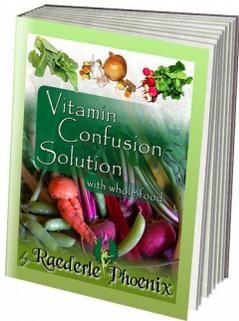


In this Nutritional Abundance Sampler, you'll find:



2 Charts From Vitamin Confusion Solution:

- Grains: Compared
- Omega-3 to Omega-6 Ratios



3-Recipe Sample from Blissfully Balanced 7-Day Raw Vegan Meal Plan:

- Pecan-Walnut Apple Pie
- Apple-Kale Mash
- Avocado Nori Wraps



3 Day Sample of [Raw Rejuvenation](#) 3-Week Cleanse including:

- 3 Days of Recipes
- Grocery List
- Nutritional Analysis

These recipes, charts and programs were written by Raederle Phoenix, a graduate of [The Vegan Mastery Program](#) from The Vegetarian Health Institute as well as [Yuri's Super Nutrition Academy](#).

Raederle's recipes utilize whole foods to create family-friendly meals while integrating “magic combinations” that help you absorb more nutrition from your meals.

The recipes are gluten-free, soy-free, dairy-free, vegan, and there are no sweeteners, acrylamides, or trans fats. And the meal plans even ensure that you get a healthy balance of omega-3 to omega-6.

To learn more about Raederle and her books, [click here](#).



Grains & The Omega 3 to Omega 6 Ratio

The following charts come from Raederle's *Vitamin Confusion Solution*, a reference guide to nutrition containing over thirty charts. The first one is all about grains. The second chart is about the omega-3 to omega-6 ratio found in foods. Let's talk about grains chart.

It should be noted that “grains” come from grass, in a literal sense. Because amaranth and quinoa do not come from a grass, they are technically not grains. They are seeds, and they happen to taste similar to grains in many ways.

In the chart the following grains have gluten: wheat, rye, spelt, barley, and kamut. The other items, such as oats and quinoa, do not have gluten. However, while oats do not have gluten naturally, they are often contaminated with small bits of wheat because of the way they are handled in factories.

The raw data for this chart comes from the USDA, but the compilation and organization for this chart is entirely Raederle's work. The “Rice” from the chart is long-grain brown rice. The buckwheat information is for roasted, as information on raw buckwheat was not available. The barley is raw and pearled. The USDA information for oats doesn't specify if they're raw whole oat groats or rolled oats.

Using the grains chart:

When deciding what grain to use in a recipe, or when choosing which grains to consume most often, you can use this chart to see which grains are highest in which nutrients per calorie. If you're looking for more b-vitamins to help with your mood, for example, you might choose amaranth or buckwheat. If you're seeking more iron, then you might choose t'eff. If you're looking to reduce your consumption of omega-6, you might choose kamut.

Understanding the grains chart:

- The highest percentage per row is highlighted in bold.
- The best few percentages have a blue-gray fill in the background.
- The lowest number per row has the word “lowest” in the box.
- These percentages and measurements refer to 200 calories of the given grain.

The “Ca:P” ratio in the bottom row refers to the “Calcium to Phosphorous” ratio. The more calcium a food has in relation to the phosphorus, the healthier that food is for your mineral balance. Why? Because most people get a *lot* of phosphorous – so much that they have to pass much of it in their urine. When phosphorous is passed, so is calcium.

Grains:	Quinoa	Amaranth	Oats	Rice	Buck-wheat	Kamut	Millet	Barley	Rye	T'eff
Volume	.32 cups	.28 cups	.33 cups	.29 cups	.35 cups	.32 cups	1.8 oz	.28 cups	.35 cups	.28 cups
Calories...	200	200	200	200	200	200	200	200	200	200
...from fat	14.9%	15.8%	14.8%	6.6%	6.6%	5.4%	9.3%	2.8% lowest	4%	5.8%
...from protein	15.4%	12.7%	15%	7.3% lowest	11.4%	15.6%	11.3%	10%	9.3%	14.5%
Water Content	7.2 g	6.1 g	4.2 g lowest	5.6 g	4.9 g	6.5 g	4.6 g	5.7 g	6.3 g	4.8 g
Starch	28.4 g	30.9 g	?	?	?	31.1 g	?	?	?	19.9 g
B1	18%	6% lowest	36%	20%	12%	32%	20%	10%	17%	19%
B2	16%	10%	6%	5% lowest	14%	10%	14%	6%	14%	13%
B3	6%	4% lowest	4% lowest	20%	21%	27%	18%	19%	18%	13%
B5	8%	16%	14%	16%	14%	11%	9%	3% lowest	17%	10%
B6	20%	25%	5% lowest	21%	16%	12%	16%	11%	13%	20%
B9/ Folate	25%	11%	7%	3%	6%	0% lowest	11%	3%	6%	0% lowest
Vitamin A	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Vitamin C	0%	3%	0%	0%	0%	0%	0%	0%	0%	0%
Vitamin E	9%	4%	0%	4%	0%	2%	0%	0%	3%	0%
Vitamin K	0%	0%	0%	1%	0%	1%	1%	1%	4%	1%
Calcium	2%	7%	2%	1%	1%	1%	0% lowest	1%	1%	8%
Iron	14%	23%	13%	4% lowest	8%	15%	9%	8%	9%	23%
Magnesium	35%	43%	29%	25%	41%	26%	19%	14% lowest	21%	32%
Manganese	61%	100%	140%	112%	52%	94%	48%	42%	85%	280%
Phosphorus	35%	43% highest	38%	26%	26%	33%	22%	18% lowest	28%	33%
Potassium	7%	6%	5%	3%	4%	6%	2% lowest	3%	6%	5%
Selenium	8%	18%	?	23%	9%	75%	3% lowest	39%	15%	4%
Zinc	21%	19%	26%	14%	17%	27%	11% lowest	15%	20%	25%
Omega-3	15%	2% lowest	5%	2% lowest	3%	3%	5%	3%	6%	7%
Omega-6	147% highest	134%	113%	49%	40%	31%	97%	26% lowest	35%	46%
Ca:P Ratio	1:9.7	1:3.5	1:9.6	1:14.5	1:18.8	1:16	1:36 worst	1:7.6	1:13.8	1:2.3 best

Omega-3 & Omega-6

Aim to include as many foods with more Omega-3 than Omega-6 as you can. (The ones at the top.) Ultimately aim for a 1:1 ratio. All of the following measurements and percentages are for 100 calories:

	Broccoli Raab	Peppermint	Spinach	Papayas	Basil	Flax Seed	Green Cauliflower	Navy Sprouts	Chia Seed	Mango
Volume	1 1/2 cups	3 cups	15 cups	1 1/2 cups	10 cups	2 tbsp	1 small	1 1/2 cup	1 1/2 tbsp	1/2 mango
Omega-3	47%	56%	55%	10%	124%	854%	31%	32%	689%	8%
Omega-6	7%	10%	11%	2%	28%	221%	9%	20%	226%	3%
3:6 Ratio	6 3/4:1	5 2/3:1	5:1	5:1	4 1/2:1	3 3/4:1	3 1/2:1	3 1/4:1	3:1	2 2/3:1
	Turnip Greens	Lettuce	Water-cress	Radish	Zucchini With Skin	Brussels Sprouts	Radish Sprouts	Pinto Sprouts	Scallop Squash	Acorn Squash
Volume	5 3/4 cups	13 cups	27 cups	5 1/2 cups	3 fruits	2 2/3 cups	6 cups	2/3 cup	4 1/3 cups	1 3/4 cups
Omega-3	24%	63%	19%	18%	33%	22%	154%	50%	26%	6%
Omega-6	10%	26%	10%	10%	16%	16%	88%	28%	16%	4%
3:6 Ratio	2 1/2:1	2 1/2:1	2:1	2:1	2:1	1 3/4:1	1 3/4:1	1 3/4:1	1 2/3:1	1 1/2:1
	Leeks	Rutabaga	Arugula	Collards	Broccoli	Kale	Casaba Melon	The foods before this point all have more omega-3 than an omega-6. After this point, foods move toward higher omega-6 ratios.		
Volume	2 cup	1 1/2 sm.	20 cups	9 1/3 cups	3 1/4 cups	3 cups	2 cups			
Omega-3	14%	13%	62%	33%	6%	33%	7%			
Omega-6	10%	9%	47%	25%	5%	26%	6%			
3:6 Ratio	1 1/2:1	1 1/2:1	1 1/3:1	1 1/3:1	1 1/4:1	1 1/4:1	1 1/8:1			
	Sour Cherries	Sweet Cherries	Rosemary	Honeydew	Mustard Greens	Cantaloupe	Strawberries	Alfalfa Sprouts	Red Currants	Blueberries
Volume	1 1/4 cups	1 cup	3 cups	1 1/2 cups	7 cups	1 1/2 cups	2- cups	13 cups	1 1/2+ cups	1 1/4 cups
Omega-3	8%	4%	28%	8%	6%	12%	19%	70%	6%	9%
Omega-6	8%	4%	32%	7%	7%	9%	26%	92%	9%	14%
3:6 Ratio	1:1	1:1	1:1 1/8	1:1 1/8	1:1 1/8	1:1 1/3	1:1 1/3	1:1 1/3	1:1 1/2	1:1 1/2
	Black Currants	Bell Pepper	Garden Cress	Raspberries	Blackberries	Guava Common Variety	Hemp Seed	Coconut Coconut Meat	Green Kiwi	Star Fruit
Volume	1 1/2- cups	2 3/4 fruits	6 1/4 cups	1 1/2 cups	1 1/2+ cups	1 cup	1 1/4 tbsp	1/3 cup	2 1/3 fruits	3 cups
Omega-3	10%	7%	22%	22%	20%	16%	327%	10%	6.5%	8%
Omega-6	16%	13%	44%	44%	40%	39%	873%	43%	36.5%	46%
3:6 Ratio	1:1 2/3	1:1 3/4	1:2	1:2	1:2	1:2 1/2	1:2 2/3	1:4 1/3	1:5 2/3	1:5 3/4
	Dandelion	Soy Sprouts	Olives Green	Avocados California	Avocados Florida	Celery Seed	Chives	Sesame Seed	Pumpkin Seed	Sunflower Seed
Volume	4 cups	1 cup	26 olives	1/2 fruit	1/3 fruit	4 tbsp	7 cups	2 tbsp	1 1/2 tbsp	2 tbsp
Omega-3	9%	34%	6%	6%	7%	9%	4%	12%	4%	1%
Omega-6	62%	248%	78%	94%	122%	166%	76%	700%	665%	366%
3:6 Ratio	1:6 3/4	1:7 1/4	1:13	1:15 2/3	1:17 1/2	1:18 1/3	1:19	1:58 1/3	1:166 1/4	1:366

Omega-3 to Omega-6

The percentages in this chart are based on aiming for 1.1 grams of omega-3 and 1.1 grams of omega-6 in a day. This is a general guideline. There is no established ideal amount of omega-3 or omega-6 to consume on a daily basis. What has been established is that consuming too much omega-6 without enough omega-3 leads to inflammation and other undesirable impacts in your body.

Observations about this chart:

While sunflower seeds and pumpkin seeds may have some of the worst omega-3 to omega-6 ratios, that isn't to say you should never eat these foods. Instead, remember to balance these foods with plenty of vegetables, flax seeds and chia seeds.

Some foods, like chives, have really poor omega-3 to omega-6 ratios, yet have little of either in the amount one would generally eat. Unless you're eating a lot of chive soup, you probably won't consume seven measuring cups of chives, so you won't get up to the shown percentages. Similarly, cherries don't have much omega-3 or omega-6 to speak of.

Other foods, like the famous flax seeds, provide a tremendous amount of omega-3 (and omega-6) in just a couple of table spoons. Chia seeds and pinto sprouts are other significant sources of omega-3 that have a positive omega-3 to omega-6 ratio.

It is interesting to notice that most leafy greens have more omega-3 than omega-6. In another chart I discovered that leafy greens also have more calcium than phosphorous. It seems that nature's most abundant food – greens – are perfectly balanced for the human body.

However, consuming a lot of leafy greens can be expensive, tedious, repetitive or boring. That's why I'm particularly interested in choosing the most efficient foods, and finding fun ways to eat them.

Brussels sprouts are a fine example of a vegetable that provides a lot of great nutrition in just a few cups. In just 100 calories, you get 0.2 grams of omega-3, which is significant not just because 100 calories is a small amount, but because 100 calories of Brussels sprouts is also a relatively small volume – just under three cups.

Throughout *Vitamin Confusion Solution*, Brussels sprouts surprised me. Those same 100 calories of Brussels sprouts also provides 197 grams of vitamin C – two and a half day's worth! Maybe instead of oranges for colds, we should be recommending Brussels sprouts. That's not to mention getting 8 grams of protein.

Discover the secrets of over a hundred different common grocery store foods in *Vitamin Confusion Solution*. There is a full chart for each of the b-vitamins, as well as vitamin-c, calcium, magnesium, iron, and *much* more. [Click here](#) to learn more.

Blissfully Balanced

Lunch & Dinner from Day 2

Pecan-Walnut Apple Pie

Remember to be thankful for your meal.

The emotion of gratitude will increase your enjoyment of each bite.

Crust

- ½ cup pecans
- 3-5 dates
- Pinch of salt
- 1 chard leaf

Topping

- ¼ cup walnuts
- 3 dates
- 1 tablespoon cinnamon
- 3 teaspoons chia seeds
- ⅛ teaspoon sea salt

Filling

- ¼ cup walnuts
- 3 apples
- 1 tablespoon cinnamon
- 1 teaspoon fresh ginger
- 10-20 raisins
- ¼ cup sunflower seeds
- 1 chard leaf

If less fat is desired: skip the topping – add the cinnamon, salt, and chia to filling.

Save ¼ to ½ of the pie to eat later, as directed below.

1. Blend crust ingredients to a paste in food processor and smear onto a plate.
2. Blend sunflower seeds, raisins, cinnamon, and ginger to a paste.
3. Wash apples, chop into cubes, then add with ¼ cup walnuts to food processor.
4. Pulse until apples and walnuts are in small chunks.
5. Carefully add filling to the crust.
6. Pulse all topping ingredients

Apple-Kale Mash

Fiber cleans the colon like an army of little brooms.

- 3 cups kale, without stems, packed
- 1 cup vegetables/non-sweet-fruits; including broccoli, cauliflower, carrot, cucumber, corn
- ¼ avocado and ½ teaspoon salt
- 1 cup Pecan-Walnut Apple Pie (or whatever amount you have left)

1. Wash kale and remove stems. Lay kale leaves upon one another and roll tightly.
2. Slice tightly rolled kale-cylinders as finely as possible, to make kale-confetti.
3. Toss kale-confetti into a bowl: add avocado and salt.
4. Mash, massage and squeeze kale with hands until kale is supple.
5. Add a cup of chopped vegetables and non-sweet fruits. Use what is in season.
6. Toss with remainder of Pecan-Walnut Apple Pie.

Blissfully Balanced

Full Week's Menu of Blissfully Balanced

Day 1 Simply Sumptuous Smoothie Muscle Recovery Smoothie Cinnamon-Apple Ice-Cream Onion-Spinach Nori Wrap	Day 2 Cleansing Green Juice Pecan-Walnut Apple Pie Small Salad Apple-Kale Mash	Day 3 Chocolate-Chia Buckwheat Granola Cream-Vanilla Green Smoothie Fig-Kale Salad Marinated Portobello Patties
Day 4 Chocolate Holiday Smoothie Energy Salad Apple-Ginger Munch Avocado Nori Wraps	Day 5 Spinach Delight Plum Stax (A very unique dessert) Savory Salad	Day 6 Cacao-Cranberry Smoothie Healing Broccoli Juice Spicy Noodle Kraut Apple-Kale Bliss
Day 7 Energizing Chocolate or Carob Treat Ginger-Cinnamon Green Smoothie Vanilla Ice-Beam Kale Wraps		

Dinner from Day 4

Avocado Nori Wraps

Fats are an essential part of the diet. Some of the healthiest fat you can get comes from avocado.

- 6 tablespoons minced onion (optional)
- 2 sheets nori
- ½ cup lettuce
- ½ avocado
- 1 teaspoon sea salt
- ¼ cup cucumber slices

1. Lay out two sheets of nori across two plates.
2. String onion down the centers, then pile on lettuce and ¼ avocado on each.
3. Add desired seasonings, such as garlic powder, thyme, oregano, and salt.

The full meal plan for Blissfully Balanced is seven days long and includes a full nutritional report with each day. You can get Blissfully Balanced together with Raederle's other meal plans and Vitamin Confusion Solution as a package. [Click here](#) to learn more.

WELCOME TO THE 3-DAY SAMPLE OF RAW REJUVENATION

Questions, feedback and testimonials can be sent to rawsecrets@veghealth.com. You will receive a response from Raederle or another representative of The Vegetarian Health Institute within a couple of business days.

TERMS, CONCEPTS, & RECIPE INDEX

TERMS INDEX

Many ingredients will call for a condition, such as “minced” or “soaked.” The following is a guide.

Minced: Finely chopped pieces smaller than a quarter-inch on a side.

Chopped: Pieces between a half-inch and an inch on a side.

Diced: Even pieces about one inch on a side.

Finely diced: Even pieces about half-an-inch on a side.

Roughly chopped: Chopped just enough to remove the core/pit, or to toss into the food processor.

Sliced: Slices around a quarter-inch thick, up to a half-inch thick.

Thinly sliced or in strips: Thin strips that are less than a quarter-inch on a side. Use a peeler if you have one.

Confetti: Greens turned into confetti-like ribbons. *To make kale-confetti or chard-confetti:* Remove the stems from the leaves and avoid tearing the leaves. Roll three to six leaves into a tight cylinder on your cutting board. Slice the tight leaf-cylinder as thinly as possible into “rounds” (which will quickly unravel). This is also known as a **chiffonade** cut. This can be done with any firm leafy green, including collards, cabbage and bok choy.

Home-ground: Ground seeds, generally flax seeds. *To grind seeds, spices or nuts:* Take the whole nut, seed or spice and measure out the desired amount. Put into the food processor, mini-food processor, vitamix, coffee grinder or spice grinder. Puree into a fine consistent texture. This is only specified in the ingredients if the recipe directions do not later call for blending the whole nut or seed.

Celery ribs: “Rib” refers to one full length of celery within the “head” or “bunch” or “plant” of celery. The rib includes the leafy tops of the rib if there are leaves at the top. Sometimes people call a “rib” a “stalk” or “stick.”

Mid-ribs: The “mid-rib” of a leaf refers to the stem-like area in the center of a lettuce leaf or cabbage leaf. The mid-rib of a lettuce leaf may be juiced effectively in a centrifugal juicer, but the rest of the leaf cannot.

TERMS INDEX (CONTINUED)

Kiwi, prepared: A cleaned ready-to-eat kiwi. *To prepare a kiwi:* Cut away both ends of each kiwi. The skin may be removed with a knife or peeler, or you may leave it on. A kiwi that is scrubbed thoroughly with a produce-brush (any scrubber you designate for produce) will no longer be significantly furry. You may find it easier to consume the skin than to remove it. This is perfectly safe and nutritious.

Pomegranate arils: The “arils” are the small berry-sized parts of the pomegranate that contain the seeds. The arils are the part of the pomegranate that we eat.

Note: Usually (in places where pomegranates are not grown locally), pomegranates are not very ripe at the grocery store, but are tasty nonetheless. If pomegranates are entirely unavailable to you, substitute with any fresh or frozen berries (such as blueberries, cranberries, raspberries, blackberries or currants).

To get these arils out:

1. Score the pomegranate along a circumference of its skin, only cutting through the skin and avoiding cutting through the arils.
2. Pull pomegranate apart along the score using your fingers; this may require wedging a knife into the center-top of the pomegranate and twisting slightly.
3. Hold a pomegranate half over a bowl. (May also put pomegranate into a bowl of water to extract arils.)
4. Flex (invert) the skin into the opposite position, thrusting the arils out. If the pomegranate is very ripe, many arils will simply fall into the bowl.
5. Pull pomegranate arils out of the white fiber. You do not need to be particular about removing all of the fiber – it is usually flavorless and it is harmless.

PRODUCE PRESERVATION & HOW TO TELL IF IT'S RIPE

CHARD, KALE, COLLARDS, CELERY, LEEKS AND HERBS

Large leafy upright greens and herbs may be trimmed at the root and put into a glass or vase with one to three inches of drinking water, like flowers. This will preserve tall greens, celery, leeks and herbs such as cilantro. This may be done on the counter, or for maximum preservation, this may be done within a refrigerator.

A great method of preservation for people on-the-go during the work week: Wash and remove stems from greens such as kale and chard and then put the leaves into a glass container. Use an airtight lid and put the stems into a separate container or bag. A little fresh lemon may be added to greens and stems preserved this way.

Dark greens will stay crisp and fresh on the counter (without water) up to two full days in a room that is near 55°F. In a room around 70°F greens will begin to noticeably wilt (without water) within twenty-four hours. In a room 80°F or more, greens will only last a handful of hours (without water).

By storing greens in water (after trimming browned stem-ends) greens and herbs will last double the length of time, sometimes even triple the time. Celery and leeks from the store can actually be planted, and with plant food and some sunlight can last in a glass, jar or vase almost indefinitely. I've planted leeks and celery from the store in my garden successfully even after chopping off the majority of the leek and celery stalks.

Celery may be washed, chopped and stored in a glass container within the fridge for up to a week. How long the celery lasts will depend on how fresh it was when purchased. Avoid buying bruised celery as it tastes bitter and doesn't last as long.

Leeks may be chopped long ahead of time and last for ages within the fridge, just like chives and onions. If they were fresh to begin with they can last over two weeks in the fridge. When mixed with a little sauerkraut they can last a month or more.

LETTUCE, SPINACH, ARUGULA, WATERCRESS AND OTHER SOFT GREENS

Soft greens, such as lettuce, wilt readily in even slightly adverse conditions. Refrigeration in an air-tight glass container is preferable. Fresh lettuce will last three days to a week. Fresh spinach will last six days to two weeks. Usually store-bought pre-washed field greens, spring mix or spinach purchased in tubs is already three to five days from the time it was picked when you purchase it. I advise consuming these greens within three days of the time they are purchased, as a general rule.

Romaine lettuce in particular will last a while if you eat the outer leaves of all the heads first, leaving several romaine hearts in your fridge instead of eating each head fully before moving on to the next head of romaine lettuce. The inner hearts (with the outer five to ten leaves removed) will last in the fridge well over a week, whereas the outer romaine leaves will wilt within a couple days.

When storing soft greens such as spinach and lettuce, it is advisable to store them in glass or to use a cloth or paper towel to separate the greens from the plastic. This separates the greens from the off-gas of the plastic while also absorbing excess moisture. An extra day or two of crispness can be added by taking this step.

When slicing soft greens it is particularly advisable to *not* use a carbon steel knife – carbon steel causes the most oxidization. Stainless steel and plastic lettuce knives cause less oxidization. Ideally, use a ceramic knife for slicing lettuce, spinach and other soft greens.

PRODUCE PRESERVATION & HOW TO TELL IF ITS RIPE (CONTINUED)

SPROUTS

Store-bought sprouts tend to last a very short time. To preserve them, they may be rinsed with cool drinking water thoroughly, spun dry in a salad spinner, and transferred to a glass air-tight container. Home-grown sprouts are more cost-effective. They are also more nutritious as a result of being more vital/fresh when consumed; fresher sprouts have higher enzymatic activity. Home-grown sprouts are recommended for anyone who can spare the time and space for them.

CITRUS

Citrus – oranges, pummelos, ugli fruit, grapefruit, kumquats, lemons, limes – are fine stored on the counter. If freshly fallen from the tree, citrus may last unrefrigerated for well over a month. For folks in California and Florida, citrus fruits will often be only a few days from the tree when purchased and rarely require any form of preservation. In climates that get significant snow, the oranges are usually well over a week old, sometimes over two weeks old when purchased. They may be refrigerated to increase the amount of time they may be stored, but this does change the flavor and consistency of the fruit. Also, cold citrus fruits are difficult to peel by hand.

Often citrus fruits become softer and brighter in color when ripening. If mold is a concern in your household, I recommend washing the skin with hot water before peeling. The hot water does not heat the citrus on the inside, even if submerged for a full thirty seconds or more. After all, that tough skin is partly there to protect it from tropical heat. (Citrus do not grow in climates that become particularly cold.)

TOMATOES AND AVOCADOS

Contrary to some people's belief about these two wonderful fruits, neither should be refrigerated. I advise not buying them at the store if they've been refrigerated. Avocados have deceiving coloration as they are often picked so underripe that they never turn black. Ideally, they should have a reddish cast on black skin. They should be soft when gently squeezed, but not squishy. That said, I have sometimes found green avocados that had actually become ripe on the inside despite not turning black.

Tomatoes should be mostly firm but give a little when pressed. Both avocados and tomatoes should have that firm resistance beneath an eighth-inch's give.

When you prepare a dish with either of these fruits it should generally be consumed within three hours. However, with adequate lemon juice either fruit can stay “fresh” up to three days in the fridge as long as the lemon thoroughly coats all exposed surfaces and the container is completely air-tight. Surprisingly, sliced and coated in lemon the avocado seems to retain a good texture and flavor better than it does when refrigerated whole. Tomatoes, once sliced and coated in lemon do have some loss in texture and flavor after being refrigerated, but it isn't nearly so bad as it is when lemon is not present.

PRODUCE PRESERVATION & HOW TO TELL IF ITS RIPE (CONTINUED)

POMEGRANATES, KIWIS, APPLES & PEARS

Apples and pears are best when in season but generally available all year round. They are available for so long because they store well. Apples with brown spots throughout the inside have been frost damaged, and apples with a browning inside but unmarred skin are often a product of over-long storage. Some apples, such as honeycrisp, take storage better than others in my experience. Gala, in particular, seems to get soft quickly.

Many people do not mind the change in taste and texture with refrigeration, which can lengthen the amount of time apples may be stored significantly. Apples and pears are best stored in a cool room, but not as cold as a typical fridge.

Pomegranates and kiwis are perfectly counter safe for quite some time, similarly to pears and apples. Neither pomegranates or kiwis noticeably change in texture or flavor when refrigerated.

Kiwis become just a little soft when ready to eat, and are still edible when very soft. If a kiwi is extremely hard it can be astringent, but they are usually not that underripe. The more firm a kiwi, the more tart it will taste.

Pomegranates actually open up when ripe, but they won't ever be found "open" at a grocery store in North-East America. The best pomegranates (in America) are often found at farmer's markets in California.

After being opened or sliced, any of these four fruits may be stored in the fridge with lemon juice and last over twenty-four hours. How long they last after being cut will depend on the amount of lemon juice, how fresh the fruit is, what other fruit is included, and what kind of container they are stored in. Adding pineapple will increase the longevity of kiwi slices, pomegranate arils, apple slices and pear slices.

Ideally, these fruits should be sliced with a ceramic knife. A metal knife causes more oxidization.

BANANAS

Bananas are not actually ripe until very speckled with brown dots. They are sweeter and softer in this condition and much better for making puddings, smoothies, ice-cream and other treats. Bananas are easy to keep indefinitely; as soon as a banana becomes covered in speckles the banana may be peeled, broken into pieces, put into a freezer-safe container and frozen. Bananas will brown after about five days of being frozen, but they will still taste great in smoothies and ice-cream.

PRODUCE PRESERVATION & HOW TO TELL IF ITS RIPE (CONTINUED)

GENERAL PRESERVATION TIPS

You can use the tips below to help you decide which methods you'd most like to use for taking meals to work. If it suits you, you can rearrange the meals during the day in any order you like. When you rearrange your meals, you still want to wait the amount of time specified below the meal before eating *the next* meal you eat, regardless of what meal you eat next.

Anything fermented is already prepped for the long-haul within a fridge. Sauerkraut, for example, will last months and months in the fridge without any problem. Vinegar, while not included in many people's raw vegan diets, will last virtually forever within the fridge or on the counter.

Sauerkraut, vinegar, citrus juice, pineapple, garlic, onion and sea salt are all foods that may be added to a dish to increase the length of time it may be stored in the fridge. Depending on the dish, your choice of addition may change. I find that lemon juice is usually most appropriate. Lemon juice is low calorie and loaded with vitamin C; there needn't be any reason to fear over-consumption of fresh lemon juice.

For an extra-sensitive dish to go the distance, many of these items may be used in combination. For example, you could make a large batch of guacamole containing diced tomatoes, blended avocados, bell pepper pieces and peas or corn. Let's say this batch of guacamole is around six measuring cups in volume, and you want to preserve it for several days. To preserve your guacamole the following could all be added: ¼ cup minced onion, the juice of two lemons, 2 minced garlic cloves, 1 tablespoon of vinegar and/or ¼ cup of sauerkraut with its juice.

Another method is to make a batch that is very lemony and then add one or two fresh ingredients just before eating it (so that the lemon doesn't overwhelm the overall dish). For example, you can mix up many ingredients with a lot of lemon juice and then use one fresh avocado and one fresh tomato over a bed of spinach and lettuce to tone down the very strong flavors from the previously prepared dish.

3 DAY SAMPLE OF RAW REJUVENATION, MENU PLAN & ANALYSIS

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast			Super Veggie Juice	Simple Kale & Chard Juice 30 minutes	Fabulous Fruit Medley 40 minutes	Cinnamon Pudding 35 minutes	Ice-Cream
Brunch	Carob-Kale Shake		Almond Nog	<i>Finish your juice</i>	4 oranges & 1 mango or 6 oranges, 4 ribs celery 1 hour	Kale-Pear Lemonade 30 minutes	Carob Brownie
Lunch	Bone-Building Salad	King Salad		Fabulous Fruit Medley 40 minutes	1 Carob Brownie 1 hour	Squash & Greens 2 hours	Herb Salad
Snack		Almond-Brazil Milk	Coconut water	1 Carob Brownie 1 hour	Spiced Seeds & Celery 1 hour	1 Carob Brownie & 1 kiwi 1½ hours	
Dinner	Cauliflower with Zucchini Hummus	Peach Cobbler		Tomato-Basil Soup 2 hours	Kelp-Kraut Slaw 2 hours	Chunky Pea Salsa-Salad 2 hours	

NOTE: The time listed beneath each meal is the estimated digestion time based on the content of the meal and the portion size. This is the minimum amount of time that should pass after consuming the meal. If you rearrange the order you have your meals, that is okay. Just try to make sure you wait the specified amount of time after eating the meal. Concerning exercise: Wait until this period of time has passed after consuming a meal before exercising.

THURSDAY									
Calorie Total	1593 calories	B1 (Thiamine)	1.9 mg 169%	Calories from lipids	18.3%	Calories from protein	10%	Sodium	1675 mg 112%
A	16790 IU 720%	B2 (Riboflavin)	2 mg 185%	Fats	35.1 g 111%	Protein	56.6 g 119%	Fiber	68.7 g 275%
C	1104 mg 1473%	B3 (Niacin)	21.3 mg 152%	Calcium	1270 mg 106%	Magnesium	1084 mg 350%	Phosphorus	1394 mg 199%
E	21.8 mg 145%	B5 (Panto. Acid)	6.1 mg 122%	Copper	5.3 mg 585%	Manganese	11.3 mg 629%	Potassium	10209 mg 217%
K	7927 µg 8809%	B6 (Pyridoxine)	3.8 mg 292%	Iron	31.1 mg 173%	Omega-3	3.5 g 319%		
Zinc	10.6 mg 132%	B9 (Folate)	688 µg 172%	Selenium	67.2 µg 122%	Omega-6	14.4 g 1310%		

FRIDAY									
Calorie Total	1631 calories	B1 (Thiamine)	2 mg 177%	Calories from lipids	20.1%	Calories from protein	9%	Sodium	4314 mg 288%
A	13890 IU 595%	B2 (Riboflavin)	2.1mg 190%	Fats	39.6 g 125%	Protein	47 g 100%	Fiber	82 g 328%
C	1023 mg 1364%	B3 (Niacin)	16.5 mg 118%	Calcium	1467 mg 122%	Magnesium	825.6 mg 266%	Phosphorus	1227 mg 175%
E	18.9 mg 126%	B5 (Panto. Acid)	8.2 mg 164%	Copper	3.4 mg 378%	Manganese	7.7 mg 430%	Potassium	8396 mg 179%
K	4379 µg 4861%	B6 (Pyridoxine)	3.3 mg 254%	Iron	25.8 mg 143%	Omega-3	5.5 g 498%		
Zinc	9 mg 112%	B9 (Folate)	1102 µg 276%	Selenium	65.3 µg 119%	Omega-6	17.1 g 1554%		

SATURDAY									
Calorie Total	1595 calories	B1 (Thiamine)	1.9 mg 173%	Calories from lipids	19.7%	Calories from protein	10.5%	Sodium	2947.8 mg 197%
A	19607 IU 840%	B2 (Riboflavin)	2.4 mg 217%	Fats	38 g 120%	Protein	59.5 g 126%	Fiber	82 g 332%
C	895 mg 1194%	B3 (Niacin)	21.3 mg 152%	Calcium	1985 mg 165%	Magnesium	951 mg 307%	Phosphorus	1367 mg 195%
E	16.7 mg 111%	B5 (Panto. Acid)	7 mg 141%	Copper	4.1 mg 458%	Manganese	11.9 mg 661%	Potassium	9043 mg 192%
K	7490 µg 8322%	B6 (Pyridoxine)	4.6 mg 356%	Iron	30.6 mg 170%	Omega-3	5 g 457%		
Zinc	11.8 mg 147%	B9 (Folate)	1215 µg 304%	Selenium	67.2 µg 122%	Omega-6	14.8 g 1349%		

3 DAY SAMPLE OF RAW REJUVENATION, GROCERY LIST

Note: The amounts below can be fairly exact, such as “1 teaspoon hemp seeds”. You can either substitute the given item with a similar item (for hemp seeds you could substitute chia seeds or sunflower seeds), or you can buy the smallest amount possible to buy online or at the store, or you can buy the item in bulk at the best price per pound and use the rest in other recipes.

FRESH FRUITS

8 fresh tomatoes
1 red, yellow or orange bell pepper
8-9 lemons
2 cups pineapple
3 kiwis
1 apple
1 apple or 1 cup strawberries (do not slice strawberries ahead of time)
1-2 green apples (optional)
2 pears
1 pomegranate's arils or 1½ cups blueberries
2 bananas
1 summer squash
2 zucchini
¼ avocado

Note: If you wish to buy fewer lemons, or are sensitive to sour flavors, then you may halve all lemon portions. You will still get more than enough vitamin C each day. I recommend so many lemons for convenience – they keep things fresh.

DRIED FRUITS

22 medjool dates
1 cup sun-dried tomatoes (these may be ordered online)

SEA VEGETABLES

2 sheets nori (also known as laver)

FRESH LEAFY GREENS

2-3 bunches kale, depending on the size of the bunches
25 chard leaves (2-4 bunches, depending on bunch size)
1 bunch collards

FRESH VEGETABLES

4 full-size carrots
1-2 heads celery (depending on how large the heads)
1 cup peas (frozen are acceptable)
1-2 inches ginger root

FRESH HERBS

1 bunch flat or curly parsley
1 bunch basil (or used dried)

GRAINS & GRAIN-LIKE FOODS

½ cup dry quinoa or ½ avocado

Note: If doing 100% raw, for every total cup of quinoa, amaranth and millet together, substitute with an avocado.

SEEDS & NUTS

2 tablespoons flax seeds
1 teaspoon hemp seeds
2 teaspoons pumpkin seeds
2 teaspoons sunflower seeds
½ cup alfalfa seeds (for sprouting)
3 cups walnuts (recipe uses these on Thursday, but consuming the Carob Brownies is spread out over many days to prevent excessive consumption of walnuts)
6 Brazil nuts
2 tablespoons cashews

SPICES & POWDERS

Raw carob powder
Cinnamon powder
Chili powder
Cilantro
Curry powder
Dried basil leaves
Dried dill
Dried oregano
Dried rosemary
Dried sage
Dried savory
Dried thyme
Ginger powder
Vanilla powder (optional, may be found online)

MISC

Sea salt
1 cup sauerkraut
½ cup kimchi (optional)
1 packet kelp noodles (optional)

DIRTY DOZEN

Buy these organic for your health

1. Apples and pears
2. Celery
3. Sweet bell peppers
4. Peaches
5. Strawberries
6. Nectarines
7. Grapes (imported)
8. Spinach
9. Lettuce, kale, chard, collard greens
10. Cucumbers
11. Berries and cherries
12. Potatoes

CLEAN FIFTEEN

Buy these conventional if you need to do so in order to save money on groceries

1. Onions
2. Avocado
3. Sweet Corn (Frozen)
4. Pineapples
5. Mango
6. Asparagus
7. Sweet Peas (Frozen)
8. Kiwi
9. Eggplant
10. Sweet potatoes
11. Cabbage
12. Broccoli
13. Papaya
14. Cantaloupe (domestic)
15. Watermelon

These lists are regularly updated as the pesticide use and residue on produce changes continually. To see an updated list, visit: <http://ewg.org/foodnews/list/>

3 DAY SAMPLE OF RAW REJUVENATION, MAKE AHEAD

WEDNESDAY

Wednesday is the day before this exclusive 3-day preview of Raw Rejuvenation begins.

LEMONS

Lemons may be peeled ahead of time and stored in the fridge in a sealed container together. Lemons are easier to add to recipes at the time of preparation if they are already peeled. When juicing lemons with a centrifuge or masticating juicer the lemon peel will cause the juice to become bitter. Using lemons in recipes preserves the freshness and slows oxidation, which is especially important for juice. Lemons may be peeled up to a week in advance. The following is a list of all the recipes lemons are used in during the week:

- ♣ 2 lemons (for Simple Kale & Chard Juice, Thursday's breakfast and brunch)
- ♣ 1 lemon (for Fabulous Fruit Medley, Thursday's lunch and Friday's breakfast)
- ♣ ½ teaspoon lemon juice (for Spiced Seeds & Celery, Friday's snack)
- ♣ 2 lemons (for Kelp-Kraut Slaw, Friday's dinner)
- ♣ 2 lemons, peeled (for Kale-Chard Lemonade, Saturday's brunch)
- ♣ 1 lemon's juice (for Chunky Pea Salsa-Salad, Saturday's dinner)

3 DAY SAMPLE OF RAW REJUVENATION, RECIPES

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PREPARATION FOR TOMORROW (THURSDAY) THAT YOU CAN DO TODAY (WEDNESDAY)

- Optional: Make Carob Brownies (Thursday's snack) now and put them in the fridge. These can also be made easily in the morning. They take about twelve minutes to make including clean up.
- Optional: Make Fabulous Fruit Medley (Thursday's lunch). It will stay fresh in the fridge overnight.

SIMPLE KALE & CHARD JUICE

Thursday's breakfast and brunch

2 lemons, peeled

5 cups chopped kale and 12 chard leaves

½-inch ginger (optional)

1-2 green apples (optional)

Masticating Juicer	Centrifuge Juicer	No Juicer: A Salad
<ol style="list-style-type: none"> 1. Remove lemon seeds, as their oils will be bitter. 2. Juice lemons first. 3. Juice kale and chard. 4. Drink immediately or put some in a canteen and add ice and store in the fridge. Make sure canteen is full to the brim to prevent oxidization. Finish within a couple hours. 	<ol style="list-style-type: none"> 1. Juice the lemons first. 2. Juice chard and kale stems. 3. Use leaves in any other recipe during the day. 4. Consume immediately or put some in a canteen and add ice. Store in the fridge. Make sure canteen is full to the brim to prevent oxidization. Finish within a couple hours. 	<ol style="list-style-type: none"> 1. Turn chard and kale into confetti and mince stems. Put in a large bowl. 2. Use a hand-juicer or hands to squeeze lemons over the salad. 3. Add seasonings, fresh herbs, sprouts and sea salt as desired. 4. Note: Seasonings may also be stirred into a fluid juice for variation. A pinch of sea salt can go a long way in changing the flavor of juice.

FABULOUS FRUIT MEDLEY

Thursday's lunch and Friday's breakfast

The following portion is for both Thursday and Friday.

- 2 cups diced pineapple
- 3 kiwis, prepared and diced
- 1 lemon
- 1 apple, diced or 1 cup strawberries (do not slice strawberries ahead of time)
- 1 pear, diced
- 1 pomegranate's arils or 1½ cups blueberries

1. To tell if a pineapple is ripe, tug at the green leaves at the very top. They should come out fairly easily. Also, the coloring should be yellow, gold, brown and/or red. A green pineapple is not ripe. To evenly ripen a pineapple it must be turned occasionally – often it is sufficient to turn it upside-down for a couple days.
2. Cut away pineapple skin and remove all brown specs of skin from the yellow innards. Dice and set aside.
3. Prepare and dice kiwi. (Refer to the Terms Index for detailed directions.)
4. Squeeze the juice from one lemon into a bowl. You may use a citrus juicer or your hands.
5. Dice apple and pear into the lemon juice directly to prevent browning.
6. Extract pomegranate arils. (Refer to the Terms Index for detailed directions.)
7. Combine all ingredients. Split into two portions in two glass water-tight containers. One for today's lunch and one for tomorrow's (Friday's) breakfast. This dish will stay fresh for two days in the fridge.

CAROB BROWNIES

Thursday's snack, Friday's lunch, Saturday's snack and Sunday's brunch
The following portion makes twelve brownies, to be spread over many days.

3 cups walnuts
6 Brazil nuts
20 medjool dates, pitted
 $\frac{3}{4}$ cup carob or cacao powder
1 teaspoon vanilla powder (optional)
 $\frac{1}{4}$ teaspoon sea salt

1. If you have a small food processor make this in two batches, one following the other.
2. Measure walnuts and toss them in your food processor with six Brazil nuts. Blend them for about ten to forty seconds, aiming for small crumbly pieces, but not a paste.
3. Add the rest of the ingredients and blend for fifty seconds to two minutes (depending on the strength of your food processor).
4. When your mixture holds together (somewhat before it becomes perfectly smooth), put all of it on a cutting board or plate.
5. Squash the lumps (with your hands) into a long rectangular shape about three-quarters of an inch thick.
6. Using a dull knife score in half lengthwise, creating two long strips.
7. Score in half widthwise. Then make two scores on either side of the middle one to create twelve somewhat equally-sized brownies.
8. Put one brownie on a plate for now, two on another plate in the fridge for tomorrow and Saturday, and put the rest in the freezer. To save fridge/freezer space, instead of plates, use waxed paper.

TOMATO-BASIL SOUP

Thursday's dinner

- 6 fresh tomatoes
- 1 cup sun-dried tomatoes, soaked
- 2 tablespoons cashews, soaked
- 2 medjool dates, pitted
- 2 ribs celery, roughly chopped
- 1 bunch basil or ¼ cup dried basil
- 1 red, yellow or orange bell pepper, roughly chopped
- 1 teaspoon curry powder, to taste
- ⅛ teaspoon sea salt, to taste
- ½ cup cooked quinoa on the side or ½ avocado left-over from yesterday as soup-garnish

1. Put your fresh tomatoes and soaked sun-dried tomatoes together in the food processor and blend for ten to twenty seconds.
2. Add the soaked cashews, dates and celery and blend for another ten to twenty seconds.
3. Add the rest of the ingredients and blend thoroughly (about thirty seconds).
4. Taste and adjust seasonings. Garlic, onion, chives, coriander, fennel, etc, will all make delicious additions to this recipe.
5. Serve with half a cup cooked quinoa or garnish with half an avocado.

SPICED SEEDS & CELERY

Friday's snack

- 1 tablespoon flax seeds, home-ground
- ½ teaspoon hemp seeds, home-ground
- 1-2 tablespoons dried spices (optional)
- 2 teaspoons pumpkin seeds
- 2 teaspoons sunflower seeds
- ½ teaspoon lemon juice (freshly squeezed)
- 8 large ribs celery (or 10 medium ribs)

1. Grind flax and hemp seeds together with dried spices of your choosing, such as cilantro, basil, oregano and cayenne. Another combination might be cumin, turmeric, paprika and chili powder. Use a spice grinder, coffee grinder or mini food processor for grinding/blending.
2. Stir together ground seeds mixture (what you created in step one) with whole seeds and lemon juice.
3. Store in any air-tight container for up to five days, or in a small brown bag for use within two days.
4. Enjoy celery on the side, or mince celery and stir in with seeds and eat within twenty-four hours. Additional lemon juice may be added for extra freshness if you are stirring in minced celery. If making seeds ahead on Sunday, do not add minced celery at that time.

KELP-KRAUT SLAW

Friday's dinner

2 lemons
½ packet kelp noodles (12 ounces, by Sea Tangle, optional – not included in nutritional analysis)
1 cup sauerkraut
½ cup kimchi (optional)
4 large carrots
4 large ribs celery
1 tablespoon dried basil
1 tablespoon dried dill
2 teaspoons dried oregano
2 sheets nori, crumbled by hand or folded and sliced with a knife
⅛ teaspoon sea salt, to taste
7 leaves chard, as chard-confetti
1 bunch parsley, minced

1. Juice lemons with a hand-juicer, citrus-juicer or by hand into a large bowl.
2. Dump kelp noodles out of the packet into a strainer and rinse with drinking water.
3. Put rinsed noodles onto the cutting board and slice them a few times to get shorter lengths.
4. Add kelp noodles to the lemon juice and stir to coat the noodles.
5. Add sauerkraut and kimchi to bowl with noodles.
6. Grate carrots and celery using the grater attachment on your food processor, with a hand-grater or with a peeler. The aim is to get very small pieces that are easy to chew.
7. Add grated carrots and celery to the kelp noodles. Add spices, nori, salt, chard-confetti, and parsley.
8. Using tongs or two forks: Lift parts of the mixture two to five inches into the air and set down again until the noodles, spices, carrots and lemon are all well-combined.
9. Test the flavor and add other spices as desired – such a black pepper, cumin, mesquite or coriander.

CINNAMON PUDDING

Saturday's breakfast

2 bananas
2 teaspoons cinnamon (or more, to taste)
¼ teaspoon ginger powder (optional)

1. Peel two bananas, break them in half and put them on a plate or a large shallow bowl.
2. Mash the bananas with a fork or potato-masher until all large chunks are mashed (about fifty seconds).
3. Add cinnamon and any other spices that sound good. Ginger, nutmeg and cardamom will work well.
4. Continue to mash, folding the spices in (so that they don't plume into clouds above the plate).
5. If serving to family, kids or friends, I recommend garnishing with berries, cacao nibs, coconut shreds, mint leaves or dried green stevia (never white stevia, which contains artificial sweeteners) to give the pudding a more appealing look. Another way to improve the appearance is to take a large spoon and dollop scoops onto a new plate. Garnish each dollop with a pinch of coconut shreds, one mint leaf and one berry.

KALE-CHARD LEMONADE

Saturday's brunch

- 2 lemons, peeled
- 1 apple, roughly chopped
- 1 pear, roughly chopped
- 5 ribs celery
- 3 kale leaves
- 3 chard leaves
- 1 tablespoon peeled and minced ginger root

Masticating Juicer	Centrifuge Juicer	No Juicer: A Salad
<ol style="list-style-type: none"> 1. Remove lemon seeds, as their oils will be bitter. 2. Juice lemons first. 3. Put through apple and pear alternately with kale and ginger so that the kale pushes the apple and pear through. 4. Drink immediately. 	<ol style="list-style-type: none"> 1. Juice the peeled lemons first. 2. Juice kale stems, but not the leaves of the kale. 3. Use kale leaves in any other recipe during the day or enjoy them plain. (You may use these in Squash & Greens recipe, for example.) 4. Juice celery, ginger, pear and apple and drink. 	<ol style="list-style-type: none"> 1. Turn kale into kale-confetti and mince stems. Mince celery and ginger finely. 2. Chop apple and pear into bite-size pieces. 3. Use a hand-juicer or hands to squeeze lemons over the salad. 4. Add seasonings and sea salt as desired.

SQUASH & GREENS

Saturday's lunch

The nutritional analysis is based on raw kale, raw chard, cooked collards and cooked squash. You may use any of the three preparation suggestions for fully raw, part raw or fully cooked and still receive adequate nutrition for the day.

- 1 bunch collards
- 2 cups chopped kale and 3 chard leaves
- 1 summer squash
- 2 zucchini
- ¼ teaspoon sea salt, to taste
- 1 tablespoon dry spices such as basil, fennel, or coriander (optional)

Raw	Some Raw, Some Cooked	Cooked
<ol style="list-style-type: none"> 1. Turn the greens into confetti and massage with your hands to soften the greens. 2. Cut the ends off each squash. Spiralize or follow directions 3-4 to slice. 3. Slice squash length-wise. 4. Thinly slice squash halves into half-moon pieces. 5. Toss squash, kale and collards with sea salt and seasonings to taste. 	<ol style="list-style-type: none"> 1. Put a pot, wok or pan of drinking water on to boil. Use 1-2 cups of water. 2. Turn the greens into confetti and massage with your hands to soften the greens. 3. Cut the ends off of each squash. Spiralize or follow directions 4-5 to slice. 4. Slice squash length-wise. 5. Thinly slice squash halves into half-moon pieces. 6. Add squash to pot. Use a high heat to finish cooking within fifteen minutes, but keep an eye on the squash. Or use a medium to low heat to cook in twenty to thirty minutes. 7. To keep greens raw, do not mix with the cooked squash. Instead, plate side by side. 8. Season to taste. 9. Put a bit of greens and squash on your fork with each bite. Be careful, squash will be very hot. 	<ol style="list-style-type: none"> 1. Put a pot, wok or pan of drinking water on to boil. Use 1-2 cups of water. 2. Cut the ends off of each squash. Spiralize or follow directions 3-4 to slice. 3. Slice squash length-wise. 4. Thinly slice squash halves into half-moon pieces. 5. Add squash to pot. Use a high heat to finish cooking within fifteen minutes, but keep an eye on the squash. Or use a medium to low heat to cook in twenty to thirty minutes. 6. Roughly chop greens. 7. Add greens to the pot when squash is almost soft, but not quite. If firmer squash is desired, add kale within five minutes of putting the squash on to cook. 8. Kale will be soft but still retain much nutrition shortly after it obtains a bright green color. (Enzymes are still completely lost.) Plate kale and squash, letting it drip a little before putting it on your plate. Season to taste. 9. Be careful, squash will be very hot – much hotter than the kale.

CHUNKY PEA SALSA-SALAD

Saturday's dinner

¼ avocado, cubed
1 lemon's juice
1 cup peas, raw or thawed from frozen
2 tomatoes, cubed
½ packet kelp noodles (12 ounces, by Sea Tangle, optional – not included in nutritional analysis)
1 tablespoon dried basil
1 teaspoon dried oregano
1 teaspoon dried rosemary
1 teaspoon dried sage
1 teaspoon dried savory
1 teaspoon dried thyme
½ teaspoon flax seeds, home-ground
¼ teaspoon sea salt, to taste

1. Prep all ingredients, saving the avocado for last so that it doesn't brown in the meantime.
2. Leave the rest of the avocado with skin and pit. Apply fresh-squeezed lemon juice to exposed areas.
3. Refrigerate the remaining avocado within a green bag, glass container or covered bowl.
4. Combine all ingredients in a bowl, tossing gently with hands or salad utensils.

DID YOU ENJOY THIS 3-DAY HEALTH JUMP-START?

When you've finished your three day sample of Raw Rejuvenation, continue to enjoy one carob brownie per day. For best health, we recommend that you always consume a salad, vegetable juice or smoothie with leafy greens every day.

If you enjoyed these three days and are curious about the full three week plan, which not only includes three weeks worth of recipes, grocery lists, make-aheads and nutritional information — it also provides further information on growing your own sprouts, reference videos and even detailed directions for opening a coconut.

To learn more, [click here](#).

Questions, feedback and testimonials can be sent to rawsecrets@veghealth.com. You will receive a response from Raederle or another representative of The Vegetarian Health Institute within a couple of business days.

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