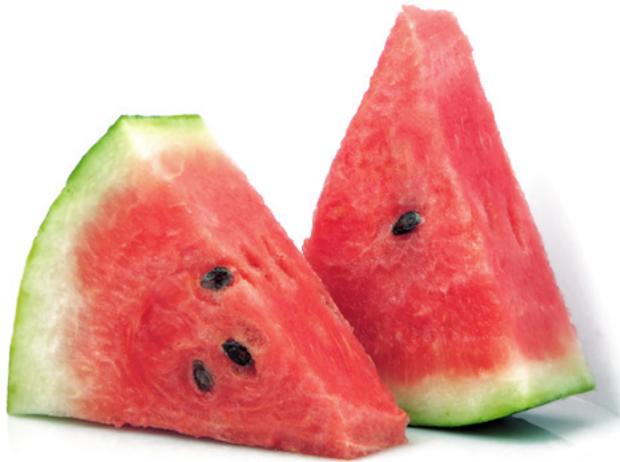


The LOW FAT RAW VEGAN Lifestyle



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Why Fruits & Vegetables?

- It is our natural diet that best suits our body. Humans are characterized as frugivores. The bulk of the diet is based on fresh fruits and greens.
- Fresh fruits and vegetables contain thousands of essential nutrients in an intact and balanced form, which is best for optimal human nutrition.
- Fruits contain the perfect amount of fat and protein for human consumption, in their natural and whole state.
- Fruits and greens are naturally low in salt and fat. No preservatives, additives, cholesterol, uric acid, pathogenic bacteria or adrenaline.
- The digestive burden is dramatically minimized and elimination of toxins enhanced.
- Pure nutrient dense water is found in fruits and vegetables.
- Positive influence on mental health.
- Ethical and environmentally friendly diet.

Sample Diet:

Breakfast: Juicy fruits. Melons, citrus, and grapes are great for breakfast.

Lunch: Calorie-dense fruits such as bananas, mangos, persimmons, figs, or dates. Smoothies made of fruit and water are a lunchtime classic.

Dinner: Eat fruit of your choice until you are satisfied, followed by a big properly-combined salad with baby greens and fruit or a vegetable dish. See examples of recipes in the next section.

The reason for planning the meals like this is for the sake of optimal digestions, absorption and assimilation.

Some Raw Vegan Recipes

All meals should reach at least 1000 calories.

Pasta: Peel several zucchinis and spiralize them or just peel the zucchini over and over again to make ribbons. Blend mango, celery, a whole bunch of coriander and a few squeezes of lime then pour over pasta.

Taco with Salsa: Fill cabbage leaves with red pepper, cucumber, corn, 1/2 avocado and a little lime juice. Blend sun-dried tomatoes, red peppers, tomatoes and a little orange juice and pour over the filling.

Coleslaw: Grate cabbage, celery and red pepper. Blend soaked almonds and fresh strawberries and mix with the vegetables.

Salad Dressing: Blend tomatoes, celery, dill and orange juice. Orange juice blended with young coconut flesh is also nice.

Banana Ice Cream: Very ripe, frozen bananas. Leave them out to thaw for an hour or so then blend in food processor.



The LFRV Lifestyle is more than just a diet, it is a holistic lifestyle which also incorporates exercise, sunshine and sleep, among other important aspects of health.

Support and advice from others who know the lifestyle can be crucial. For questions, practical advice, recipes and more info, go to: www.30bananasaday.com.



Jump-start Your Raw Diet

Is it possible to feel great and be healthy eating only raw fruit and vegetables? Yes! More and more people around the world are experiencing the numerous benefits of living as raw vegans. Significant improvements in physical and mental wellbeing are some of the many reasons for choosing this lifestyle.

There are countless examples of people who have healed serious health problems, and achieved the health they have always dreamed of.

Improvements in mood, weight, digestion, skin and mental clarity are also typical results of following a low fat raw vegan lifestyle.

Could this be because our bodies are actually designed to live on fruit and greens?

This pamphlet is your brief guide to the fundamentals of the low fat raw vegan diet. If you want to adopt this lifestyle, it is important for you to learn more about this program. The book **The 80/10/10 Diet by Dr. Douglas Graham** gives a thorough introduction to the subject, and provides answers to questions about protein, nutrient levels and other relevant topics. Learn more by visiting his website at www.foodnsport.com.

Satiation, Calories & Digestion: If you're new to the raw vegan diet, one of the most important keys to staying 100% raw, is to consume enough calories from fruit. Please go to nutr diary.com and work out how many calories you need to maintain your current weight and aim for this number with sweet juicy fruits and some greens. As a general rule, womyn do best on at least 2500 calories from fruit each day and men a minimum of 3000 calories.

Fruit contains up to 97% water. Therefore, in order to consume enough calories from fruit, unlike concentrated calorie sources like bread, meat, eggs, and other cooked/processed foods, your stomach must stretch a bit in order to accommodate the greater volume of food. Learning to eat enough fruit at a meal to keep you satiated for 4-5 hours afterwards may take a little practice. 1 banana is **not** enough. A breakfast smoothie of 10-15 bananas is a recipe for success.

If you want to gradually transition to a raw vegan diet, you could start by changing your daily breakfast to fruit only.

Vegetables are very low in calorie density vs. fruit. A banana is approximately 100 calories and a cucumber 15. Therefore, it is important to eat enough fruits to meet your calorie needs, while vegetables are a great source of minerals. Approximately 400 grams of vegetables per day is adequate, though many thrive on less.

It feels different to be satiated from a meal of fruit and vegetables than cooked food. Maybe you do not feel "full" the way you normally do in the beginning, because you do not recognize the new feeling. After some time, as your absorption efficiency improves, you will enjoy the light feeling after meals, and still feel satisfied.

Taste and cravings: When your taste buds are no longer exposed to salt and spices, you will be able to enjoy the whole palette of fruits flavors - and you'll be surprised how wonderful they taste, and how much they satisfy your senses and your body's needs. Learn about all the delicious fruits available - you will be amazed!

It is normal to have some cravings for cooked foods -

especially in the beginning. Make sure you eat enough fruit; if you are satisfied, the cravings will subside.

Choice of food: It is important that you eat your fruits ripe! Ripe fruit smells sweet and is slightly soft to the touch. E.g. bananas must be spotted otherwise they are not quite ripe. If possible, always eat organic produce.

Tender vegetables like lettuce, cucumbers, celery, peppers and zucchini are much easier to digest than starchy or cruciferous vegetables like carrots and broccoli.

Fats: On a low fat raw vegan diet, it's recommended that you limit your fat intake to a small handful of nuts, seeds or half an avocado a day - on average. Many thrive on much less, though. When you stick to this amount or less, your fat intake will be less than 10% of your total calories. Too much fat in the diet has a negative effect on digestion and metabolism, which can lead to various health problems such as candidiasis, hypoglycemia, Type 2 diabetes and other problems.

Water: Drink 1-1.5 L of water first thing in the morning, sipping over an hour or so. Drink as much as you want throughout the day, aim for 3 liters minimum. You are properly hydrated when you urinate between 8 and 12 times in a day, and the urine should be clear. Much of the world's population is in a chronic state of dehydration, which is one of the top reasons for the progression of disease in the body

Teeth: It is advisable to rinse your mouth with clean water after eating, and to brush thoroughly with soft bristles and a fluoride-free toothpaste with natural ingredients.

