

Webinar 9 Handout: **SAMPLE DAY RAW MENU**

Raw food diets take great dedication, as all foods consumed are “alive” and no food is heated above 110 degrees. You will have to really understand your client’s beliefs and intentions about following this diet to customize a meal plan that works for the individual. Here is an example of a one day meal plan for a client following a raw food diet. You can use it as a foundation for customizing a meal plan by substituting items (see portion guide for ideas) or simply as a sample day for a client to gain an understanding of a balanced raw food diet. Because there are both raw vegans and raw omnivores, be sure to make dietary modifications where necessary in accordance to your client’s needs.

Breakfast

Chia pudding: soak the chia in the milk for 3 hours or overnight, top with the honey and blueberries before eating.

- 3 tablespoons chia seeds
- 1 cup young coconut milk or homemade almond milk
- 1 teaspoon raw honey
- 1 cup blueberries

Snack

5 dehydrated apricots

¼ cup sprouted raw almonds

Lunch

Raw Ahi Wraps

- 2 raw Nori sheets
- 4 ounces Ahi sashimi
- ½ avocado, sliced
- ¼ cup alfalfa sprouts
- ¼ cup red bell peppers, sliced
- ¼ cup cucumber, sliced lengthwise

Snack

Green Smoothie

- 1 banana
- 1 cup pineapple
- 2 cups spinach
- 3 tablespoons raw hemp seeds
- 1 cup purified water

Dinner

“Zu-ghetti”

- 2 cups zucchini, sliced with vegetable peeler
- 1 large carrot, cut into matchsticks
- 8 large, pitted and rinsed olives
- 1 tablespoon of raw tahini
- 2 tablespoons nutritional yeast
- ¼ teaspoon dried thyme
- Salt and pepper to taste
- 1 cup seaweed salad (on side)

All raw foodists avoid foods heated above 110 degrees fahrenheit so with the limited food options and preparation techniques, you need to take extra caution to make sure your clients are getting the calories they need. Raw omnivores who choose to consume raw milk, sashimi and other raw fish and meats can increase their risk of contracting foodborne illnesses, therefore raw diets aren't recommended for pregnant women, elders, young children and people with weak immune systems.

Nutritious Life Tip: It is possible for clients to meet their dietary needs on a raw food diet but particular caution should be made for vitamins like B12, which is only present in animal products (though nutritional yeast can serve as a sufficient source). Other nutrients of concern include calcium and vitamin D, which are most widely consumed through dairy, as well as zinc and readily available heme iron present in certain meats. Leading a raw lifestyle may require extra effort when eating out and attending social events. Preparing balanced meals at home also requires extra effort to ensure you are meeting caloric and nutrient needs.