

The Raw Divas  
Raw Food Solutions for Women proudly present...

# The 7 Day Diva Detox

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# Table of Contents

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Introduction .....	4
The Raw Divas 7 Day Detox .....	5
Tortellini is Not Raw Food .....	6
1. Raw Fruits .....	6
2. Raw Vegetables .....	7
3. Leafy Greens .....	8
4. Sprouts .....	9
5. Fresh Herbs .....	9
6. Nuts and Seeds .....	10
7. Superfoods .....	10
8. Water .....	11
9. Spices, Condiments and... SALT!! .....	12
How to Make Sprouts .....	13
Putting It All Together .....	15
Preparing for Detox .....	15
A Fun Way to Think About It All .....	15
How Much Food Should I Eat? .....	17
The Three Day Hurdle .....	18
Our Biggest Addiction .....	18
Tips That Will Transform Your Eating Patterns .....	19
1. Wait for Real Hunger to Surface Before Eating .....	20
2. Keep it Low Fat! .....	21
3. Avoid Nutritional Neurosis .....	23
4. Honor Where You're At .....	24
Your Eating Plan .....	25
"Break-fast" .....	25
Lunch .....	26
Evening Meals .....	27
Stocking Up and Shopping .....	28
Putting it All Together .....	29
Guide to Smoothie Making .....	29
Correct Food Combining .....	30
Blender Tricks .....	31
Raw Soups .....	32
The Basics of Great Salad Making .....	33
Tasty Salad Dressings .....	34
A Sample Menu Planner .....	35
8 Tips for Conscious Eating .....	36
Ready for an Adventure? .....	39

# Introduction

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Finally, the time has come for a profound adventure in cleansing and rejuvenation. Let's ditch some wrinkle lines and excess weight so we can pick up some sparkly diva charm and start looking and feeling our BEST.

7 Days is all we'll need to make some dramatic life improvement and experience a huge difference in the way you feel. This will be the kickstart you need to make permanent lifestyle changes.

In some ways, we modern-day humans have created an enormous mess when it comes to diet and nutrition. We've managed to completely intellectualize, categorize and analyze something that to every other creature on the planet is a very natural, innate process. I mean, in the good ol' days when early humans were all messy-haired and wild, I doubt we even thought much about what we ate. We saw pretty colors in trees and grabbed them, leaving the peel to compost behind us in the heat of the tropical sun.

In the domain of health and nutrition, it has become remarkably easy to intellectualize the subject with incomprehensible medical chemical, and biological terminology, that it causes people to feel like nutrition is a very complicated subject, best left to the "experts." However, even the "experts" don't seem to know which way is up, since there's a book "backed by research" to support every diet strategy known to humankind.

The only thing that doesn't seem to get contested in all the diet books out there is that eating more fruits and veggies is a very good thing. This, fortunately, seems to be unanimously agreed upon by just about everyone.

Luckily for us, because that's EXACTLY and ONLY what we've chosen to base our 7 Day Diva Detox menus on.



# The Raw Divas 7 Day Diva Detox

We're not looking to give you a full course on living the raw food lifestyle. We have another program that will do that. All we want to do is find a simple, approachable system that works to give your body a well-deserved break. Instead of engaging you in hot-tempered nutritional debates, or back-and-forthing on the "rightness" or "wrongness" or different raw food philosophies, we just want you to try out our suggestions for the 7 days of this diva detox, observe your results, and let us know what you discover.

We can intellectualize our nutrition and diet until the end of time, but that isn't necessarily going to bring us health. Fortunately, nature didn't make it as complicated as some people would like you to believe when it comes to food.

Let's take a few moments to clarify just what we mean when we say "raw foods" as part of this 7 Day Detox.



# Tortellini is Not Raw Food.”

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You may find that statement a bit ridiculous, but the truth is, there are a lot of people that really have NO IDEA what it means when you say you're a raw foodist, or what it means to follow a raw food diet. The tortellini example actually comes from my lawyer, who took me out for dinner at a vegetarian buffet, and was grinning from ear to ear with pride that he was eating "raw food" while he piled his plate with tortellini.

So, we're going to play it safe here, make no assumptions, and just spell it out.

## 1. Raw Fruits

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Here are some of our favorites, and the ones we think you're most likely to encounter during the 7 Day Detox:

Apples, apricots, avocados, bananas, blackberries, blueberries, cantaloupe, cherries, dates, figs, grapefruit, grapes, honeydew melon, kiwi, lemons, limes, mangos, nectarines, oranges, papaya, peaches, pears, persimmons, pineapple, plums, pomegranates, raisins, raspberries, strawberries, and watermelon.

Here are some odd ones that you may never have heard of, but are definitely fruits, and definitely worth discovering should you get the chance:

Breadfruit, cherimoya, durian, grenadilla, guavas, kumquats, loquats, quinces, red bananas, and sapotes.

### A note about dried fruit:

We recommend keeping these dehydrated treats for special occasions only. Dates, figs, apricots, raisins and others are all very, very sweet, stick to your teeth and can make for some nasty bacteria breeding grounds in your mouth.

Whenever possible, we go for the real thing, and recommend you do too. Occasional treats are fine, but pack a toothbrush in your back pocket for when you're finished.

## 2. Raw Vegetables

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Yum! Get to love these crunchy, juicy treats the way nature intended, if you don't already. We get accustomed to drowning these gems in sauces, dips and dressings, but during this 7 Day Detox, you'll get to know them for the botanical miracles they are.

Here are some classics:

Artichoke, asparagus, beets, broccoli, cabbage, carrots, cauliflower, celery, corn, cucumbers, eggplant, mushrooms, okra, parsnips, peas, peppers, radishes, rutabaga, squash, sweet potatoes, tomatoes, turnips, water chestnuts, and zucchini.

Here are a few you might not know, but would be wise to try out should you encounter them in your local produce market:

Celeriac, jicama, kohlrabi, okra, and tomatillas.

Most of the veggies we've listed here are great crunched on their own. This may seem a little bland and boring if you're not used to it, but give it a shot and you'll start noticing that vegetables are wonderfully flavorful without the added fat and chemicals overloading most dips, sauces and dressings.



## 3. Leafy Greens

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This is your lifeline. This is the KEY to success on the raw food diet, hands down. We'll show you some of our favorites, but we really suggest that you develop a deep and lasting love affair with your leafy greens.

Of course, none of us have the time to sit and chew cud for several hours a day, so we heartily recommend Green Smoothies. They are one of the most nourishing things you can feed yourself. So satisfying!

For now, know that leafy greens can be added to any of your favorite fruit smoothies. You can also blend them into raw soups to boost your mineral intake. We'll give you more tips on smoothie creation a bit later.

The following list of leafy loves will help guide you at your next visit to the market:

Beet greens, bok choy, chard, collards, endive, escarole, fennel, kale, lettuces, mustard greens, parsley, spinach, turnip greens, and watercress.

### Note:

Many of the above mentioned greens come in a wide variety. For example, Black (Dinosaur) Kale, and Rainbow Chard are faves. Be adventuresome, and try different kinds.



## 4. Sprouts

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Sprouts are an excellent source of concentrated nutrients, fiber and energy. Most of us are familiar with the juicy, Asian-style mung sprouts available in supermarkets. But the sprouts we recommend most are generally just a few days old and much denser in taste and nutrition than older sprouts or even a lot of fully-grown vegetables. They are very simple to make, tasty, filling, and are very economical.

Here's a list of our faves that we recommend sprinkling liberally over salads, in wraps and into your raw soups:

Sunflower, lentil, mung bean, adzuki beans, fenugreek, garlic or onion sprouts, alfalfa, broccoli, pea shoots, and more!

We've included a simple diagram on page 13, along with some instructions on basic sprouting to help you get started.

## 5. Fresh Herbs

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Yum! We love to play with fresh herbs to add zest and zing to our kitchen experiments. Most herbs are fresh greens themselves, so they add nutritional value without the addictive nature of spices and salt.

These are a few of our flavorful favorites:

Dill, mint, basil, parsley, chives, oregano, rosemary, thyme, and many more...



## 6. Nuts and Seeds

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Now we enter the realm of indulgences. Nuts are tasty, rich and packed with nutrition. However, as we are transitioning from a cooked food diet to a raw food diet, it becomes very easy for us to want to overeat on nuts and seeds to replace the cooked food satiation we're used to.

That's why we recommend eating only a small amount of nuts and seeds. Steer clear of those recipes calling for several cups of nuts or nut butters. Eating all that fat is going to leave you feeling heavy, and in our experience it creates huge cravings for cooked foods. Throughout this 7 Day Detox, we propose that you take a break from these foods all together.

### Cravings Buster:

One of the things that kicks in cravings for cooked food is overeating on nuts. Keep these little buddies in respectable quantities and you'll be better off for it.

When your detox is over and the time comes to enjoy these tasty morsels, here are some of the options to consider:

Almonds, brazil nuts, cashews, coconut, hazelnuts, macadamia, peanuts, pecans, pine nuts, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, walnuts.

## 7. Superfoods

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Admittedly, there is no shortage of raw "superfoods" out there. During this detox, you will not have to spend hundreds of dollars on powdered swamp water or exotic, dehydrated root vegetables. We tend to pass these up for the real thing.

You can have amazing health, energy and feel perfectly satisfied with your food choices without monthly supplements or superfoods. And as far as we are concerned, superfoods are no replacement for the real deal!

## 8. Water

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Someone on a raw diet may find they don't need to drink as much water as they did on a cooked diet, because of all of the juicy fruits and vegetables they are eating, and this is true. However, we still need to drink water--especially people living in warm climates, people who heat their homes and cars, people who use air conditioning, or people who get the recommended amount of daily exercise.

It is best to drink between meals to ensure we aren't diluting our digestive acids at mealtimes, but a small drink every hour or so is probably just the ticket to keep you going. Keep a water bottle close, and when you think you're "hungry" try chugging back a cup or two of water then waiting 15 minutes or so to see if the hunger is still there. Often times, we think we are feeling hungry when our bodies are asking for hydration.

Also, while you're detoxing, water is going to be your dearest friend. It helps you transport all the little nasties you'll be loosening up, quickly out of your system.

In terms of choosing what kind of water is best, well, taste it. What do you like best? It's water. If you want to do anything, you should write the words "Happy and Healthy" on your water jug. That'll be enough to supercharge it no matter what source of filtration it has been through.



## 9. Spices, Condiments and... SALT!!

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Ever heard that expression from the old sailors: *"Water, water, everywhere, And all the boards did shrink; Water, water, everywhere, Nor any drop to drink."* That's because they knew that if they drank sea water, they would DIE. So, could someone explain the reasoning behind the decision to dehydrate sea water and put the leftovers on our food?

Salt is for preserving stuff, but it stops life cold. So, we are very confident that you will experience remarkable health improvements when you choose to leave it off your table. I know people who worked at succeeding on the raw food diet for a very long time, but failed because they couldn't let go of their addictions to salt.

For next 7 days give your body the chance to experience freedom from salt and leave it, along with vinegars and other toxins, at the door. If you really want to experience your boundless energy potential, then you're going to have to free your body's energy up from having to filter poisons. These condiments do not serve you, but rather keep us in an addictive and unnatural relationship with our food.

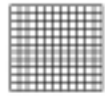
### Power Tip:

This step alone will bring you dramatic results. Few raw foodists are ready to take on this final step, but it makes the biggest difference, and will make your entire process so much easier. If you get this one, you've got it made. Go for it!



# How to Make Sprouts

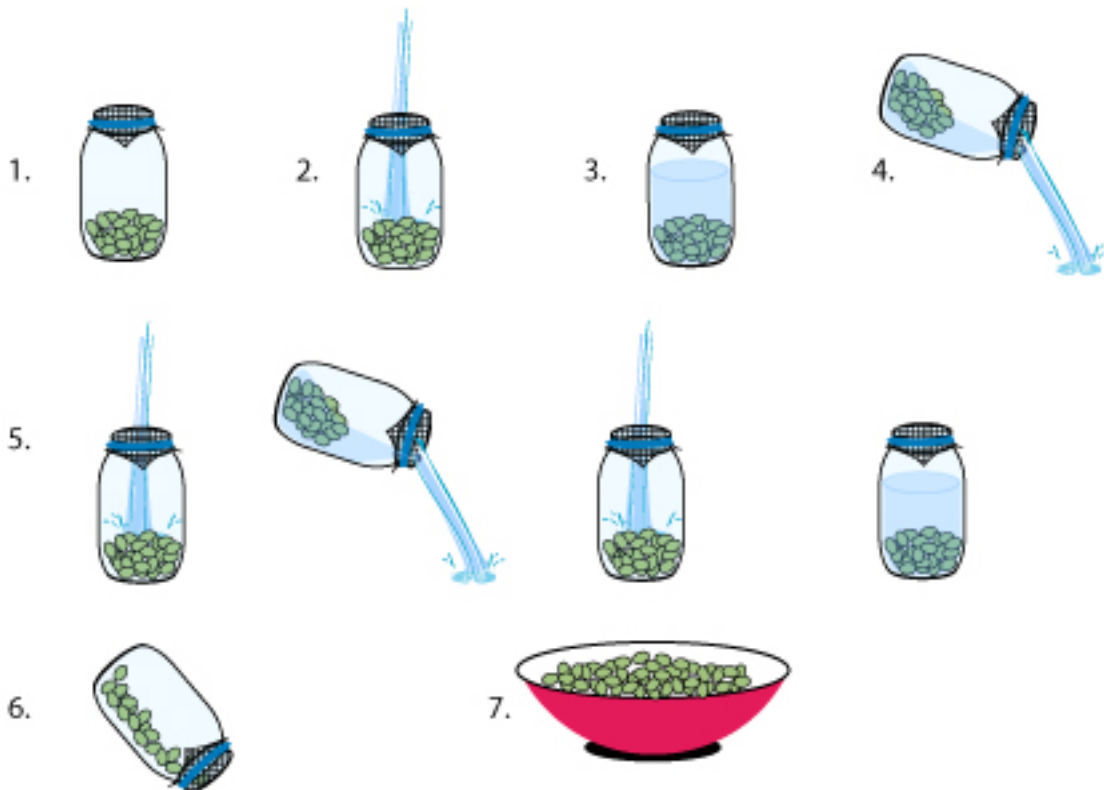
To use our simple sprouting method, you will need:



A glass jar, a piece of nylon screen big enough to be secured over the mouth of your jar, a rubber band to hold the screen in place, and your favorite sprouting seeds or beans. We like lentil, mung and adzuki, but the varieties are nearly endless! Do not sprout kidney beans as they are not safe to consume raw.

## The Steps

Other sprouting gadgets and methods certainly exist, but here's the way that we think works best for basic sprouting:



1. Fill your jar about 1/4 full of dried seeds or beans. Larger seeds and beans work best with this method. As mentioned, we like Mung, Lentil, and Adzuki, but there are many possibilities. Then, place the piece of screen over the mouth of the jar and secure it using your rubber band, as shown. You could also use a piece of clean stocking or cheese-cloth.

2. Fill the jar with luke warm water. The jar should be at least 3/4 of the way full.

3. Leave the full jar sitting in a room temperature-to-warm location for approximately 12 hours. We like to prepare our jar in the morning, leaving it for the day, before moving on to the next step in the evening before bed.

4. After you've let the seeds soak for about 12 hours, pour the soak water out. The elastic secured screen keeps your seeds from pouring out, so be sure to leave it secured!

5. Then you'll want to rinse the seeds a couple of times, refill the jar with water, and let it sit for another 12 hours. Repeat steps four and five once more.

6. By the time you've soaked your seeds for three 12-hour sessions, they should be ready for sprouting. Just pour the water out of the jar, and place the jar on a 45 degree angle, mouth side down, so any remaining water is able to escape from through the screen. Try to distribute the seeds down the length of the jar, making sure they don't collect at the mouth of the jar and block the screen. They need air to be able to circulate into the jar, or they will start to rot instead of sprout! Leave them to drain for another six hours.

7. Rinse the sprouts a couple of times and let them sit for another six hours. By now, you should have some nice little tails growing from your seeds. You can repeat the rinsing and draining process until the tails reach your desired length. Shorter tails are slightly sweeter to the taste, and we like them that way.

8. When the sprouts are ready, place them in a covered dish or container. A piece of paper towel on the bottom is helpful for absorbing any extra moisture. The sprouts will continue to grow in the fridge, so you should keep that in mind when considering their tail length.



# Putting It All Together: Preparing for Detox

## A Fun Way to Think About It All

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If you find yourself wondering how you could possibly survive on fruits and vegetables alone, considering all those years of protein and calcium counting you've been taught to do, this fun way of thinking about things might be helpful:

### Consider your anatomy.

If you just take a look at that beautiful body of yours, I think you'll be surprised to notice a few things that would be very useful for digesting that the Standard American Diet are missing.

Namely:

You have no claws.

You have no razor-sharp incisors for tearing apart sharp meats.

You definitely can't out run a gazelle running on those two legs of yours.

You're missing a gizzard for grinding grains.

### Anatomically speaking, there are a few things that simply do not add up.

Now, I know we've been awfully creative thanks to that opposable thumb we've got. We've managed to create all kinds of tools, and totally revolutionized our entire society, but unfortunately our physiology hasn't evolved at the same rate as our technological advances.

Here's a funny thought:

What would happen if you found yourself ravenously hungry at lunch time in a field of wheat?

How long would it take you to get a decent meal out of it? What effort would it require? Would you find it naturally attractive and appetizing to you?

Okay, now transport yourself to a field of cattle grazing. I mean, do you feel within you the urge to pounce upon that docile animal and dig your teeth into her?

When you start to put things in perspective like this, it's almost funny what we've come to accept as food and how far we've removed ourselves from the natural nutritional process.

### Every other creature on the planet eats instinctively.

Now, please don't be misled. We're not going to start talking about the poisons of cooked food, or try to convince you to be a raw foodist if that's not what works for you. We just want you to try this for a week, and see what you learn by EXPERIENCE, NOT by INTELLECTUALIZING.

### Now, how about this for a scene:

You're roaming in the jungle and feeling hungry. You look up and realize you're under the shade of a mango tree surrounded by fresh patches of new, tender green leaves like baby spinach, or something.

Ahhh... now we're talking.

I know, I know, we don't all live next to mango trees, but the point is just to consider how anatomy plays into our food selection, and to reacquaint ourselves with the source of the foods we put on our plate.

This way of thinking is just to make you smile at the silliness of some of the things we do compared to every other creature on the planet. So, for the purposes of this 7 Day Detox, we'll be sticking to the kinds of foods you can pluck from a tree or grab from the garden with your two hands (and maybe some climbing and whacking action, too).



# How Much Food Should I Eat?

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The best way to control the quantity of your food, is by assuring the quality of your food.

That's one of the most wonderful things about this program. If you can manage to avoid the addition of intoxicating salt and spices, then you will be sure to easily monitor your food consumption.

In fact, if anything, you're going to need to work at getting enough food. Raw food has a very high water content and is very low in calories (especially if you're restricting your intake of nuts, seeds and avocados). This will take some adjusting, because if you're coming from a predominantly cooked food diet, you're used to low water content food that tends to be very high in calories.

Eat until you feel satiated. If you're adjusting from a heavily cooked food diet, you may need to eat a bit more often as you adjust.



# The Three Day Hurdle

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As your body adjusts to the new foods, you may experience some discomfort in the form of bloating, distention of the abdomen, headaches, etc. This is discouraging for some people, and leads them to decide right at the beginning that all this raw food just isn't good for them. Well, think about it: we're the only creatures on the planet cooking our food, so the raw stuff can't be that bad for us. It's roughage, and most of us are used to eating the kind of food that acts much like strong, white glue as soon as it reaches the colon wall. Imagine all that roughage you're putting into your body going in to scrub out the gunk in that colon of yours. We find it takes a day or two to make a comfortable transition.

Whatever aches, burps, rumbles and grumbles you experience in the first three days, be patient with them. If you've got headaches, drink water, sleep when you can and just observe your body. This is a fantastic opportunity to get in communication with your body, and to let it get into communication with you.

# Our Biggest Addiction

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Hands down, when it comes to food, our number one addiction is STIMULATION. Part of the purpose of this cleanse is going to be to get reacquainted with how perfectly complete the tastes of fruits and vegetables are on their own. One of the biggest reasons for over-eating is because we create a sensory orgasm of flavors, and end up eating for stimulation rather than for nourishment.

We've become accustomed to variety, to lots of ingredients, to recipes, and while it's been fun, there are some undeniable consequences that have resulted for many of us because of this. Just keeping our meals to the basics can be a real challenge.

You see, it takes a tremendous amount of energy for your body to process all these complicated recipes and combinations. When you simplify your foods, you release energy to take on other tasks. Maybe you'll suddenly and spontaneously start cleaning out your closets! Perhaps you'll be inspired to write a long, lost friend. Who knows what can happen when your energy is released from the burden of digesting complex foods.

# Tips That Will Transform Your Eating Patterns

We all know it's true, and we catch ourselves on more occasions than we might like to admit, eating out of pure habit.

We eat because:

- ...the clock tells us it's time,
- ...everyone else seems to be eating,
- ...there is food in front of us,
- ...we're bored,
- ...we just can't seem to stop ourselves,
- ...we're emotional, and seeking to repress feelings.

Notice, hunger wasn't mentioned there. The food web we weave is awfully complicated, but the truth is that there's a bridge to cross. There is a transition to make from the state of being addicted and in a food trap, to the place where your body is working like a smooth-running machine. You'll KNOW what foods feel best, and you'll avoid the ones that don't.

Throughout The 7 Day Diva Detox, you're going to experience that transition, and we'll all support each other in the process. The first three days are the toughest, then we'll be on the easy road to slimming and bounding around feeling GREAT.

There are a few tools and tricks that will help you re-establish a natural eating pattern based on true hunger and the need to feed, rather than the automated mechanisms we've managed to put in place over time. Turn the page and dive in to the sure-fire tips that will put you on the short-cut to detox success!



# 1. Wait for Real Hunger to Surface Before Eating

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Throughout this detox, we strongly encourage you to observe your body's natural hunger signals. This may not be easy at first, because many of us have some significant confusion on what true hunger feels like.

Genuine hunger is recognizable and ravenous! Often times people misinterpret headaches, stomach aches, irritation and other indications of toxicity in the body as "hunger."

When you question whether genuine hunger has surfaced, drink a glass of water. Often it's hydration we're looking for more than anything. Hydrate and observe your body's reactions. Wait an hour. Get something done. Do you have a pile of bills to handle, a letter to write, a laundry load you can put in the machine? Whatever it is, find an unfinished project around the house, and get it handled.

Take your attention off food, and use it to be productive.

In another hour, when you're still hungry, you'll feel great, and your food will taste wonderful. When real hunger strikes it is accompanied by salivating, and instead of feeling you need a specific food, you will just feel the need for FOOD!



## 2. Keep it Low Fat!

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We strongly support the low fat raw food diet. I have witnessed what people felt were “miracles” as they embarked on a low fat, raw food diet.

People suffering with blood sugar related illnesses such as Candida have experienced enormous benefit from a diet low in fat. Doug Graham’s Q & A resources sums up this phenomenon very well:

“When fat levels in the blood rise, so does blood sugar, because excess fat inhibits insulin from performing its function of escorting sugar out of the bloodstream. The excess fat lines the blood vessel walls, the cells, insulin receptor sites, the sugar molecules themselves, and the insulin with a thin coating of fat, thus blocking and inhibiting normal metabolic activity.

Too much sugar in the blood is as life threatening as too little and can result in serious illness or death. Yeast, or candida, is a constant presence in the blood; it serves as a life preservation mechanism, blooming when there is an excess of sugar in the blood stream to bring blood sugar down to a non-threatening level. When the sugar is distributed and used by the cells of the body, the yeast quickly dies off as it is supposed to.

If fat levels stay chronically high due to a poor diet, sugar will remain in the bloodstream and feed the large candida colonies instead of feeding the 18 trillion cells of your body. Starved for fuel, these cells can no longer metabolize energy, and you become tired, and feel rundown. Because all carbohydrate, fat, and protein that we eat is converted to simple sugar (glucose) if it is to be used by the cells for fuel, the way out of this cycle is not to eat less sugar, but to consume less fat. When fat levels drop, the sugar starts to get processed and distributed again, and the yeast levels drop because there is no longer excess sugar available.”

Throughout this program, we will be following a low/no fat diet. We encourage you to go for the NO fat program. There's absolutely nothing that can go wrong for you by avoiding fat for 7 days, and the results you have to gain by doing so, may just shock you.

If you are an athlete, you will be totally impressed with how much better you feel, and how improved your stamina and endurance is. If you're not, the light and refreshed feeling you have after eating might surprise you.

Fat takes a lot of processing for your body to work through, and it slows down the transport of oxygen in the blood. You'll find yourself huffing and puffing much less on a low fat diet.

The truth is that there is fat in fruit and vegetables. Even lettuce has a small amount of fat. For the 7 Day Detox we'll be avoiding overt fat sources in the form of avocados, nuts, seeds and oils.

### A Note About Oils:

Whether it's olive oil, flax oil or grapeseed, we do not recommend eating oils. Oils are a refined food. As women we understand the importance of fat in the diet. We're not suggesting you should never eat fat. But for this detox of 7 days, we will be avoiding it. Then, stick to fat sources in the form nature intended them. Seeds, nuts, and avocados in small quantities are just fine.

So, to re-emphasize, we'll be following a low-fat diet, and even encourage you to keep additional fat in the form of avocados, nuts, seeds, and oils off your plate altogether for the 7 days of our detox together.



### 3. Avoid Nutritional Neurosis

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I can almost predict the string of questions and concerns that will come in about Omega 3 oils, supplements, the important of this nutrient and that nutrient, the protein people, the calcium people. All these questions come from years of being bombarded with incessant marketing campaigns and I dare say, a whole lot of indoctrination.

We understand that all this makes for very interesting subject material, but we'd like to propose that you, and just about everyone else on the planet, have been given a whole lot of information you don't need to know, and that may not even be true, about food and nutrition. We're not going to get into any conspiracy theories, here, but let's just say that the most helpful thing you can do for yourself during this 7 Day Detox program, is to observe your natural health indicators:

- The softness and clarity of your skin
- Your energy upon waking and throughout the day
- Your moods and sensitivity
- Your appetite
- Your body's weight loss
- Hair luster/loss
- Dental health
- Breath and body odor

You don't need a stack of nutritional reports to see that something is bringing you positive results. Getting in communication with your body is the first step in that process, and the only step you'll need for the duration of this 7 Day Detox.

There's not a doctor or health guru on the planet that doesn't recommend fresh fruit and vegetables for better health, so let's go for it full throttle and see what happens.



## 4. Honor Where You're At

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You will ALWAYS be able to find something you don't like about yourself. Whether you've got dimpled thighs, a bulging stomach, thick arms, or a double chin, you are deliciously sexy and desirable. Let's face it, we've all seen a curvaceous woman who knows how to strut her stuff, and we've all seen the emaciated supermodel dying of calorie deprivation. No matter where you fall in the spectrum, you'll be able to find things wrong with yourself.

We need to be liberated from the mental battles we carry out against ourselves and move toward a new freedom of thought, and a new relationship with our bodies. Real beauty comes from an inner confidence and healthy glow regardless of measurements!

You are the only one who can get the results you want for your health, but it starts by honoring and acknowledging where you are NOW, so that you can own it. Own where you're at with gratitude for what your conditions teach you. When you are willing to own your conditions for what they are, when you can confront them, then you own the power to change them.

**Honor your body and all the hard work it does. Every CELL is carrying on an orchestra of activity in your honor.**

**So celebrate it.**

Chances are good that you've never done anything like this before. Just observe, without judgment. Your body already knows everything it needs to know to do its job. The thing is, many of us keep our body's energy so tied up with stress and digestion that it rarely gets the time to do a good spring cleaning.

When you simplify your foods, as we will be in this program, it frees up a tremendous amount of your body's energy to do its job. Just observe and trust that your body is working hard to serve you. Listen and see what she has to say.

As soon as you start judging or worrying, you've just added another energy barrier for your body to plough through. This is a detox.

Let go, feel, be and see what unfolds...

# Your Eating Plan

## “Break-fast”

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That’s what this meal is all about... breaking your fast of the evening and night. You’re body has rested and is ready to get into action. In the mornings, we recommend waiting until you feel genuine hunger before eating, and then when you do eat, keep it simple.

Monofruit meals are the way to go. Why not just grab a bunch of apples, some bananas, or a papaya. Whatever it is you enjoy, stick to one kind of fruit and eat as much of it as you want. If you wait until you’re genuinely hungry, you’ll appreciate its flavor even more.

When you feel you’ve had enough of this one fruit, then consider yourself finished. One of the reasons we overeat is because we are accustomed to such variety, that as soon as a new flavor hits the palette we rediscover our appetite all over again, even though we’ve physiologically satiated ourselves.

For those of you who are active or sporty, then you may really want to make sure you refuel after a morning run. A couple apples may not be enough. You may feel much better with a Green Smoothie. If you’re active, go for the Green Smoothie, to replace your carbs and minerals. Otherwise, we highly recommend you keep it simple in the morning.



# Lunch

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Depending on how you eat lunch, there are a few possibilities we can suggest. Admittedly, it can be a bit awkward to pull out slimy green concoctions around the cafeteria table. Of course, it also creates a whole bunch of interest and sparks up interesting conversations that give you the chance to get people excited about your positive life changes.

We highly recommend green smoothies for your mid-day meal. They are filling and satisfying and will keep you going for hours.

If you want to turn your lunch into a real conversation starter, our Green Eco Jug is the perfect tool to transport your afternoon smoothies.

Our favorite lunchtime recommendations are:

- Fruit Smoothies
- Green Smoothies
- Salads
- Veggie sticks of all kinds



## Evening Meals

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To start, we suggest some berries or a bit of fruit, followed by a BIG salad that is just stuffed with sprouts. Take an entire head of romaine lettuce and wash the leaves, then use your big leaves as you would tortillas. Stuff them with sprouts, tomato slices, peppers, grated carrot... whatever tickles your fancy.

We recommend that you plan to finish your evening meal a bit early, and at the very least, refrain from eating or snacking after 6:00 – 6:30pm. Remember, this is a DETOX and it's only 7 short days. Avocados and nuts will be there next week. This week your body deserves a rest, so give it to her by keeping it as simple as you can.

If you're feeling hungry late at night, GO TO SLEEP! Rest. Give your body the chance to rejuvenate and regenerate. You will wake up in the morning ravenous and truly ready for a juicy breakfast.

Whatever you can do based on your comfort (and with a willingness to push your comfort zones) take this opportunity to meditate, reflect, plan for the day ahead, and give your body a well-deserved break from the work of digestion.

You'll wake up feeling infinitely more refreshed if you sleep on an empty stomach and allow several hours of fasting before bed.

If you find yourself tempted by food distractions during the day, do something non-food related to honor yourself, and also to give your body a well-deserved break. Take the time to write in a journal, read a good book, or just lie back to dream. Build, create, and put your attentions on matters of a spiritual nature. When you quiet your body, you can open your awareness to other things.

Consider going to bed a bit earlier and getting a good night's rest.



# Stocking Up and Shopping

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Since you'll be eating pretty much entirely raw fresh fruits and vegetables, there won't be much need to stock the cupboards. If you live close to a market, then you're in luck. If not, err on the side of buying too much. Most fruits can be frozen, and veggies, well, they last quite a while in the fridge. You can lengthen the life of your greens and lettuces by storing them in water-filled containers. This works well for celery, veggie sticks, and baby carrots too.



# Putting it All Together

## Guide to Smoothie Making

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Making smoothies is a piece of cake, and anyone can quickly become a blender master by following these tips, tricks and basic fruit combining principles.

### Glorious Green Smoothies

These are really going to be your best friend. I cannot think of a more efficient way to get those valuable greens into your belly. We have experienced huge health benefits from incorporating lots of green smoothies into our diets.

It's very simple, actually. Just take a few handfuls of your favorite leafy greens and add them to your fruit smoothies. When you're first starting out, you might keep the quantity of greens lower, but as you get used to them, you'll bravely pack your blender full with as much as you possibly can. We recommend you stick to our blender tips and tricks for best results.

Just add several handfuls of crisp, leafy greens into you smoothies, and blend away. On the next page, we've included a basic raw vegan food combining chart to show you the best combinations for your smoothies and meals. Beyond that, let your taste buds guide you and enjoy!



# Food Combining Made Simple

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There have been a lot of books written about food combining, and while it can be a very complicated subject, the following very simple rules should take you a long way towards successfully improving and simplifying your digestion. Don't let the subtleties and complexities of food combining get you down. When it all comes down to it, it is best to do whatever works the best for you!

1. Eat acids and starches at separate meals. Acids neutralize the alkaline medium required for starch digestion and the result is fermentation and indigestion.

2. Eat protein & fat foods at separate meals from fruits and starches. The acids of acid foods inhibit the secretion of the digestive acids required for protein digestion. Undigested protein putrefies in bacterial decomposition and produces some potent poisons.

3. Eat just one kind of protein & fat food at a meal. In a raw vegan diet, we are generally referring to nuts as a fats & protein. It is best to eat only one type of nut or seed in a meal, however some people will find they are okay with 2 or 3 types in a meal if desired. For this 7 Day Detox, we recommend avoiding nuts, which we consider to be overt fats.

4. Eat fruits and starchy foods at separate meals. Fruits undergo quick digestion in the stomach and are held up if eaten with foods that require digestion in the stomach.

5. Eat melons alone. Melons digest very quickly, so we suggest eating them on their own. This is a great way of giving yourself a mini-cleanse meal. Mixing melon with other foods can cause gas and bloating, however some people have no problem mixing them with other fruits, i.e. berries and "fruit salad" and you may want to experiment to see what works for you.

6. Avocados are a fatty fruit and we recommend avoiding them through the 7 Day Detox. In a raw maintenance diet, avocado would mix well with greens and low-starch vegetables. They could also be used with starchy vegetables, low-acid fruits and acid fruits, but are not recommended to be mixed with sweet fruits.

7. Tomatoes are considered to be an acid fruit, and therefore follow the combining rules for acid fruits, however tomatoes can also be combined with low-starch vegetables and protein.

8. Alfalfa sprouts may be combined as a green vegetable. Other sprouts should properly be classified in the same category as the original seed, even though the sprouting process has somewhat lowered the protein and carbohydrate content. Most sprouts and their seeds are either proteins or protein-starch combination in character.

As with all elements of this or any other diet you consider for yourself, the best way to judge what works and what doesn't work for your body, is to experiment! In our experience, each person is a little different from the next and while one cannot tolerate melon mixed with anything else, another might find melon and berries are just fine.

The charts and lists on the following pages are simple quick-references to help guide you through raw vegan food combining, but if you feel you need more information, be sure to log into The Powder Room for help from your fellow Raw Divas!  
<http://www.therawdivas.com/powderroom>



# Food Combining Quick-References

The following pages contain some simple quick-reference charts to help you remember which raw vegan foods combine best. When we say that foods are fair combinations, this means that they are reasonably combined for those with unimpaired digestions. Good combinations are good for the weakest digestion. Poor combinations should only be used occasionally, and are best left to people with the best digestions.

Let your experience and natural instincts guide you and before you know it, you won't need a chart or guide to feel comfortable in all respects of food combining!

Happy digesting!

## Food Combining Reference Chart 1

Food Category	Fats & Proteins	Starches	Low-Starch Vegetables	Acid Fruits	Sub-Acid Fruits	Sweet Fruits	Greens	Melons
Fats & Proteins	Fair	Poor	Good	Fair	Poor	Poor	Good	Never
Starches	Poor	Good	Good	Poor	Poor	Poor	Good	Never
Low-Starch Vegetables	Good	Good	Good	Fruits with Celery Only	Fruits with Celery Only	Fruits with Celery Only	Good	Never
Acid Fruits	Poor	Poor	Fruits with Celery Only	Good	Fair	Poor	Good	Poor
Sub Acid Fruits	Poor	Poor	Fruits with Celery Only	Fair	Good	Fair	Good	Poor
Sweet Fruits	Poor	Poor	Fruits with Celery Only	Poor	Fair	Good	Good	Poor
Greens	Good	Good	Good	Good	Good	Good	Good	Never
Melons	Never	Never	Never	Poor	Poor	Poor	Never	Good

# Common Raw Vegan Foods and Categories

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## Sweet Fruit

Banana  
Carob  
Custard Apples  
Dates  
Fig

Prunes  
Raisins & Dried fruit  
(use sparingly and avoid in  
detox)

Persimmon  
Mango  
Papaya  
Sapote

## Sub-Acid Fruit

Apple  
Apricot  
Blackberries  
Blueberries  
Cherimoya  
Cherries  
Elderberries

Gooseberries  
Grapes  
Huckleberries  
Mango  
Nectarine  
Paw Paw

Peach  
Pear  
Plum  
Quince  
Raspberries  
Sapodilla

## Acid Fruit

Currant  
Grapefruit  
Guava  
Kumquat  
Lemon  
Lime

Orange  
Loganberry  
Mandarin Oranges  
Passionfruit  
Pineapple  
Pomegranate

Strawberries  
Tamarind  
Tangerine  
Tomato

## Melons

Banana melon  
Cantaloupe  
Casaba  
Christmas melon  
Persian melon  
Crenshaw melon  
Watermelon  
Honeydew melon  
Muskmelon  
Nutmeg melon



## Fats & Proteins

Adzuki Sprouts\*  
Almonds  
Avocados  
Cashew nuts  
Coconuts  
Cow Peas  
Garbanzo Beans

Gooseberry  
Hazel nuts  
Hickory nuts  
Lentils  
Mung Beans\*  
Peanuts

Peas  
Pecans  
Pine nuts  
Pistacios  
Walnuts  
Sunflower seeds

## Starches

Artichoke  
Beets  
Celeriac  
Chestnut  
Carrots  
Corn

Hubbard squash  
Jerusalem artichoke  
Peanuts\*  
Peas  
Potatoes

Pumpkin  
Sweet Potatoes  
Water Chesnuts  
Winter Squash  
Yam

\* Peanuts, lentils, beans, and all cereals are considered as protein and starch combinations

## Non-Starchy Vegetables

Alfalfa Sprouts  
Asparagus  
Bamboo shoots  
Broccoli  
Brussel sprouts  
Romaine  
Cabbage  
Cauliflower  
Chard

Chives  
Cucumber  
Dill  
Eggplant  
Endive  
Globe Artichokes  
Green Beans  
Kale  
Kohlrabi

Okra  
Parsnip  
Pepper (sweet)  
Radish  
Rutabaga  
Sorrel  
Squash (ex. starchy)  
Turnip.

## Greens

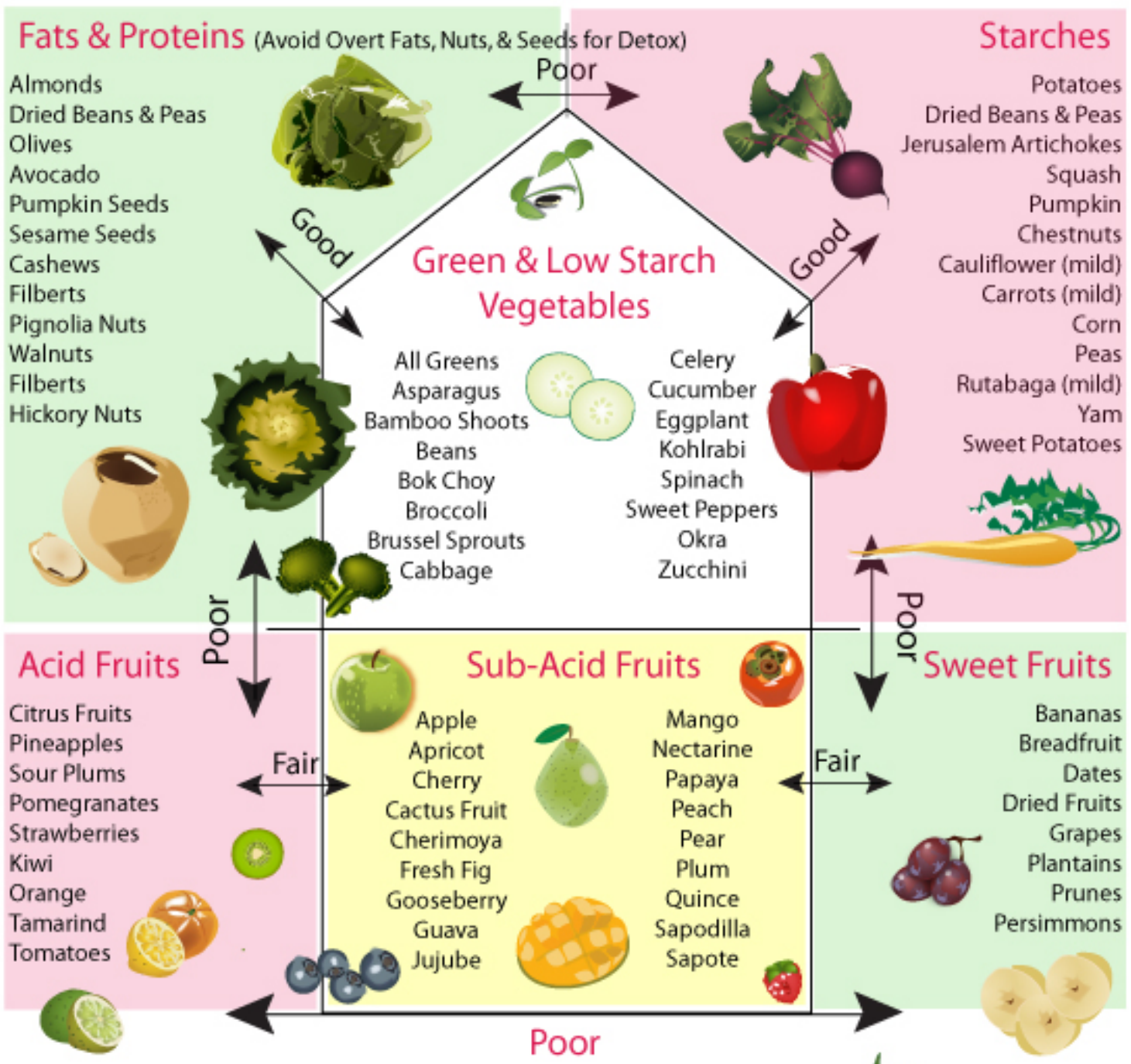
Arugula  
Beet Greens  
Boston Lettuce  
Bibb Lettuce  
Celery  
Chard  
Collard Greens  
Cress  
Dandelion Greens  
Endive  
Kale

Lamb's Quarters  
Leaf Lettuce  
Mint  
Mustard Greens  
Parsley  
Red Clover  
Romaine Lettuce  
Iceberg Lettuce  
Spinach  
Sunflower Sprouts  
Watercress



# Food Combining Reference Chart 2

Mono Meals (One Food at a Meal is the Ideal)



Fruits Only Combine with Leafy Greens & Celery

Use Sparingly. Avocados Go Well with Greens & Low-Starch Vegetables & Fairly Well with Starches, Acid Fruits & Sub Acid Fruits

Tomatoes May be Eaten with Low-Starch Vegetables and Protein

Melons Should be Eaten Alone

## Blender Tricks

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Unless you've got a VitaMix or other powerful blender, we recommend the following tips to help you get the creamiest, smoothest results with your smoothies.

- put liquid ingredients in first
- use a celery stick to poke and stir your ingredients into the blender
- less water makes for creamy puddings and sauces, more water makes for a juicy, refreshing treat
- frozen bananas are a dream come true in summer smoothies
- Keep it simple. Add one ingredient at a time, and see how it goes. Like a fine perfumer, you will get the best recipes when you add one ingredient at a time, and STOP when you love it.
- Add greens at the end to make sure they really get pulverized without clogging up your blender blades.



# Raw Soups

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While these aren't as easy to guarantee success with as fruit smoothies, they are definitely worth trying. Some people also call these blended salads. The same techniques apply, but the ingredients are a little different.

Here's a sample recipe to get you going. This is a good one for a raw soup beginner. Get creative and have fun!

## Cucumber Mint Soup

- 2 cucumbers
- 2 celery sticks
- 5-10 sprigs fresh mint
- 1 apple

Blend all ingredients and serve. This soup could also be made with 1 tomato in place of the apple for a completely different taste.

We suggest the following ingredients for you to experiment with making tasty raw soup recipes:

Tomatoes, dried tomatoes, cucumber, spinach, celery, dill, parsley and other herbs, arugula, bell peppers, sunflower sprouts and more...

... the possibilities are endless. Let us know what you come up with!



# The Basics of Great Salad Making

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There's nothing quite like a delectable, billowing bowl of greens, sprouts, and an assortment of fresh, sliced vegetables. When created artfully, it can be a real masterpiece. The art of fine salad making is something to be respected.

When you're making your salads, consider the importance of color and placement. Really, you can get a lot of "ooohs" and "aahhhhs" just because you pay a bit of attention to these details.

Grating veggies, spiral slicing, and other fancy tricks can turn old classics into new kitchen revelations. Experiment with edible flowers and fancy cutting techniques for an occasional treat.

Don't forget those delightful root vegetables and squash, either. These are delicious shredded and sprinkled on top of salads!



## Tasty Salad Dressings

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Whether you decide to get adventurous with some blender experiments, or keep it simple with slivers of citrus, we are all familiar with the magic of salad dressings. However, if you have a gorgeous green salad with sliced tomatoes and mangos over top, you won't even need a sauce or dressing.

Honestly, there's something awfully sexy about keeping it simple. Tomatoes, mangoes, pineapple and orange slices are so juicy there's really no need for an additional "dressing." And you'll likely feel much better for eating it this way, too. Remember that keeping it simple prevents over-eating, which is exactly what we're trying to achieve for this detox.

## Lettuce Wraps

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Your starchy burrito days are over, now that you can replace those calories and addictive grains with crisp, dark greens for your wrap! Just take your favorite chopped salad ingredients and place a few tablespoons in the center of a nice, crisp lettuce leaf. Drizzle your favorite dressing, wrap and enjoy!

When you're completed your 7 Day Detox, we recommend guacamole and chopped tomatoes, cucumbers and other veggies you like all wrapped up in lettuce love!

This is also a great dish to serve up at potlucks. Just skip the bag of pre-made burritos and serve up a plate of lettuce leaves to be used as wraps for various dips and sauces! You'll be the hit of the potluck!



# A Sample Menu Planner

We thought you might find it helpful if we proposed to you a menu guide. This is basically to guide you in what we consider would be a healthy way to plan your menus for the week.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Water							
Breakfast	Fasting						
Water							
Lunch	Fasting						
							
Water							
Evening Meal							 

## Legend



= Hydrate



= Monofruit Meal



= Green Smoothie



= Veggie Pickers  
(sliced veggies  
like carrot & celery  
sticks, cucumber,  
bell peppers, etc)



= Big Green Salad



= Lettuce Wraps



= Fruit Meal

# 8 Tips for Conscious Eating

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1. Sit in a pleasant environment, without external distractions (like TV, the newspaper, computer, etc.).

The impact that our environment can have on our eating patterns is not to be underestimated. For your meals, choose an environment that is comfortable for you. Take the time to enjoy your meal and your space.

2. Eat mindfully.

Chew slowly and thoroughly, and take conscious note of the texture of the food and the taste. When you're satisfied, stop eating. One of the ways you can know that you've had enough, is the food simply stops tasting as good. Brush your teeth and don't eat again until you experience the sensations of real hunger.

3. Reacquaint yourself with the signals of true hunger.

Many people, who are plagued by chronic toxicity, blood sugar and blood pressure disorders, have come to associate symptoms of detox with hunger. Hunger is not headaches, irritability or emotional upset.

True hunger is a pleasant feeling. There is salivation and a genuine sense of wanting to eat food, any food. Often false hunger will be disguised as a specific craving for certain foods. When you're truly hungry, you will eat what you can get your hands on.

If you're not sure if it's real hunger, it's not. Chug back a glass of water, and wait for another hour. It will only taste better when you finally do sit down to eat.



#### 4. Get active. Stimulate your appetite and earn those calories.

There's nothing like fitness and a good, solid, sweaty workout to really stimulate your appetite. It is such a satisfying feeling to experience genuine hunger and your body's real desire to replenish and refuel.

We're not going to put extensive emphasis on a rigorous fitness program for this detox, because we want you to rest and allow your body to cleanse and take it easy if that's what it needs. However, if you're up to the task, even some mild exercise can help your body get rid of some of the toxins that will be working their way out of your system.

For more on starting or revamping your exercise program, check out our monthly membership program. We have a new fitness challenge every month where we're given new exercises that focus on working specific muscle groups and getting our bodies tight and toned to perfection.

#### 5. Avoid eating during times of emotional upset.

There are two things that require a tremendous amount of energy from the body's resources in order to be managed. One is digestion, and the other is managing emotions. Whether we realize it or not, experiencing our emotions takes a tremendous amount of energy from the body.

In fact, each of these requires so much energy, that the body has a hard time doing both of these tasks simultaneously. This is why when some people are stressed or upset, they lose their appetite. It's also why others of us, who are more likely to suppress our emotions, will EAT when we are stressed. This almost simultaneously suppresses our body's ability to process and experience our emotions as they're happening.

#### 6. Avoid using food as a "reward" for good behavior and other accomplishments.

It's been engrained into nearly every cell of our being from the earliest days we can remember. The candies we got when we were "a good girl," the food our parents offered us to console us when upset.

It starts when we're young, and so it's really no wonder that our relationships with food are a marvelously complicated thing. When we keep our foods simple, emotional eating tends to disappear, because the foods themselves are not physiologically addictive.

Retrain yourself to celebrate differently. Put your pennies toward buying a new dress, or piece of sparkly jewelry. Take a warm bath with candles and incense... there are endless ways to reward yourself that have nothing to do with food and will leave you feeling better than if you'd chosen to celebrate with a big meal of intoxicating favorites.

## 7. Embrace change and new habits.

That's the point of this entire program. Finding new rewards and pleasures that don't leave you confronting guilt and regret afterwards. Put the money you would have otherwise spent on food into a little jar and start a colorful sock collection or something.

Get control of this area of your life, and you can get control over ANY and all areas of your life.

## 8. Keep a Positive Approach to Diet and Nutrition

If you spend your time thinking of the evils of cooked food, the poisonous dangers of deep fried nuggets, and the intoxicating evils of sugar, you essentially send a whole string of messages through your body about "evil" "poison" "sugar" and "deep fried nuggets."

Regardless of what the mountains of research in chemistry, biology, medicine and nutrition will tell you about the chemical reactions taking place in your body, one thing is certain:

No one, until now, has managed to observe a thought under microscope, yet EVERYONE knows that thoughts have a remarkable and dramatic impact on our bodies' ability to thrive. The placebo is the classic proof of this one in action. Your thoughts create your reality.

Start now to visualize the foods you want. The colors, the crispiness, and the fresh, juicy, colorful fruits and veggies that are going to leave your body feeling amazing. Not only will you enjoy the foods you're eating even more, but you'll be saving your cells from a lot of negative inner talk.



# Ready for an Adventure?

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This booklet has been designed to give you a good idea of what we've got in store, and to get you comfortable with some of the ideas we'll be covering through The 7 Day Diva Detox. You will continue to receive significant support and mini lessons leading up to and throughout the program.

If you have any questions, take a moment to drop us a line. We have done our best to address your most common questions in our f.a.q. page and in our Welcome Teleseminar.

We already know you're going to be absolutely AMAZING on this program. Enjoy the process, and thank you again for being here with us.

We look forward to playing with you!

