

RAW FOR 3 DAYS!



Your Step By Step Foodprint

from mindset to ravishing recipes

By Marie-Claire Hermans



RAW FOR 3 DAYS



From Mindset to
Ravishing Recipes

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DISCLAIMER

The contents of this eBook are by no means to be taken as medical advice. This ecourse is written out of the authors own experience and research with the accent on eating healthy and personal growth as a possible consequence.

If any doubt about your health or if you have serious health issues, please consult your doctor before bringing any major changes into your food habits.

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Content

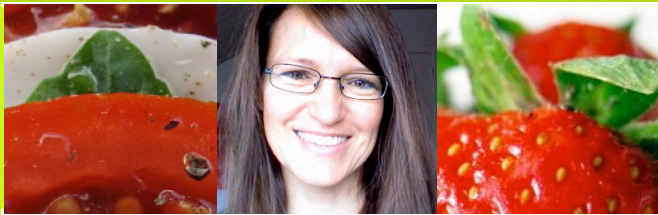
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welcome

I am very happy to welcome you to your Free Taste of Health!

That you are right **HERE**, right **NOW**, means that you ...

... came to a point where you are looking at yourself and the life you are living

... are looking for a way to change your physical state and lifestyle

... would like to switch to healthy food to improve your health or certain issues

... are looking for new inspiration and recipes

... want to know more about raw food



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RAVISHING RAW

FEEL BETTER, LOOK YOUNGER

So let's first have a brief look together and see where you are at right now. You can fill in your answers next to each question. This is your self reflection, your inner survey to know exactly where you are starting this journey from. Take your time so both questionnaires, pre- and post- can add valuable insights and serve you as a solid basis for a strong mindset.

Knowing why you want "Change" will motivate you, get you going and keep you on the right track to reach your goals. Be honest and answer with your heart. This is about you and there are no wrong answers. Clarity and self knowledge will help you forward.

If you need support or want guidance through this personal journey -from practical to emotional issues- I can help you with my 1:1 coaching calls and my special programs who will take you from

A

-

Z

or wherever you want to be.

Ravishingly Yours,
Marie-Claire



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WHERE ARE YOU NOW ?

Are you tired of being tired? _____

Are you feeling unhappy/uncomfortable in your body? _____

Is your daily food taking over your thoughts? _____

Are your emotions playing a big role in the way you eat? _____

Are you being overwhelmed by work, stress, "too much"? _____

Are you suffering from a low self-esteem? _____

What do you think the reason for your low self esteem is? _____

In what shape are your body and health right now? _____

Do you want change in your life? _____

Are there things that are holding you back from changing? _____, _____



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What would you like to change? _____

If you had to rate your life and condition right now with a number between 0 and 10, what would it be? _____, because

How important is this change for you?

Can you set one goal which would bring you closer to a better feeling?

What are you prepared to do to reach your goals? _____

Do you think raw food can help you reach your goals? _____, because _____

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And now, the most important question!

DO YOU
FEEL READY
TO CHANGE
AND BE
HAPPY ?



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WHERE DO YOU WANT TO BE ?

Do you want to wake up rested well and ready for your day?

Do you want more energy than you have ever felt?

Do you want to lose the weight that is making you feel bad?

Do you want to break free from thoughts that prison you?

Do you want to get rid of emotional eating patterns? _____

Do you want to live in harmony with yourself? _____

Do you want to live your dreams, follow your heart?



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WHERE DO YOU WANT TO BE ?

How does your ideal life looks like?

Do you want to live the rest of your life in ravishing health?

What is your ultimate goal that would make you feel happy?

Can you commit yourself to reach that goal with the right support?

From whom are you receiving support and in what way?

From whom would you like to receive support?

Do you want to give yourself a chance and start as soon as possible?



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Then let's **start** and
GO **RAW** FOR **THREE** DAYS

with these

STEP-BY-STEP RAVISHING RECIPES

which will stun you and make you want to eat more raw food to feel all the difference. But not just "recipes"... Here is what I suggest.

Let me take you through three days of raw food. Just **3** days so you can feel, see, taste for yourself how easy, fast and delicious raw food can be. Let me show you how raw food can be an enrichment for your life.

Pick out any weekend that feels comfortable. Print following check lists for your groceries and run your errands the day before you want to commit yourself. If you have to order raw products such as nuts, berries and superfoods, do so in time and be ready for your commitment. On Monday you will have a wow! lunch box to take with you to work.

Some of the ingredients will serve more than one meal. Those will not be repeated in the checklist for your groceries so you won't have too much.

The products marked with a star * in the check lists are raw. Try to purchase or order them in time so you have everything to hand when you start. Buy organic fruits and vegetables as much as you can. Good luck!



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DAY 1

BREAKFAST	Green Smoothie
LUNCH	Cool Summer Salad
SNACK	Trail Mix
DESSERT	Pink Berry Ice Sorbet
DRINKS	Pure Water, Herbal Teas, Fresh Juice

DAY 2

BREAKFAST	Raw Muesli with Cashew Milk
LUNCH	Mango Millefeuille with Red Coolees
DINNER	Nori Rolls
DESSERT	Choccado Mousse
DRINKS	Pure Water, Herbal Teas, Fresh Juice

DAY 3

BREAKFAST	Fresh Fruit Salad
LUNCH	Guacamole Salad with Thai Ginger Vinegar
SNACK	Broccoli Salad with Cashew Cream
DESSERT	Chocolates
DRINKS	Pure Water, Herbal Teas, "Upbeet" Juice



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CHECKLIST 1 PERSON: PRINT AND GO! RAW DAY 1

BREAKFAST GREEN SMOOTHIE

200 g of organic spinach
2 ripe bananas
One ripe mango
A gallon of spring water

LUNCH COOL SUMMER SALAD

Lettuce(s) of your choice; chervil,
romaine lettuce, rocket salad
One orange
A pineapple
Strawberries

DINNER & DESSERT ZUCCHINI PASTA & BANANA BERRY SORBET ICE CREAM

1 zucchini
Pack of Sun dried tomatoes
Pack of Cherry tomatoes
1 White celery
Pack of spring onions
Bunch of Fresh Parsley
Fresh Basil, Oregano, Garlic
Celtic or Himalayan Sea Salt
(no processed salt) *
Cold Pressed Virgin Olive oil *
1 pack of (frozen) raspberries
1 pack of blueberries
1 small pack of fresh mint
A bottle of raw Agave Nectar *

SNACK TRAIL MIX

1 pack Raw cashews *
1 pack Raw goji berries *
1 pack Raw cacao nibs *

DRINKS PURE WATER, HERBAL TEAS & JUICES

Spring water
Herbal teas



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BREAKFAST 1

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SMOOTH HEALTH FOR BREAKFAST...



Green smoothies are your fast track to energy, beauty and SMOOTH HEALTH

One smoothie every day makes a big difference to your health.

Smoothies are a very easy and effective way to hydrate your body and skin.

A green smoothie is a complete meal and food because it still contains all fiber.

Greens alkaline your body so it will become strong enough to heal itself.

A nutritious smoothie is made in five minutes, ideal in the morning, no dishes!

One smoothie provides you more greens than you can possibly eat in one meal.

Green smoothies help you to lose weight in a natural way by eliminating your cravings for sweets! Try to hold on to one big green smoothie in the morning !





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BREAKFAST 1

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tips & tools	ingredients
	
<p>tools a blender</p>	<p>serves one to two persons for breakfast</p>
<p>difficulty very easy</p>	<p>un-cooking time about five minutes</p>
<ul style="list-style-type: none"> ° Dust off your old blender to start with. ° First use what you have, if you feel you will stick to this lifestyle, you can invest in a high speed blender. ° A high speed blender unlocks the cell membranes of your food and you will benefit even more from your smoothies 	<ul style="list-style-type: none"> ° 1 or 2 frozen bananas ° some frozen or fresh mango ° a large bunch of organic spinach, enough to fill your blender ° pure water, about half your can



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The Making of Green Smoothie

From Mindset to Ravishing Recipes



Packed



Watch the colors



Yep, green!



Superfoods

Place all your ingredients in the blender. You want it sweeter? Add a TBS of raw honey. But wait until you tasted your first result. Try to add as few sweeteners as possible.

If you would like to add some [Superfoods](#), start with a TBS Maca and a TBS Beepollen (before blending). They will energize you and boost your immune system.

It is always a surprise which color your smoothie will be. Each time is different, as all good things in life... This is the start for you to experiment and find out what you like.



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TIPS FOR SUPERB SMOOTHIES

If you have some trouble with the green taste, add more sweet fruit until you really like it. If you combine fruits properly, you will lose more weight and experience more benefits. Make your smoothies real yummy, totally to your very own taste.

Gradually add more vegetables than fruit until you are used to the pureness of greens. Only use leafy greens with fruits; they don't contain starches and won't ferment in the colon.

Cold smoothies taste better, certainly in summer you will want to add ice. Make your ice cubes of pure water, not of tap water.

Another useful tip for when you made too much juice; make ice cubes of them and add them to your smoothies.

Always have frozen fruit in your freezer. Don't throw out overripe bananas or mango's or other fruit but break or cut them into pieces and freeze them in a zip bag.

When you use frozen fruits, you don't need to add ice.



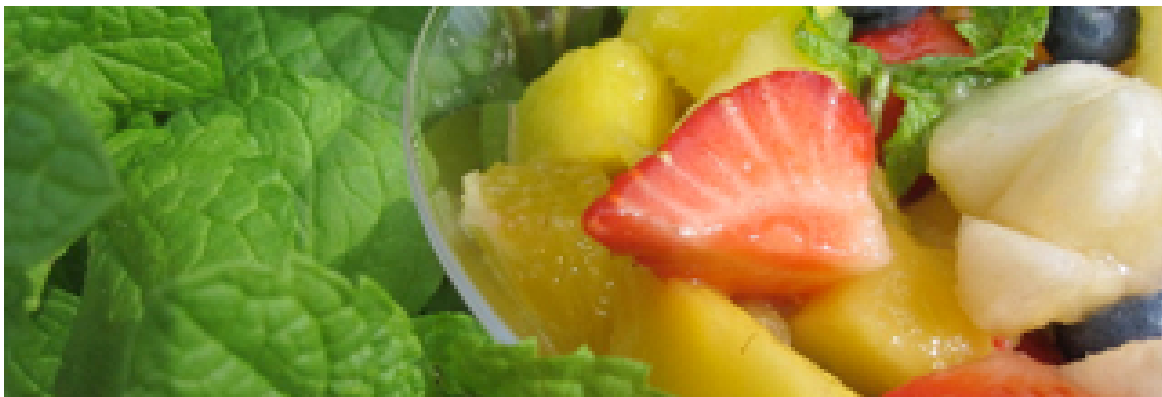
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LUNCH 1

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COOL SUMMER SALAD



First of all, yes! you can combine fruits with vegetables. But only when they are leafy greens. Why? They don't contain starches. Fruit and leafy greens are doing just fine together and won't cause bloating after consumption.

Starchy vegetables take longer to digest than fruit. They can need several hours whilst fruit is digested in about a half hour. This discrepancy is the cause of fermentation and bloating.

There are a [few simple rules](#) to combine your food and fruits properly. If you apply those in your daily life you won't bloat anymore and that pot belly will go down in just a few days. Implementing food combining will save you a lot of trouble in the stomach and the colon and will re- shape your body around your waist. What are you waiting for?






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LUNCH 1

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tips & tools	ingredients
	 
<p>tools a sharp knife</p>	<p>serves one person</p>
<p>difficulty very easy</p>	<p>un-cooking time about five minutes</p>
<ul style="list-style-type: none">° A ceramic knife is the best choice° It doesn't oxidize food while cutting° You don't have to sharpen it for years° It cuts smoothly without effort° It gives delicate food clean cuts	<ul style="list-style-type: none">° 1 or 2 rounds of fresh pineapple° 1 orange° Lettuces of your choice: chervil, romaine lettuce, rucola...° fresh herbs: sweet basil, cilantro, parsley° In summer: strawberries



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The Making of Fresh Fruit Salad

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- ° Peel and cut the pineapple into small pieces
- ° Tear the orange rounds into parts
- ° Cut the strawberries in half
- ° Throw fruits, lettuces and the herbs together in a bowl and mix with your hands
- ° Juice some orange and pour the juice over your salad



This is a great salad to take with you in a sealed container as lunch to work. It will stay juicy and fresh because of the preserving citrus juice. Take as much salad, herbs and fruit as you want.

It's also a lovely starter, for instance before zucchini pasta. Only take a small amount then, as raw dishes can be surprisingly filling! Wait for about half an hour until the fruits have digested before continuing eating.



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DINNER 1

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Zucchetti Marinara

Pasta is one of the things a lot of people are missing when they go raw. We usually think it is because of the taste, the all dente feel, the scent of a fuming plate of hot spaghetti. No, we miss pasta because we are craving sugar. When we eat grain products, the carbohydrates are converted into sugars and we feel recharged again. Only for a little while though because after our blood sugar level went up, it goes down. We all know what the effect is: we feel like having a nap.



Not with this raw spaghetti. It looks like real, it tastes better than real and it will refuel your body. It is very easy to make, very fast and de-li-ci-ous! You can use all long vegetables, you don't need any fancy tools to start with, but if you can lay your hands on a spiral slicer it will serve you well. No worry: a potato peeler or a julienne peeler will do the job just as well. Zucchini is the most lovely vegetable which is coming so close to the structure of spaghetti that you won't even think of the 'real' thing anymore.





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DINNER 1

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tips & tools	ingredients
	
<p>tools a blender a spiral slicer or a potato peeler</p>	<p>serves one person</p>
<p>difficulty very easy</p>	<p>un-cooking time about five minutes</p>
<p>FOR THE "SPAGHETTI"</p> <ul style="list-style-type: none"> ◦ ¾ to 1 zucchini for one person <p>FOR THE SAUCE</p> <ul style="list-style-type: none"> ◦ 1 red bell pepper (or yellow) ◦ A stalk of celery ◦ ½ C soaked dry tomatoes ◦ 1 C cherry tomatoes ◦ 1 clove garlic ◦ A bunch of fresh basil ◦ Some fresh thyme & oregano 	<ul style="list-style-type: none"> ◦ A sprig of fresh rosemary ◦ A bunch of fresh parsley ◦ 1 or 2 spring onions ◦ ½ tsp of (Celtic) sea salt ◦ 1 or 2 TBS olive oil ◦ If you like it a bit sweet, add 1 date



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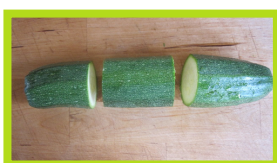
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The Making of Zucchini Marinara

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THE PASTA ...

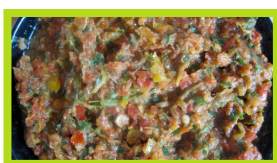


° If you are using the spiral slicer, cut the zucchini in a few straight pieces



° If you use the potato peeler, peel small strips while turning the vegetable around

MARINARA SAUCE...



° Place all the ingredients for the sauce in your blender or food processor and chop up until you have the consistency of a tomato sauce with small chunks. If you like a fine sauce that coats the zucchini well, blend longer.

° You can make several varieties of your 'spaghetti'. If you are in a hurry, just throw everything together and stir. If you want to spoil yourself, take your favorite plate and dress it nicely. Try yellow squash for a new effect and taste. Any long vegetable is suitable to make raw noodles.



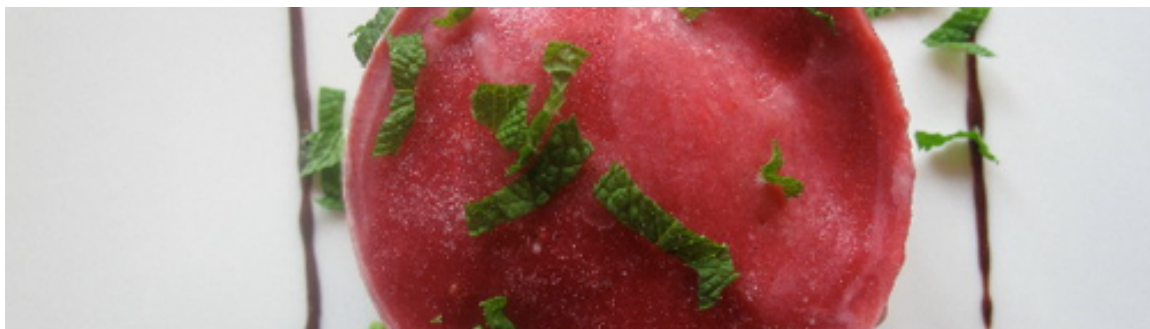
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DESSERT 1

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raspberry ice sorbet



Are you craving sweet? This is probably the fastest ice cream you can think of. It takes one minute to make this healthy treat. The only thing you have to do first is freeze portions of raspberries in some plastic zip bags.

Whenever you have over ripe fruits, peel and cut them in cubes and freeze them. You can make delicious sorbet ice cream any minute of the day with a staple of frozen bananas, berries, mango's and pineapple.

Buy your favorite fruits when they are in their season and at their cheapest. Then freeze them so you always have some summer reserve in winter, when fruits are expensive.

Try to eat a handful of berries everyday. They are a very rich source of antioxidants, they protect you from illness, make you look younger and feel better.





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DESSERT 1

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tips & tools	ingredients
	
<p>tools a blender that can crush ice some plastic zip bags</p>	<p>serves one person preparation freeze raspberries</p>
<p>difficulty very easy</p>	<p>un-cooking time about one minutes</p>
<ul style="list-style-type: none"> ° If your blender isn't strong enough to crush ice, make smaller pieces of the fruit before freezing. ° If you want a real smooth consistency, add pieces of frozen banana. 	<ul style="list-style-type: none"> ° 1 C of berries to your choice ° a little bit of water to get it running ° a little bit Agave nectar to taste ° a sprig of fresh mint to decorate



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The Making of Raspberry
Ice Sorbet

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This dessert is light, low in calories, healthy and made in 1, 2, 3!



- ° Place the raspberries and agave nectar in your blender
- ° Add a little bit of spring water or nut milk (recipe in day 2) to get it running
- ° Blend until smooth
- ° If your blender is strong enough, you can also add pieces of frozen banana
- ° Top with some fine sliced mint leaves



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SNACK 1

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TRAIL MIX OF NUTS & BERRIES

A trail mix of nuts and berries makes a sweet snack. Not only is it very tasty and will it surprise you with rich flavors, it is also very nutritious. Nuts are true brainfood and will provide you of new concentration when you have a dip during your day.



Just have a look at the shape of nuts. That shape will always tell you what they are good for. Walnuts and pecan nuts are excellent food for our brains and their shape is very comparable to them. Cashews are great for our kidneys, hazelnuts for the heart. Nature is so smart.

It is easy to overeat in nuts. Try to chew very well and slowly, eat them with attention instead while dreaming away and your hunger or craving will disappear much faster. A handful of nuts a day is sufficient to provide you a bunch of omega oils and essential fatty acids, vitamin B and proteins.

A very nice trail mix is when you throw a handful of Goji Berries, cashew nuts and raw chocolate nibs together. The combination of the sweetness and bitterness is never boring. The Goji Berries will uplift your energy level, the chocolate nibs will stop your hunger and craving, the cashews will satisfy you.

With a staple of several kinds of nuts, raisins, seeds and berries you can make every trail mix different and completely to your own taste. It is easy to travel with or to take to work and you can always rely on this delicious snack.



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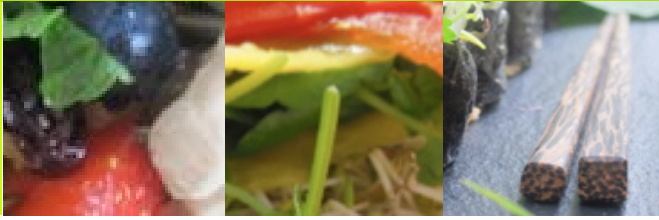
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What can I do with the leftovers of day 1?

- ° First have a good look at your list. Some ingredients will be needed in the next coming days. The lettuces and berries you bought for today can serve another meal tomorrow.
- ° When you don't know what to do with what is left over from your vegetables and fruit, simply juice them. Drink one fresh juice a day and your health will improve, your skin will become tighter, you will lose weight and yet have all the nutrients you need. Juice is the elixir of life!
- ° Another possibility is making a nice smoothie the next morning to take to work.
- ° Today you will have more than a half pineapple left. This will make a delicious drink when you are craving a glass of wine or a soft drink in the evening. Juice the rest of the pineapple, (WITH the core; it contains Bromelian, a natural anti-inflammatory that has many health benefits and encourages healing) add some sprinkling water and if you like it a bit sweeter, add one tsp of agave nectar or juice some berries with it.
- ° Make a fresh mint tea. It is too hot to drink it warm? Make a quart of tea, add ice, make cool ice tea for a whole day and store it in the refrigerator.
- ° No inspiration today? Cube the pineapple and freeze it in small portions for your next smoothie or ice sorbet.



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CHECKLIST 1 PERSON: PRINT AND GO!

RAW DAY 2

BREAKFAST

RAW MUESLI WITH ALMOND MILK

1 pack raw almonds* (also for nori)
1 bottle of pure water
1 small pack of (medjool) dates *
1 pack of raw raisins *
strawberries & blueberries
pumpkin & sunflower seeds *

LUNCH

MILLEFEUILLE OF MANGO

1 ripe mango
2 red bell peppers (also for nori)
1 pack watercress
1 pack or pot fresh basil
1 pack sprouts you like (also for nori)

DINNER & DESSERT

NORI ROLLS & CHOCOLATE MOUSSE

1 pack nori sheets *
1 cucumber
2 avocado's
1 garlic
ginger
1 pack or pot cilantro
raw chocolate powder *
raw coconut oil *
cayenne powder
tube of wasabi *
nama shoyu or tamari *
small bottle vanilla extract *
(or 1 vanilla pod *)

SNACK

TRAILMIX

This trail mix will be made of what
you already bought for the muesli.

DRINKS

PURE WATER, HERBAL TEAS & JUICES

Water, Herbal Teas



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BREAKFAST 2

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RAW MUESLI WITH CASHEW MILK



This delicious **muesli** is raw, very nutritious and made in a few minutes. You can serve it with any nut or seed milk. It is a great recipe to take with you to work. Just slice up some fruit, store a glass of milk and throw the dry ingredients in separate containers. When you have lunch, mix everything together and you can refuel your body for the afternoon.

When you mix the dry ingredients for your muesli, you will see this makes a great trail mix. Put half of it in a sealed container or a nice little bag for any craving moment that day. Nuts are brain food and benefit your concentration.

Try to find organically grown fruits and purchase raw nuts, raisins and dates. You will taste and feel the difference.



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BREAKFAST 2

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tips & tools	ingredients
	
<p>tools a blender a bowl</p>	<p>serves one person for muesli & trail mix as a snack</p>
<p>difficulty very easy</p>	<p>un-cooking time about five minutes</p>
<ul style="list-style-type: none"> ◦ You can make nut milk of any nut ◦ White nuts don't need to be soaked ◦ Soak brown nuts overnight in water ◦ White nuts don't need to be strained ◦ You can also make milk of seeds ◦ Nut milk contains a lot of proteins! ◦ You can use this basis for milkshakes ◦ And for a raw chocolate milk ◦ This milk keeps about 3 days in the refrigerator. 	<ul style="list-style-type: none"> ◦ 1 C of cashew nuts ◦ 3 C spring water ◦ 1 or 2 dates, to your taste ◦ some strawberries, blueberries ◦ half a mango, sprig of mint ◦ a handful of raisins ◦ some pumpkin & sunflower seeds ◦ 1 or 2 dates, sliced ◦ handful of almonds ◦ handful of cashews



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The Making of Raw Muesli with Cashew Milk

From Mindset to Ravishing Recipes

FOR THE CASHEW MILK



- Place the nuts, date and water in your blender
- Blend until smooth and white as milk. Done!

FOR THE MUESLI AND TRAIL MIX



- Throw a handful of almonds in a bowl
 - Add a handful of cashews
 - Sprinkle the raisins on top
 - Cut one or two dates in small pieces and add
 - Mix well with your hands. Beautiful!
- TAKE HALF OF THIS PORTION AND SET ASIDE; THIS IS YOUR TRAIL MIX!
- Now add a banana or the berries of your choice
 - Pour your lovely self made nut or seed milk over the muesli
 - Slice some mint leaves and sprinkle on top
 - Enjoy!

YOUR TRAIL MIX



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LUNCH 2

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MANGO MILLEFEUILLE & RED PEPPER SAUCE



A fast, sweet, colorful and light recipe made of alive foods. Sometimes you just have to take a look in your refrigerator, place together what you have and start fantasizing. This is how this recipe came alive. Making your food beautiful is something that makes you feel special. It takes just as much –or little- time.

Be conscious of how you buy, treat, prepare and eat your food. It upgrades the quality of your life and self esteem. You are worth healthy food and the work you put into it to make it tasty and nice to look at. Use a lot of different colors: it is providing you a whole series of antioxidants, enzymes, vitamins and minerals.

Raw food can change your life quickly, simply because it nurtures your body thoroughly. It makes you feel good, energized and so: ready to live your dreams.





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LUNCH 2

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By Marie-Claire Hermans

tips & tools	ingredients
	
<p>tools a blender a mandolin or a sharp knife</p>	<p>serves one person</p>
<p>difficulty easy</p>	<p>un-cooking time about ten minutes</p>
<p>° Mandolins can be very expensive. A great and cheap alternative is a wide potato peeler, preferably a ceramic.</p> <p>° A sharp pairing and chef's knife can replace a lot of cutting tools and are a very valuable investment in the raw kitchen.</p>	<ul style="list-style-type: none"> ° ½ mango, sliced wide and thin ° a handful sprouts ° a bit watercress ° some lettuce of your choice ° 1 ½ red bell pepper ° salt to taste ° a few sprigs of fresh basil



RAW FOR 3 DAYS

Raw For 3 Days!
By Marie-Claire Hermans



The Making of Mango Millefeuille
with Red Pepper Sauce

From Mindset to
Ravishing Recipes

THE MILLEFEUILLE



- Start with cutting half of your mango off the pit and make nice, thin, wide slices
- Slice up your red bell pepper in thin stripes
- Take a plate and start building
- First put a slice of mango on the plate
- Place some watercress or other lettuce on the bottom
- Put some strips of red bell pepper on the lettuce
- Some sprouts
- Fresh basil as an Italian touch
- A new layer of mango
- And so on until you have your last slice on top

RED AS FIRE SAUCE



- Place the red bell pepper (and 1 celery stalk) in your blender
- Season with salt and pepper to taste and a dash of cayenne
- Blend until very smooth

ASSEMBLE

- Place a few table spoons of sauce on the plate
- Flatter your beautiful tower down next to or on the sauce
- Top with fresh basil or a few thin slices of red bell pepper



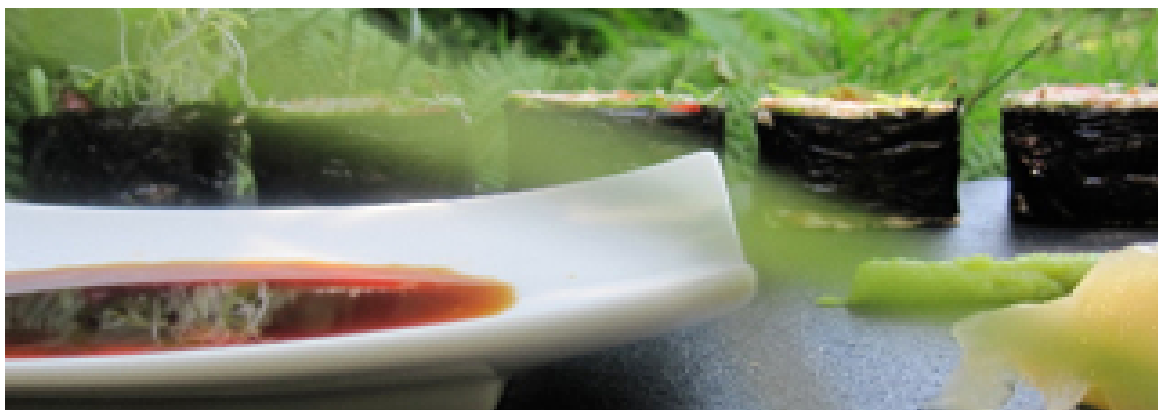
RAW FOR 3 DAYS

DINNER 2

From Mindset to
Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

RAW NORI ROLLS



These beauties are fun to make. They take a bit more time but well, it is Sunday. The pate is made of raw almonds and makes the rolls taste like real nori. The recipe isn't mine (I wish it was though), but Ani Phyo's. She is Asian and this is why she came up with a pate that is so close to the real stuff that you will forget how the original ones are tasting. No fish, no meat, no rice, but the structure of the almonds are replacing the traditional ingredients and their proteins perfectly.

As always, you can add the vegetables you have available. It is a great recipe to bits and pieces of vegetables. So what you can do here is use what you still have from yesterday. If you choose to follow the recipe with my choices you will have to follow the grocery list I made for you.

I am usual counting one nori roll for myself. They are very filling. If you are hungry, make two. You can always take the rest with you to work the next day as a starter or as a savory snack. They are easy to travel with when you store them on a bed of lettuce. Fill a small container with some tamari (which is gluten free) mixed with wasabi.






RAW FOR 3 DAYS

DINNER 2

From Mindset to Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

tips & tools	ingredients
	  <p data-bbox="922 1016 1114 1052">For the pate</p> <p data-bbox="1200 1016 1455 1052">For the Nori Rolls</p>
<p>tools</p> <ul style="list-style-type: none"> ◦ a blender ◦ a sharp knife ◦ measuring cups ◦ a bamboo sushi mat 	<p>serves</p> <p>one roll per person</p>
<p>difficulty easy</p>	<p>un-cooking time about 30 minutes</p>
<ul style="list-style-type: none"> ◦ measuring cups are great to have; always the right size! ◦ you'll find a cheap sushi mat in an Asian store 	<ul style="list-style-type: none"> ◦ 1 C of raw almonds ◦ 1 TBS grated or juiced fresh ginger ◦ 1 clove garlic ◦ ¼ C pure water ◦ 1 juiced lime ◦ 1 nori sheet per person ◦ some cucumber sliced in thin stripes ◦ some red bell pepper in thin stripes ◦ a handful of sprouts to your choice ◦ a bunch of cilantro ◦ 1 avocado sliced in thin stripes ◦ 1/2 carrot sliced in thin stripes



RAW FOR 3 DAYS

Raw For 3 Days!
By Marie-Claire Hermans



The Making of Nori Rolls

From Mindset to
Ravishing Recipes

THE PATE...



- ° Place all the ingredients for the pate in the blender
- ° Blend until smooth but with a little bit of texture and set aside

THE NORI ROLLS...



- ° Place all the other ingredients together so you can work fast and easy
- ° Put one nori sheet on the sushi mat with the shiny side on the mat
- ° Start with some large leaves of lettuce so the pate won't wet the nori sheet
- ° Build up with red bell pepper, avocado, cilantro, sprouts, cucumber...



- ° Wet the opposite side with a bit of water so it will stick
- ° Start rolling, push the vegetables inside while giving a bit of pressure, not too much
- ° Roll up with a little bit of pressure till the end and slice the roll into bite ready pieces



RAW FOR 3 DAYS

DESSERT 2

From Mindset to
Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

CHOCOCADO MOUSSE



This is probably what you have been waiting for: chocolate! If you are wondering if you can still have chocolate in a raw food diet I can make you smile. Yes, you can even have a lot of chocolate and still lose weight! Raw chocolate is the richest source of antioxidants and magnesium. It delivers instant energy and a good mood. This delicious chocolate mousse is made of avocado and will delight you.

As always with chocolate, don't exaggerate because it is an addictive product. The difference with raw and processed chocolate is that you will benefit from the wealth of nutrients. From now on you can eat chocolate without guilt!



RAW FOR 3 DAYS

DESSERT 2

From Mindset to Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

tips & tools



tools a blender
a sharp knife
measuring cups

difficulty very easy

- I love my little tools in the kitchen!
- measuring spoons are a must have
- as with measuring cups, you can always be sure of the measurements
- they make a nice sound when you work with them and are fun

ingredients



serves two persons or you for a few days

un-cooking time about 30 minutes

- 1 avocado
- 3 TBS raw cacao powder
- 1 TBS raw coconut oil
- ¼ C agave nectar
- 1 tsp raw vanilla extract
- dash of salt
- dash of cayenne



RAW FOR 3 DAYS



The Making of Choccado Mousse

From Mindset to Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans



- ° Place the avocado, coconut oil, agave, salt & cayenne in your blender
- ° Process until smooth but don't over process. Avocado can become bitter then.
- ° Now add the cacao powder and blend slowly if you can adjust the speed.
- ° Taste and smile.
- ° Take a nice glass and spoon some mousse in it
- ° Put a slice of mango in the middle
- ° Top with sliced mint
- ° Sit down in the garden or in your favorite sofa, lay back, sigh and enjoy.
- ° If you are feeling like doing an extra effort, take the rest of your mango and blend it. This coulees on your chocolate mousse is simple yet heavenly!



RAW FOR 3 DAYS



From Mindset to
Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

CHECKLIST 1 PERSON: PRINT AND GO! RAW DAY 3

BREAKFAST

FRUIT SALAD

- 1 ripe mango
- 1 box blueberries
- 1 box strawberries
- 1 pear
- 1 orange
- 1 pack or pot fresh mint

LUNCH

GUACAMOLE SALAD & THAI VINEGAR

- 1 avocado
- 1 box lettuce of your choice
- 1 box sea vegetables
- 1 red jalapeño pepper
- 1 bottle apple cider vinegar *
- if you are out of lettuce; lettuce

DINNER

BROCCOLI SALAD

- 1 broccoli
- 1 red onion

SNACK

CHOCOLATES

- chocolate powder *
- cacao butter *

DRINKS

- water, herbal teas



RAW FOR 3 DAYS

BREAKFAST 3

From Mindset to
Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

FRESH FRUIT SALAD



A fresh [fruit salad](#) is a great way to start your day. Your body is still awaking, releasing toxins of the day before. A simple meal in the morning is ideal to give yourself a light and fresh start.

Fruit digests in about thirty minutes. This is why it should be eaten separate from other food. When you eat fruit, eat it on an empty stomach in the morning or three hours after another meal.

Fruit salad is very easy to take with you to work as a snack or even as lunch.



RAW FOR 3 DAYS

BREAKFAST 3

From Mindset to Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

tips & tools



tools a bowl
a sharp knife

difficulty very easy

° a fruit salad is easy to take to work
° eat as much as you want but eat it as a meal then

ingredients



serves one person

un-cooking time about 10 minutes

° ½ mango
° a handful blueberries
° a handful strawberries
° 1 pear
° 1 orange
° 1 sprig of mint



RAW FOR 3 DAYS

Raw For 3 Days!
By Marie-Claire Hermans



The Making of Fresh
Fruit Salad

From Mindset to
Ravishing Recipes

FRESH FRUIT SALAD



- ° Cut the orange in half and keep one half aside, cut all the fruit and mix in a bowl
- ° Juice half of the orange and pour over your salad
- ° Sprinkle fine slices of fresh mint on top



RAW FOR 3 DAYS

LUNCH 3

From Mindset to
Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

GREEN GUACEMOLE SALAD



It is Monday today and I promised you a nice lunch box to take to work. I made you a lovely mix of green vegetables with lots of different tastes. Every bite is an explosion of new flavors. You will find a touch of saltiness, sweetness, sourness and softness.

You can make this salad in ten minutes easily. A quick vinegar will keep the leaves moist and the guacamole will fill you until evening. Place the salad in a sealed container. If you are doubting that you will be able to get everything ready in time in the morning, prepare the vinegar before you go to sleep and store it covered in the refrigerator. This will save you some time.

The leftovers which are sufficient for a next meal are not in the grocery list. But before you go shopping, make sure you have enough to make this delicious recipe.



RAW FOR 3 DAYS

LUNCH 3

From Mindset to Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

tips & tools	ingredients
	
<p>tools</p> <ul style="list-style-type: none"> ◦ a bowl ◦ a sharp knife ◦ a whisk ◦ a fork 	<p>serves one person</p>
<p>difficulty very easy</p>	<p>un-cooking time about 10 minutes</p>
<p>FOR THE SALAD</p> <ul style="list-style-type: none"> ◦ ½ C of sea vegetables ◦ some watercress ◦ some chervil ◦ 1 avocado ◦ 1 jalapeño pepper ◦ a handful cilantro, torn into big pieces ◦ a dash of salt ◦ a dash of cayenne ◦ a few turns of your black pepper mill ◦ if you have daisies in your garden... 	<p>FOR THE THAI GINGER VINEGAR</p> <ul style="list-style-type: none"> ◦ olive oil ◦ apple cider vinegar ◦ an inch of fresh ginger, sliced fine ◦ a bit agave nectar ◦ sesame seeds



RAW FOR 3 DAYS

Raw For 3 Days!
By Marie-Claire Hermans



The Making of Guacamole Salad
with Thai Ginger Vinegar

From Mindset to
Ravishing Recipes

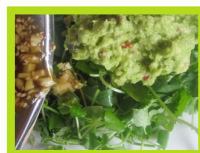
SALAD

- ° Place all the greens in a bowl and mix well with your hands, set aside

SOUR & SWEET GINGER VINEGAR

- ° Pour some virgin olive oil in a small bowl
- ° Add apple cider vinegar
- ° Now adjust the taste with agave nectar until it is a bit sweet
- ° Slice an inch of fresh ginger into very small cubes and add them to the vinegar
- ° Sprinkle sesame seeds on top for extra calcium and an eastern touch
- ° Stir well and taste
- ° Too oily? Add some more apple cider vinegar. Too acid? Add some agave

GUACAMOLE



- ° Take the pit out of the avocado (don't throw it away but use it in your next smoothie if you have a high speed blender)
- ° Scoop the flesh out of the peel with a spoon
- ° Mash it up with a fork until it is smooth
- ° Take the seeds out of the jalapeño pepper
- ° Slice it into very small pieces and mix through the avocado cream
- ° Add the seasonings while tasting; a dash of salt, a dash of cayenne

ASSEMBLING

- ° Take the salad and mix it with the vinegar
- ° Put the guacamole on top of the salad
- ° For your lunch box; place the salad and guacamole in separate boxes to take with you. When you assemble it at work it will be still as fresh!



RAW FOR 3 DAYS

DINNER 3

From Mindset to
Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

SWEET BROCCOLI SALAD



This sweet broccoli salad is a lovely closure of your raw journey of three days. It will surprise you with its delicate flavor. The secret is the sweetness of the raisins, repeated in the soft and creamy cashew sauce that makes it all juicy.

This meal is your celebration for your successful raw trip! Let's end it in beauty. I am hoping that I could convince you to continue adding raw food to your diet.





RAW FOR 3 DAYS

DINNER 3

From Mindset to Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

tips & tools	ingredients
	
<p>tools a food processor a bowl a sharp knife</p>	<p>serves one person and a leftover for a lovely lunch box the next day!</p>
<p>difficulty very easy</p>	<p>un-cooking time about 10 minutes</p>
<p>° A food processor is a must have in the raw kitchen ° They come in all sizes and prices ° If you use it every day, invest in a good brand that can deal with large, sticky quantities without trouble</p>	<ul style="list-style-type: none">° 1 broccoli, in parts° 1 C sunflower seeds° 1 red onion° ½ C raw raisins ° 1 C raw cashew nuts° 2 TBS apple vinegar° ¼ tsp salt° 3 TBS agave nectar° ¼ C water



RAW FOR 3 DAYS

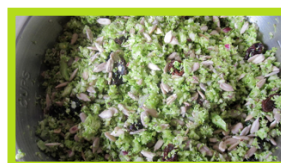
Raw For 3 Days!
By Marie-Claire Hermans



The Making of Broccoli Salad with
Sweet Cashew Cream

From Mindset to
Ravishing Recipes

THE BROCCOLI SALAD



- Place the broccoli and onion in your food processor
- Chop up until you have a fine crumble (it only takes a few seconds)
- Add the sunflower seeds and the raisins
- Mix well and set aside

THE CASHEW SAUCE



- Put all the ingredients for the cashew sauce in the blender
- Blend until you become a very creamy, fluid sauce
- Always taste in between!

ASSEMBLE AND DRESS YOUR PLATE



- Pour the sauce over your salad
- Stir until the broccoli is coated with sauce
- Create your plate, make a bed of fine lettuce (this is watercress) and fantasize!



RAW FOR 3 DAYS

DESSERT 3

From Mindset to
Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

HOT CHOCOLATES



Chocolates are a real treat for times you want to spoil yourself. This is your last recipe for these three days. You have done real great and yes, reward yourself with your own hand made chocolates. Take some to work and stun your colleagues with your pieces of art.

Unlike the chocolates you buy in expensive shops, these sweeties are healthy and nutritious. They don't take much time to create and the myth of chocolate will be revealed to you. Everybody can make them and I am sure you will enjoy. Let your imagination flow and add goji berries, cashew nuts or sliced mint leaves. You will see how in the following pictures.



RAW FOR 3 DAYS

DESSERT 3

From Mindset to Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

tips & tools



ingredients



tools two bowls
a scale
measuring spoons
whisk and spatula
a grater or a knife to scrape
ice cubes or a chocolate mold

serves one person or some guests

difficulty very easy

un-cooking time about fifteen minutes
waiting time 10 minutes in the freezer

° the metal bowls warm up quickly and make the cacao butter melt faster
° if you don't have a chocolate mold, take your ice cubes. Maybe you can even find one with heart shapes...

° 100 g raw cacao butter
° 6 TBS raw cacao powder
° 2 TBS agave nectar
° a dash of sea salt brings the flavors together



RAW FOR 3 DAYS

THE MAKING OF CHOCOLATES

From Mindset to Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans



- ° Grate or scrape the cacao butter with a knife so it will melt faster
- ° Fill the large bowl with warm water, put the small bowl with the cacao butter in it ("Au Bain Marie") and give it some time



- ° Now place the cacao powder in the butter and whisk until it is a smooth sauce
- ° Pour this dark gold into the mold you have
- ° If you want to add nuts, berries or seeds, first fill the mold half way, place the filling in the chocolate, then fill up with some more chocolate
- ° Make sure to work fast before the chocolate stiffens up

- ° You want to taste as soon as possible? Place the mold carefully in the freezer and let it sit for ten minutes (set the timer so you don't forget them)
- ° If you are the patient type, place the mold in the refrigerator for an hour
- ° Take the mold out and turn around on a flat surface. They will come out easily.
- ° Packed and wrapped in a nice chocolate box it is a lovely gift for a dear friend.



RAW FOR 3 DAYS

CHEERS!

From Mindset to
Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

NOW WHAT?

Congratulations! You did it! Three days ago you were doubting if you would ever be able to stay raw. How did it go? Did you enjoy the food? Have any (small) changes manifested?

To wrap off this short but intense adventure I am inviting you to download part two with some questions as a personal reflection on the past days. They will help you to process your experiences and bring you to a conclusion towards your current diet and lifestyle.



But first let me offer you this extra recipe as a bonus to drink on your accomplishment and say "Cheers!" You deserved it!

UPBEET JUICE





RAW FOR 3 DAYS

CHEERS!

From Mindset to Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

tips & tools	ingredients
	
<p>tools a juicer a sharp knife</p>	<p>serves one or two persons</p>
<p>difficulty very easy</p>	<p>un-cooking time about 2 minutes</p>
	<ul style="list-style-type: none">° about ten carrots° 2 apples° 1 red beet° 1 - 2 inches of fresh ginger

- ° Just juice!
- ° Pour into your favorite special wine glass
- ° Cheers!



RAW FOR 3 DAYS



Health & Growth

From Mindset to
Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

RAVISHING RAW

YOUR FASTTRACK TO HEALTH AND HAPPINESS

Now that you have come this far you might have learned a few things about yourself on several levels or in different areas.

These three days went by very fast and yet, they must have felt like stretched out in time. When you give yourself the opportunity to slow down the rush of life, thoughts and feelings come by itself. We all need to calm down from time to time and communicate with our body, mind and soul to find out if we are still alignment with who we are or what we want. Living an unhappy life that doesn't fit you is unhealthy. Life may not feel as a prison or a trap. If it does, free yourself, even in small things. They may mean a big difference to you.

Think back of the things you re-discovered within yourself, the way you felt reconnected to your spirit, to the one you really are. Did you picture the life that suits you? Write all your dreams down, even if they might seem crazy or minuscule to you. They are your dreams so what? You are the one who has to live your life. So make it as good as you can. Make it even better than what you think you can. Dream & live Big!

If you are curious about how a few days of raw food might have influenced your way of thinking or if you are wondering how and where to go from here, I invite you to download the questionnaire of "Raw For Three Days!" These simple yet straight questions are for you to find out what you really want. Together with your first mindset it might bring you that missing insight you needed to motivate yourself to reach your goals. It is for FREE so give it a try. Good luck!



RAW FOR 3 DAYS



From Mindset to
Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

RAVISHING RAW

I am Marie-Claire Hermans, raw food coach. I founded my company "Ravishing Raw" out of the need to share my knowledge and passion about raw food, health and personal growth with you.

As far as I can remember I have been intrigued about healthy food. Nevertheless I became seriously ill for several years. I survived but had lost all my energy and strength to live in society. When I discovered raw food I knew right away this was what I needed. I was right. Not only did it upgrade my health considerably, it also opened unknown opportunities.

This will make you understand my passion about bringing you to a healthy and happy life. I am writing new coaching programs which will take you from where you are now to where you want to be. My programs have a personal approach and are tailored to your needs and wishes.

I hope this short raw food trip could persuade you of seeing these days as the start of a bigger context and a life journey. I hope I could convince you of the importance of living close to yourself by nurturing, caring and making decisions in alignment with yourself.

If you feel ready to continue this journey but don't quite know how to make your next step, I can offer you my help. You would like to talk to me first? It is possible. I am offering you a [FREE complementary call](#) of fifteen minutes to get to know each other, go through your specific questions and to see if we would like working with each other. Feel free to [email me](#) to schedule your appointment. I am looking forward to talking to you!

Ravishingly Yours,

Marie-Claire Hermans



RAW FOR 3 DAYS



INFORMATION

From Mindset to
Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

WHAT I AM OFFERING



One to one coaching calls on the phone



Coaching programs and **eBooks** on my website and through classes



Online **free and payed teleclasses worldwide in English**
Online **free and payed teleclasses** for Belgium and Holland **in Dutch**



Short an longterm step by step raw food programs & coaching programs with personal coaching and handout workbooks



Raw food classes: personal and group classes



Lectures for self help groups or groups of people interested in health and raw food.



RAW FOR 3 DAYS

CONTACT

From Mindset to
Ravishing Recipes

Raw For 3 Days!
By Marie-Claire Hermans

HOW TO CONTACT ME



Feel free to email me for an appointment at
marieclaire@ravishingraw.com



+32 494 31 35 39 after scheduling an appointment



English Blog <http://blog.ravishingraw.com/>

Dutch Blog <http://blog.ravishingraw.be/>



Website <http://www.ravishingraw.com>

NOTE

If the links shouldn't work, please copy and past into your browser.

