



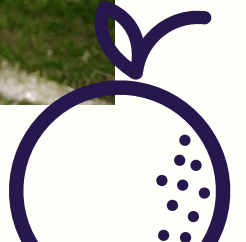
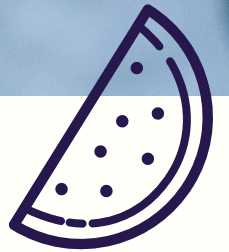
JULY 11, 2019

INTERNATIONAL RAW FOOD DAY CHALLENGE



KENNY AND JOANN LOY
HEALTH COACHES

KENNYANDJOANN.COM



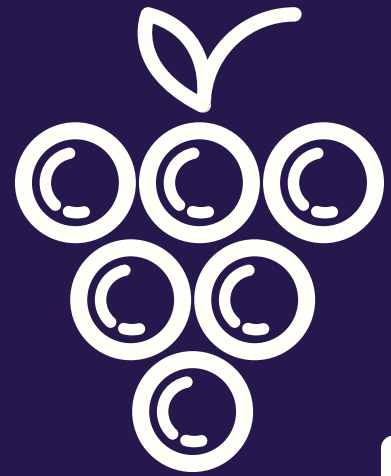
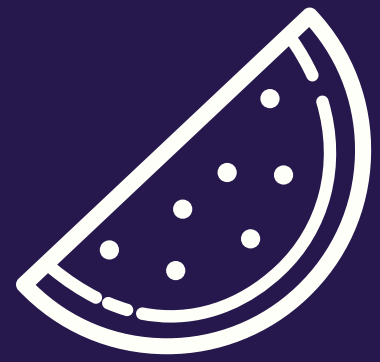
INTERNATIONAL RAW FOOD DAY MEAL PLAN

July 11, 2019

Join us in celebrating International Raw Food Day and the 25th anniversary of when I became a vegan! We are going to eat 100% raw on July 11, 2019. We are sharing our meal plan and grocery list for that day, just in case you want to eat something similar.

Just take one day and eat completely raw, plant-based meals and snacks. With these recipes and those on our site, you will be surprised at how easy it is to add more raw food into your diet for greater energy and stronger immunity. Will you take this challenge with us?

Karen Knowler, a Raw Food Coach, founded this special day ten years ago. Although I eat a mostly raw diet anyway, it is always a challenge to make it 100% raw. So, even if you only eat one or two meals raw, that is a success. Let's do this!



Kenny Loy
Certified Nutritionist



INTERNATIONAL RAW FOOD DAY MEAL PLAN



Breakfast - Green Smoothie (5-6 cups)

INGREDIENTS

- 2 cups of your favorite organic greens (try to use at least two different kinds; I use spinach, spring mix, chard, or kale)
- 1-2 cups filtered water and/or ice
- 1 cup almond milk (or your non-dairy milk of choice or simply add more water)
- 1 cup of your favorite frozen fruit (I use strawberries, blueberries, blackberries, and cherries)
- 1 ripe banana (can be frozen, but peel and chop before freezing)
- Optional: 10 drops of liquid stevia (or 2 Medjool dates or any kind of unrefined liquid sweetener)
- Optional: 1 scoop of any raw, super-food powders you use (I use **turmeric**, **goji berry**, **sprouted flaxseed**, a **super-green formula**, **matcha**, and **spirulina**)
- Optional: 1 scoop of raw, vegan **protein powder**



DIRECTIONS

- Put everything but the fruit into a blender, with the greens put in last.
- Blend until the greens are liquefied.
- Place the banana and frozen fruit into the blender.
- Blend again into a thick liquid texture.
- Drink it all or save half for later in the refrigerator.
- If you used protein powder, you may not be hungry until lunch time.



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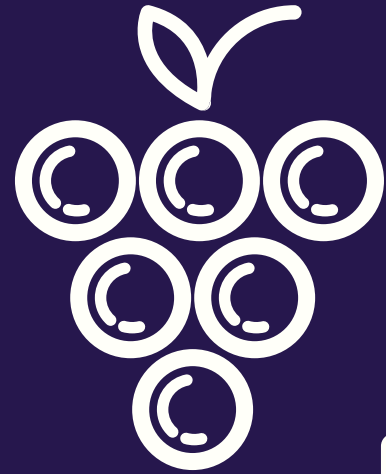
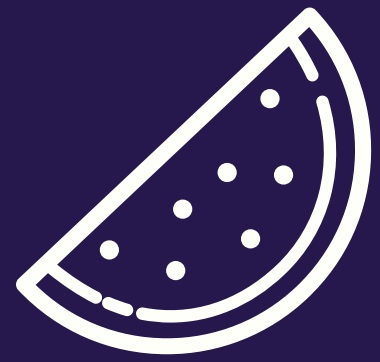
Snacks/Lunch

SNACKS:

- Raw fruit
- Raw nuts or seeds
- Raw fruit and nut bar, like Lara Bars
- Carrot sticks or celery with raw nut butter
- Banana with raw nut butter
- Raw seed crackers

LUNCH:

- Large Bowl of Fruit (your choice)
- Leftover Green Smoothie
- Smoothie Bowl
 - You can use your leftover green smoothie to make a Smoothie Bowl.
 - Just put it back into your blender and add frozen banana and mango chunks for thickness.
 - After blending and pouring into a bowl, add raw fruit, coconut flakes, nuts, seeds, or cacao nibs.



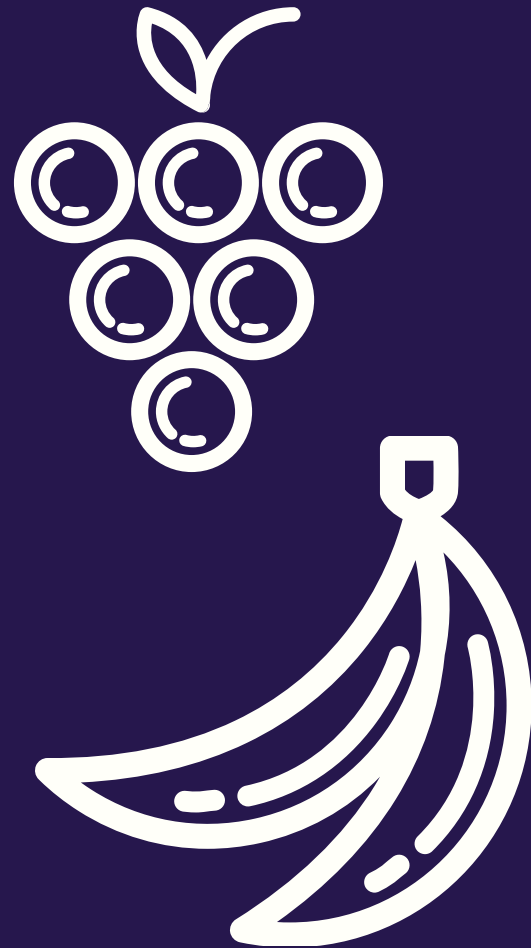
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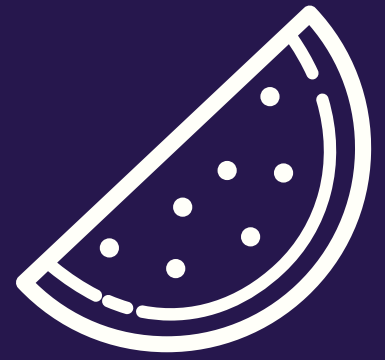
Dinner - Raw Zoodles with Marinara Sauce

INGREDIENTS

- 4 medium zucchini
- 4 medium vine-ripe tomatoes
- 2 cups cherry tomatoes
- 1 cup sundried tomatoes (preferably not in oil, if available)
- 2 green onions
- 1 tbsp fresh lemon juice or lemon pepper to taste
- 1 tsp thyme
- 1 tsp chopped parsley
- 1 tsp Himalayan pink salt or sea salt to taste
- 1/2 tsp oregano
- 1 small garlic clove or garlic powder to taste
- Optional: 1 soaked Medjool date (if you like your sauce sweet)



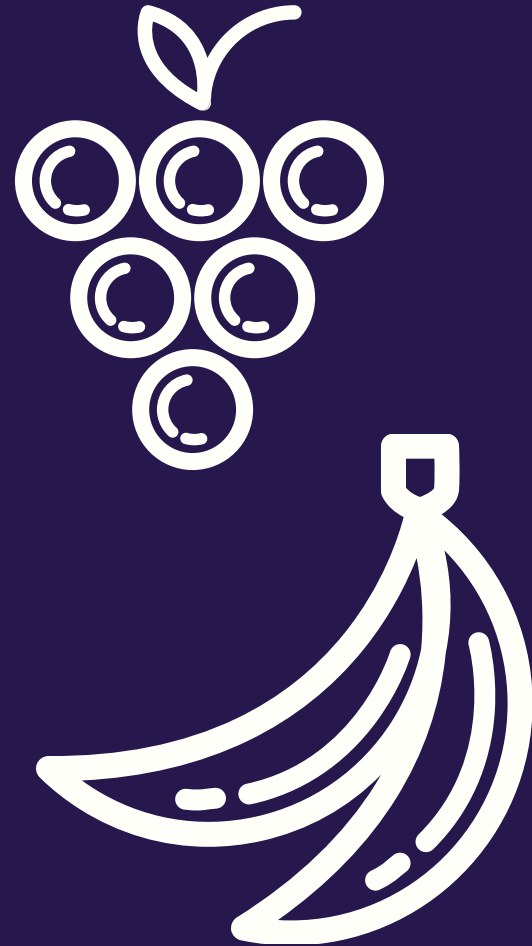
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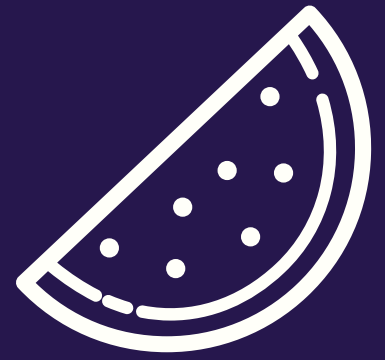
Dinner - Raw Zoodles with Marinara Sauce

DIRECTIONS

- Use a spiralizer to make noodles out of the raw zucchini. If you don't have one, you can use a mandolin or vegetable peeler to make ribbons or just slice the zucchini long ways into thin strips (julienne).
- Sprinkle a bit of sea salt on the noodles and let sit for about 5 minutes, while making the sauce. This will help soften the noodles.
- Puree the remaining ingredients in a food processor or blender until they form a nice sauce.
- Rinse the noodles, drain well, and plate them.
- Even after rinsing and plating, the noodles get watery, so put a paper towel on one side of the plate and tilt the plate so that the towel absorbs even more water.
- Pour the raw marinara sauce on top of the noodles and serve.



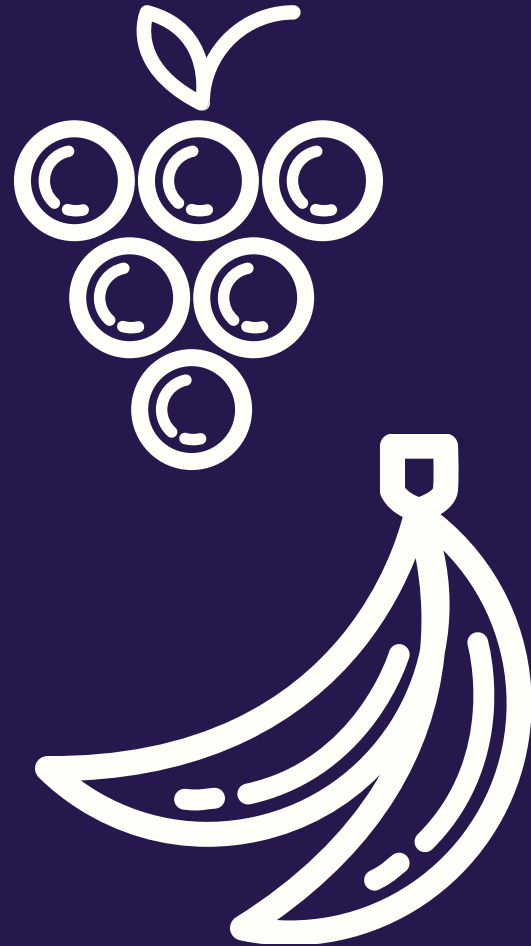
INTERNATIONAL RAW FOOD DAY MEAL PLAN



Dessert - Raw Vegan Donut Holes

INGREDIENTS

- Dough:
 - 2/3 cup rolled oats
 - 2/3 cup macadamia nuts, preferably soaked for 30-60 minutes for texture
 - 2/3 cup Medjool dates
 - 1/8 teaspoon Himalayan salt or sea salt
 - 1/2 teaspoon vanilla extract
- Glaze:
 - 2 tablespoons coconut oil
 - 2 tablespoons maple syrup (or 2 drops liquid stevia)
 - 1/8 teaspoon vanilla extract



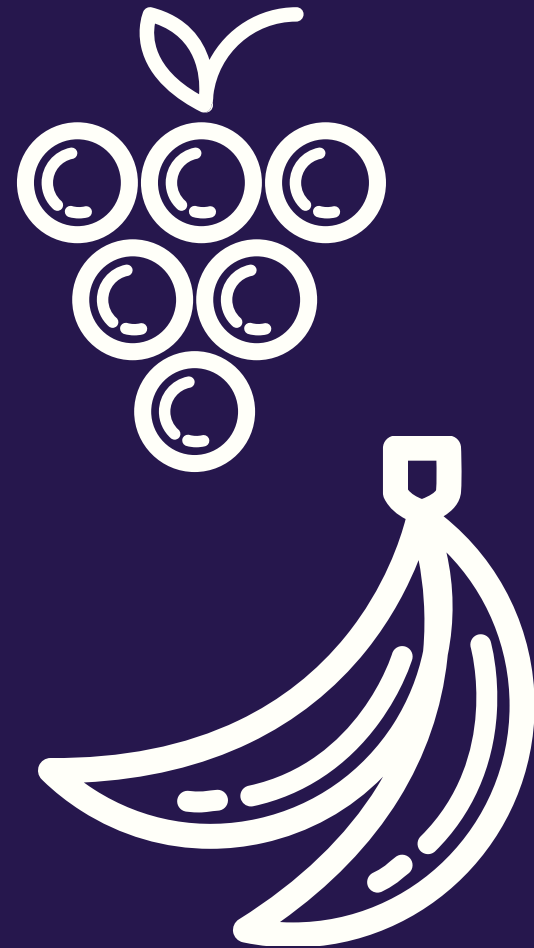
INTERNATIONAL RAW FOOD DAY MEAL PLAN



Dessert - Raw Vegan Donut Holes

DIRECTIONS

- Dough:
 - Mix ingredients in a food processor or high-speed blender until they have a thick, moist dough texture.
 - Add dates, coconut oil, or water if the texture is too crumbly.
 - Roll into balls and put in freezer for 20 minutes until firm.
- Glaze:
 - Turn your stove eye on, let it get hot, then turn it off.
 - Set the raw coconut oil onto the warm eye in a metal pot and watch it melt.
 - Pour in the syrup and vanilla and whisk with the oil until sauce like.
 - Dip the cold donut holes into this glaze until covered.
 - Put them back into the freezer until solid, remove, and dip again until the glaze is used up.
 - The donut holes are best eaten from the freezer.



INTERNATIONAL RAW FOOD DAY MEAL PLAN

Grocery List

- 16 oz or more of organic mixed greens
- 8 oz or more of frozen berries, cherries, or peaches
- 1 or more bunches of bananas, preferably with spots
- As much raw fruit as you want and any kind
- Any raw nuts or seeds, but it's best to soak and dehydrate them first to deactivate the enzyme inhibitors (macadamia nuts, pistachios, pinenuts, Brazil nuts, hazelnuts, and hemp seeds are the exception)
- Lara Bars or raw fruit and nut bar
- 4 medium zucchini
- 4 medium vine-ripe tomatoes
- 2 cups cherry tomatoes
- 1 cup sundried tomatoes (preferably not in oil, if available)
- 2 green onions
- 1 lemon
- 8 oz Medjool dates (any date will do, though)
- 6 oz rolled oats (or more if you use as topping for smoothie bowl)
- 6 oz raw macadamia nuts
- Raw, unrefined, extra-virgin coconut oil
- Pure maple syrup
- Vanilla extract
- Dried spices, if you don't already have thyme, parsley, sea salt, or oregano
- Optional: Unsweetened vanilla almond milk (or any non-dairy milk) or make your own
- Optional: carrots
- Optional: celery
- Optional: Raw nut butter
- Optional: Organic liquid sweetener, such as stevia, agave, or date nectar
- Optional: Raw, vegan super food powders or protein powders (never use whey protein)

