermented sauerkraut or kimchi

for rice:

1 cup chopped jicama

1/2 cup cashews

for dipping sauce:

1 Tbs olive oil

1 Tbs apple cider vinegar

2 inch square ginger

pinch of salt

In a food processor, combine jicama and cashews and chop until mixture reaches a rice consistency. To make the dipping sauce, add all ingredients to a food processor or blender and blend until smooth.

Place Nori Paper flat on table. Add vegetables and “rice” to the paper, closest to the end facing you. Roll away from you tightly. Use water to moisten the seam of the nori paper and seal.



In this medicinal recipe:

- Nori: Vitamin A, B1, B2, C, iron, protein, fiber
- Sprouts: chlorophyll, blood purifier, enzymes, protein
- Fermented sauerkraut: digestive health, probiotics, enzymes, immune booster
- Apple Cider Vinegar: Enzymes, antibacterial, mineral rich, immune health, increase metabolism
- Olive oil: monounsaturated fats for lower cholesterol
- Garlic: Anti-inflammatory, antioxidant, antimicrobial, circulatory system, blood purifier, immune support
- Ginger: Digestive aid, cold and flu prevention, anti-inflammatory, immune health, cancer prevention

5. Stuffed Avocado: (serves 2)

2 avocados
1 cup sprouted quinoa
1/2 bunch fresh parsley
1/4 cup lemon juice
1 Tbs hemp seeds
1 Tbs dulse flakes
pinch cayenne pepper

Slice the avocado in half. Scoop 1 Tbs of avocado and place in a food processor with lemon juice, pulsing until smooth, then moving to a large bowl. Combine all other ingredients into that bowl and mix well. Stuff the mixture into the 2 halves of the avocado.



In this medicinal recipe:

- Avocado: Blood purifier, oleic acid, potassium, healthy monounsaturated fats
- Quinoa: Protein, Cardiovascular health, alleviate headache, fiber, antioxidants
- Parsley: Vitamin A, C, K, antioxidants, heart health
- Hemp seeds: Essential amino acids, protein, essential fatty acids, mineral rich
- Dulse: Iodine, Vitamins B6 and B12, protein, hormone health
- Cayenne Pepper: Blood purification, increase metabolism, immune health, digestive health (elimination), circulatory system

6. Dilled Zucchini Pasta: (serves 4)

4 cups shredded zucchini
1 cup small bean sprouts, like lentils, mung beans or fenugreek *for dressing:*
1/2 bunch fresh dill
1/4 cup lemon juice
1 tsp sea salt
1/2 cup olive oil
3 cloves garlic
1 Tbs kelp flakes

Use a spirooli to shred zucchini into pasta, or use a julienne peeler. Combine with sprouts. In a blender, blend dressing ingredients and pour over zucchini and sprout mixture.



In this medicinal recipe:

- Zucchini: Vitamin A, C, magnesium, fiber
- Sprouts: Blood purifier, high fiber, essential fatty acids, complex carb, regulate blood sugar
- Lemon: Cleanse digestive track, Vitamin C, Diuretic, antiseptic
- Sea salt: Regulates water levels, heart health, blood health, brain health, antiseptic, anti stress, cleaner
- Olive oil: monounsaturated fats for lower cholesterol
- Garlic: Anti-inflammatory, antioxidant, antimicrobial, circulatory system, blood purifier, immune support
- Dill: Digestive health, sedative, reduces gas formation, respiratory health, germicide, antioxidant, diuretic
- Kelp flakes: Mineral rich, iodine, thyroid health, protein

7. Flower-Power Sprout Salad: (serves 2)

2 cups green sprouts (sunflower, pea, or buckwheat)
1 cup crunchy bean sprouts (try a mix of lentils, mung beans, fenugreek and chickpeas)
1 avocado, cubed
1/2 carrot, shredded
1/4 cup goji berries
3 Tbs black sesame seeds
Assortment of wild flowers (blue violets, chive flowers, dandelions, or scallion flowers are easy to find)
1/4 cup sauerkraut

Dressing:

Juice 1/2 lemon
2 Tbs unprocessed hemp oil
1 clove garlic
1 inch ginger
1/8 tsp turmeric
crack of black pepper
sprinkle of cinnamon



Combine all dressing ingredients in a high speed blender and blend until smooth. Add salad ingredients into a large bowl, pour dressing, and toss until well coated and combined.

In this medicinal recipe:

- Sprouts: Blood purifier, high fiber, essential fatty acids, complex carb, regulate blood sugar
- Lemon: Cleanse digestive track, Vitamin C, Diuretic, antiseptic
- Hemp oil: High in linoleic acid and essential fatty acids that are good for heart health and prevention
- Garlic: Anti-inflammatory, antioxidant, antimicrobial, circulatory system, blood purifier, immune support
- Turmeric: Anti-inflammatory, digestive aid, good for prevention, antioxidants, helps body destroy mutated cells
- Cinnamon: Regulates blood sugar

8. Raw Philly Cheeze Steak: (Serves 2)

2 cups shitake mushrooms, sliced (or portabella)

1/2 cup olive oil

1/2 cup Nama Shoyu

2 tsp cumin powder

2 tsp coriander powder

1 Tbs ume plum vinegar

vegetables:

1 green bell pepper, seeded and sliced

1 cup broccoli, chopped

1 cup pea shoots

1/2 cup white onion, chopped

1/2 cup extra virgin olive oil

cheese:

1 cup pine nuts

1/2 cup sunflower seeds (pre-soaked)

2-3 Tbs raw apple cider vinegar

1 clove garlic

1 tsp sea salt

1/2 cup distilled water

wrap: Collard leaf, swiss chard, romaine, or raw corn tortilla

Marinate portabella mushrooms for about 6 hours.

Marinate the vegetables for the same amount of time.

If you have a dehydrator, let the mushrooms and vegetables marinate in the dehydrator for 4 hours.

Blend all cheese ingredients in a high speed blender until smooth. To assemble the wrap, add the mushrooms, veggies, and cheese to a lettuce leaf and roll or fold.



In this medicinal recipe:

- Shitake: Iron, protein, immune health, heart health, antioxidant
- Cumin and coriander: iron, stimulates pancreatic and liver enzymes
- Broccoli: Vitamins A, C, K, Cancer prevention through antioxidants, anti-inflammatory, digestive support, detoxification
- Pea shoots: Chlorophyll, blood purifier, enzymes, protein
- Olive oil: monounsaturated fats for lower cholesterol
- Garlic: Anti-inflammatory, antioxidant, antimicrobial, circulatory system, blood purifier, immune support
- Onion: High in sulfur for cardiovascular support, bone density, anti-inflammatory, improves blood sugar balance

9. Summer Collard Wraps (Serves 4)

2 cups cashews
1 cup almonds
1/2 cup lime juice
1 Tbs ginger
1 Tbs red chili peppers
1 Tbs Nama Shoyu
1/2 head cabbage, shredded
1/2 carrot, shredded
1 cup sunflower sprouts
1 cup mung bean sprouts
1 handful cilantro leaves
4 collard leaves



In a high speed blender, puree lime juice, ginger, red chili, and nama shoyu. Add the almonds and cashews and blend at a high speed to combine until smooth. Add water to thin if necessary. You want dough consistency. Cut out the enter rib of each collard leaf, dividing the leaf in half. Place a half leaf on a cutting board with the underside facing up.

Arrange a few Tbs of the veggies and sprouts evenly across the bottom third of the leaf, leaving about 1 1/2 inches clear at the bottom. Add the nut mixture. Fold the bottom of the collard leaf up and over the filling, keeping it tight, and tuck the leaf under the ingredients and roll forward. Place the roll seam side down on a serving dish. Repeat with remaining leaves.

In this medicinal recipe:

- Lemon: Cleanse digestive track, Vitamin C, Diuretic, antiseptic
- Sprouts: Blood purifier, high fiber, essential fatty acids, complex carb, regulate blood sugar
- Ginger: Digestive aid, cold and flu prevention, anti-inflammatory, immune health, cancer prevention
- Cashews and Almonds: High in Copper, Magnesium, and Tryptophan
- Cabbage: High in antioxidants, anti-inflammatory, rich in glucosinolates. Good for cancer prevention
- Cilantro: High in phytonutrients, helps regulate bloods sugar, antimicrobial

10. Medicinal Milkshake: (Serves 3)

For tea:

1 organic chai tea bag
1 tsp cinnamon
1/2 Tbs Pau D'Arco herb
1/2 Tbs Cat's Claw tea cut
2 cups filtered water

To Blend:

1 Tbs maca powder
1 cup homemade almond mylk
1 tsp coconut oil
1/2 cup ice

Brew a medicinal tea with all ingredients except for almond mylk and ice. Blend tea, mylk, and ice in a high speed blender and enjoy on a warm day. This is an interesting recipe - add as much or little as you'd like, if all you have is chai tea and almond mylk - you can still make a delicious drink!

In this medicinal recipe:

- Chai: Powerful antioxidants, support digestion, lowers blood pressure, reduces cholesterol
- Cinnamon: Regulates blood sugar
- Maca: Regulates hormones, good for energy
- Pau D'Arco: Cold and flu remedy, aids Candida, kills parasites, anti-microbial, anti-inflammatory, cancer prevention
- Cat's Claw: Stimulates immune system, anti-inflammatory, digestive support

