



Congratulations!

You're in possession of a guide that contains simple & quick meals that are nutritious, presented in a way that saves you time.

There are also a few produce highlights to help you while you grocery shop, and explore new varieties of fruits and vegetables.

You can follow this guide as closely as you want, or use it to inspire your own path to eating healthier.

The recipes included in this book are every day recipes and main meals that you could give to people who have no idea what raw food is, and they will eat it up.

So go ahead, give this a go, and let's get this party started!

xox Nathalie

Nathalie Lussier
The Raw Foods Witch

Is This for You?

I recently asked what would make it easier for you to eat healthy, and achieve your goals. Many people said they'd love for me to mail them already prepared yummy food, but since I can't do that this guide is the next best thing.

I believe in the age old story that giving a man a fish is not nearly as effective as teaching a man to fish. Now we're talking about teaching people how to blend, sprout, and chop but you get the idea!

This starter kit is for you if you've got very little time to make food at home, are often out of the home on the go, and want to eat healthier. This guide will not be 100% raw, nor will it be 100% vegan. I want to meet the average person where they are at and help them to slowly transition.

Many people asked about how I went raw. I first spent about 8 months mulling over the idea of raw food, including green smoothies into my diet, and being on the fence. Then I got a shock when one of my aunts died of complications related to obesity and heart problems. So I decided to do a 30 day raw food challenge. It worked relatively well for me, but I had lots of detox symptoms, and I overate nuts and dry fruit.

I recommend you do a slower transition, and don't worry about percentages or labels. Focus on your priority and reason for giving raw a try: it's likely your health, your energy, and your curiosity.

Let's take a look at why we're all so busy and overweight today. Back in the day, homemakers used to spend 7 or more hours in the kitchen each day. Now we've compressed that down to about 10 minutes, if you're opting for microwavable pre-made options. Obviously there's something missing here.

I'm all for offering easy to make, quick meal options, but I want you to recognize that there are no silver bullets. You will need to put in *some* time in the kitchen to prepare food. And it may be more than 10 minutes, especially if you want to be able to grab something and go the next day.

Grocery shopping is just as important if not more important than the recipes or the food prep. The thing is that if you don't have the right ingredients on hand you won't be able to make anything tasty. And when you're shopping without a plan, you're a lot more likely to buy random things that will go bad in your refrigerator. That's why the shopping list and menu plans are SO crucial to eating healthy in this busy world of ours.

3 Day Menu to Get You Started

	Day 1	Day 2	Day 3
Breakfast	Green Smoothie	Buckwheat Banana Breakfast	Green Lemonade
Snack			
Lunch	Collard Wrap	Marinated Kale Salad	Stuffed Bell Peppers
Snack	Sweet, Sour, Crunchy Slaw	Pumpkin Pie Pudding	Corn on the Cob
Dinner	Creative Salad	Quinoa Salad	Egg Omelet

3 Day Shopping List to Get You Started

- 1 peach
- 6 apples
- 2 bananas
- 1/4 cup blueberries (fresh or frozen)
- 1 bunch kale
- 1 bunch spinach
- 3 cucumbers
- 7 celery stalks
- 1 lemon
- 1/2 cup buckwheat
- 1 cup walnuts
- 10 carrots
- 2 avocados
- 3 tomatoes
- 10 string beans
- 4 green onions
- 1 cabbage
- 1 corn on the cob
- 2 sweet potatoes
- 1 cup quinoa
- 2 eggs
- 1 box mushrooms
- Stevia or raw honey
- Apple cider vinegar
- Extra Virgin Olive Oil
- Cinnamon, Nutmeg
- Vanilla
- Cumin, Curry
- Celtic sea salt
- Sundried tomatoes
- Raisins
- Any other veggies, sprouts, seaweed, you want to add to your salads!



Salads, Not Boring Anymore

Okay, so when most people think of salads they think of those frumpy iceberg lettuce restaurant salads with stale tomato slices and no flavor.

Well I want you to reframe salads with me today, because that's not what a REAL salad looks like. In fact some of my clients have suggested that I come up with another name for salads. How about crunchy, savory, bowls of freshness?

Anyways, here is my basic recipe and how to spike up your lunch or dinners with a killer vegetable mix.

1. Start with a strong leafy greens base & feel free to get creative here: spring mix, spinach, romaine, herbs like parsley or cilantro.
2. Add in different types of vegetables, and the key here is to vary the styles of chopping. For example you can shred carrots, cut them into disks, or little matchsticks. You can cut cucumbers into disks, or quarters. You can dice tomatoes or slice them. You get the idea!
3. Add some great tasting "bonus nutrition" items like seaweed, sauerkraut, or sprouts. I buy kelp and other seaweeds and soak them for a few minutes while I chop my veggies, then throw them in at the end.
4. Top it off with a great tasting salad dressing.
5. Optionally, chop up some "warming" foods like onions, garlic, ginger, or green onions for an extra kick!
6. To mix things up a bit, try adding a handful of dry fruit, nuts, or seeds. I love the crunch that a handful of sunflower seeds can add.



How To Use Winter Greens In A Salad

Winter might not strike you as salad season, but there are plenty of delicious hearty greens to be had this time of year. One trick is to marinate the leaves so they soften and are easier to chew.

Here's how to prepare some of these tougher greens and enjoy rich, satisfying salads year round.

Choosing Hearty Greens

The foundation of any good salad is the green component. Usually we think of lettuce, but there is a world of other greens to explore.

So what options do we have when it comes to hearty greens?

1. Kale: Kale is a tough vegetable that can handle the cold. It has a strong taste, but with a little bit of massaging it can make a really satisfying salad green. There are a few varieties, from the most common curly green to the spotty dinosaur (aka Tuscan) and beautiful purple kales. They are each slightly different and you should experiment with them all.

2. Cabbage: Cabbage is a tried and true winter veggie, but we can go beyond the usual coleslaw, saurkraut and cooked cabbage. Different colored cabbage adds beauty and variety to your salads, as well as sweetness and a crispy texture.

3. Swiss Chard: A relative of spinach, Swiss chard has a thick midrib that comes in a rainbow of colors like green, white, red, pink, and yellow. Swiss chard is great in salads and can be easier to chew than some of the others.

Washing & Cutting The Greens

Wash the greens thoroughly, you never know when a caterpillar will decide to make her home in a leaf of kale.

The way you cut the greens is important because you want them to absorb the marinade and soften.

Cutting Kale and Swiss Chard

For both kale and Swiss chard, you need to remove the stems by using a knife and slicing them out vertically. You can then chop up the stems and add them back to the salad like you would celery or other hard vegetables.

After you've removed the stems, slice the kale and chard horizontally into 1 inch strips. Put the sliced greens in a large bowl.

Don't worry if you think you sliced up too much, it will shrink down in size as it marinates.

Cutting Cabbage

If you're using cabbage, cut the cabbage in half and then use a knife to cut thin strips. These should look like coleslaw slices. You may have to cut them lengthwise if they are too long.

I recommend you cut the whole cabbage and make a big batch, unless you have something else planned for the other half. Making large batches at once makes future healthy meals that much easier.

Massaging & Marinating The Greens

This is the magic part that will take regular tough greens and turn them into the perfect salad.

- Your chosen greens or a combination of them (1 bunch)
- 2 tbsp Extra Virgin Olive Oil or more as needed
- Juice of 1/2 a lemon
- Pinch of Celtic sea salt

Now it's time to get your hands dirty! Add the ingredients into your mixing bowl and massage them into the greens with your hands.

You really want to squeeze the oils and juices into the greens, because that's what will make them truly mouthwatering.

Simply add your favorite vegetables to this marinade and enjoy!



Cooked Quinoa Salad

In the winter time, having a little something warmer or heartier can make all the difference to how many vegetables you eat. That's why I like to mix in some cooked quinoa into my winter time salads.

If you've never heard of quinoa before, here's a little background info. Pronounced KEEN-wah, it is lower in carbohydrates than most "grain like" products out there. Quinoa is a gluten free food. It looks like a grain, but it's actually not. It's a seed that can be sprouted and eaten raw. But when you cook it you can imitate some of your favorite cooked grains like rice.

Another benefit of quinoa is the highly absorbable protein it contains. So if you're worried that you're not getting enough protein, especially in the winter, then quinoa is a great solution.

You can buy quinoa at most grocery stores, and you will find the best deals in the bulk sections. You may need to shop at a health food store, depending on the size of your local grocery store. There are two different types of quinoa: the white and the brown. Both are great, and the brown variety tends to have a slightly nuttier taste.

How to cook quinoa

Step 1: Soak your quinoa in water for 30 minutes.

Step 2: Rinse this water out, and discard any husks or debris that might have been in that soaked water.

Step 3: For every cup of quinoa add in 2 cups of water, and bring to a boil. This process is very similar to cooking rice.

Step 4: Once boiling, cover and reduce to a simmer. Let simmer for 12-15 minutes until most of the water is gone.

Step 5: Keep the cover on and let the quinoa "fluff up". Now it's ready to eat!

Simply add some quinoa to your regular salads and eat warm or cold! I like to add spices like cumin, too.



Yummy Salad Dressings

Salad ingredients make up half the salad, while the dressing makes a salad complete. I highly recommend you make your own salad dressings, because it's more economical, healthier, and super easy.

Store bought salad dressings are made with low quality oils (never virgin oils, and often with low grade vegetable oils) and packed with additives and preservatives. Yuck!

Here is my go-to salad dressing. You can make it by blending all the ingredients in a blender, or simply by combining in a mason jar and shaking before pouring over your salads.

- 1 cup Extra Virgin Olive Oil
- 1/4 cup Apple Cider Vinegar
- 1/4 cup Tamari
- 1/4 cup Raw Honey or a few sprinkles Stevia
- Diced Ginger to taste
- Diced Garlic to taste (be generous)

Other salad dressing ideas include: olive oil with a twist of lemon and a pinch of stevia, blended tomato or red bell peppers with seaweed and olive oil, or a blended avocado with lemon and olive oil.



Collard Greens Pate Wrap

Some of my favorite dishes involve nothing but a blender and a knife. This super simple pate has an Indian feel to it, and you can feel free to experiment by swapping out ingredients at will.

- 1 cup walnuts
- 1 cup chopped carrots
- 1 cup chopped celery
- 3-4 soaked sundried tomatoes
- Handful raisins

- Pinch of sea salt
- Pinch of cumin
- Pinch of curry
- A few drops of Extra Virgin Olive Oil

Place all of these ingredients in a high speed blender (Vitamix or Blendtec) or a food processor and process until it forms a pate consistency. I don't recommend you use a regular blender, because it won't be able to process the ingredients properly and may overheat, use a food processor instead. Add in the raisins for a little more of an Indian taste.

I love this pate because it's got an Indian feel to it, but it uses the simplest and most easily available vegetables as a base.

Now you can use this pate to top your salads, make wraps, or with raw crackers.

How to Use A Raw Pate For Collard Wraps

To make a collard wrap all you need are a few large collard leaves. Collards are great because they are dark leafy greens with tons of nutrients and fiber. They're also sturdy and easy to wrap into a delicious burrito-like meal!

The first step is to wash your collard leaves. Next cut off the protruding end of the stem.

Place the leaves face down and use a knife to slice off the extra tough middle rib. This will allow for the collard leaves to fold more easily when you wrap them up.

Turn the leaves over, with the darker side facing down. Take 2 or more leaves and overlap them.

Spread some of the raw pate in a horizontal line on the leaves. Then add any other fillings you'd like: marinated mushrooms, sprouts, shredded vegetables, etc.

To prepare the wrap, fold in the two sides, then roll up the edge nearest you. Keep rolling and tuck in the sides as you make each roll.



Green Drinks: Smoothies & Juices

One of the ways to boost your immune system, and increase your vitality is to increase the amount of green leafy vegetables you consume. There's only so many salads you can eat, so the solution is juicing and blending your greens.

Don't worry, it doesn't have to taste bad... in fact it's much better if your green drinks taste yummy so that you'll keep on drinking them day after day!

Blended Green Smoothie

Here's a tried and true Green Smoothie Recipe for you to make in a powerful blender.

- 1 peach
- 1 apple
- 1 banana
- 1/4 cup blueberries (fresh or frozen)
- 2-3 Handfuls spinach, or other greens
- Water to blend

Green Lemonade

This is a great juice, simply run all these ingredients into your juicer and drink up!

- 1 bunch kale, spinach, swiss chard, or other dark leafy green
- 1/2 a cucumber
- 2 celery stalks
- 1-2 apples
- 1/2 an organic lemon, rind and all.



Buckwheat Banana Breakfast

This “oatmeal” is a mix of crunchy starchy and sweet smooth, and it makes the perfect breakfast!

- 1/2 cup soaked or sprouted buckwheat groats
- 1 sliced banana (For low glycemic: replace with apple)
- 1 chopped apple
- Dash of cinnamon
- Dash of stevia or raw honey

The Blended Option

If you want a super smooth porridge type of breakfast, place all of the ingredients in a food processor or high speed blender and blend until it reaches your desired consistency. Feel free to add a little bit of warm water to get that warm comforting feeling.

The Quick & Easy Option

Just add all of the ingredients to a mixing bowl and mix thoroughly. Optionally you can add some almond milk and eat like a crunchy chewy breakfast cereal that’s really good for you! Buckwheat is great because it’s gluten free, it’s high fiber, and has easily digestible protein. It’s actually not related to wheat at all, it’s a fruit and not a grain. Makes 1 Serving.



Staying Healthy During Travel or Busy Times

A lot of our conditioning around food comes from living a hyper-busy life. Think about it: if you had 12 hours per day with nothing to do, you might start making new types of food from scratch instead of reaching for fast food and instant meal solutions.

One of the most busy times is during travel, when food is either an inconvenience or turns into a massive drain of energy.

If you plan on traveling this summer on vacation, for work, or to visit friends and family then this article is for you.

Here are my tried and true ways of staying healthy (and not getting sick!) while you're traveling.

1. Drink lots of water

I've written at length about how much water you should drink every day, and how to drink more water. But drinking water becomes exponentially more important when you're traveling.

That's because we tend to be more rushed, to be thrown out of our routine, and to forget to hydrate. It also happens that you never know when you're going to have access to a source of drinkable water, so always carry a reusable water bottle with you.

2. When in doubt, eat less

One thing I noticed when I travel is that people seem to eat more. Either because the plane / train is trying to sell lots of snacks, or because there's nothing to do.

I've been there before: between a long flight, a never ending bus ride, or a 10 hour car ride... there's not much to do unless you're the one driving. So you dig into the snacks in an effort to stay awake or keep your energy up.

What does all of this increased snacking lead to? First, it causes major stomach traffic jams because you're eating different foods in quick succession. It also leads to major bloating and constipation. It's no wonder travel messes with our regular bowel movement schedules.

That's why I recommend you keep your snacks and meals to within a few hours of each other. Bring a book or take a nap instead of entertaining yourself with food.

3. Research juice bars and restaurants

One thing I love about the internet is that you can research the restaurants and juice bars before you even set foot in a place. Make sure that the local listings are accurate, since restaurants and stores open and close without necessarily updating their sites.

I love "[Happy Cow](#)" for vegetarian and raw-friendly restaurant reviews. You can search by location and drill down from there.

If you end up at a restaurant that you didn't research then check out my article on how to eat raw when you eat out.

4. Bring something you can eat on the go

One thing that is predictable about travel is the uncertainty. You never know when you're going to get a chance to refuel (your car or your body) and that means preparation is key.

Although I recommend keeping snacking to a minimum, it's better to have your own snacks on hand than to react to your hunger and eat something really unhealthy.

Here are some travel-friendly foods to pack:

- Baby carrots
- Sliced veggies: celery, cucumber, bell peppers
- Dried nuts and seeds in a trail mix
- Larabars
- Dehydrated green smoothies
- Fruit: apples, berries, citrus

5. Go to the grocery store

As soon as you arrive to your destination, make a trip to the grocery store. Most of the time you can grab a few staples, something green, and be on your way in less than 20 minutes.

It makes a huge difference when you have your go-to fruits and veggies for breakfast or snacks. If you can get your hands on a blender or juicer, then all the better. If not, don't worry – you can always get back on the wagon when you get home.

6. Sleep and rest generously

This isn't so much about food as it is about giving your body what it needs, but it does tie in to what you eat.

You see, if you don't get enough sleep then you're going to be reaching for something sugary or caffeinated to kickstart your body. That's not the way to go, because it leads to a vicious cycle of sugar ups and downs and will definitely not leave you feeling refreshed.

So make sure you get some good shut eye while you're traveling.

7. Focus on water rich foods

If you're going to be veering off your usual way of eating, make sure you're compensating with lots of water rich foods.

That means if you're having something a little dehydrating like some wine or coffee, then follow it up with some fresh coconut milk or a green juice. (Both are great hangover cures too!)

Instead of having something salty like salted peanuts, reach for sliced munchable veggies.



Gai-Lan Pictured Above

Rotating Your Greens

When you consume the exact same variety of green leafy vegetables, your body is always getting the same nutrients. Each variety of plant will give you different nutrients, minerals, and antioxidants.

But it goes even further than that. You see, each plant has a self-defense mechanism to keep animals from completely devastating their favorite plant. For example, if monkeys loved spinach and decided to eat all the spinach around then the plant could not procreate and it would die out.

Nature's system is so smart because it knows that it's important to keep greens around (hello! most nutritious food pound for pound!). So green leafy plants actually have a minute amount of alkaloids, which act like a poison if ingested regularly.

That's where rotating your greens comes in! If you switch between different types of green plans, your body's immune system is actually getting a boost because it is working on different alkaloids all the time.

So my recommendation, backed up by Victoria Boutenko is to switch between at least 10-12 types of greens. You can have say two or three days on one green like spinach, and then two or three days on kale, then two or three days on gai lan, you get the picture.

This actually ties in well with the Traditional Chinese Medicine system of hot and cold foods. Some people do well on certain types of greens, while others are better off with different types.

I think it's super important to swap greens regularly! Oh, and the reason we don't need to focus on swapping fruit as much as greens is that fruit were designed to be eaten and spread by animals. Greens would rather grow, and have their seeds blown in the wind or be pollinated by insects.

Greens are the most powerful healing foods out there, so it's great to make them a staple part of your diet!

List of Greens to Get You Started

Your best bet is to go to a farmer's market and look at the vast array of colorful greens. Pick some up, smell it, ask the farmer what it tastes like, and give it a try! If you've got the space and inclination, I'd highly recommend you start a garden. Plant a few of these vegetables and see which ones you like!

- Spinach
- Swiss Chard
- Kale
- Bok Choy
- Gai Lan
- Dandelion Greens
- Mustard Greens
- Carrot Tops
- Yu Choy
- Sunflower sprouts (sprouts in general)
- Romaine lettuce
- Buttercrunch lettuce
- Boston lettuce
- Arugula (Rocket)
- Collard greens
- Cabbage
- Watercress
- Purslane
- Sorrel
- Tatsoi
- Turnip Greens
- Radish Greens
- Beet Greens
- Basil leaves
- Coriander / Cilantro
- Parsley
- Mint leaves



Watercress Pictured Above



Corn on the Cob

You're busy. I get that. What could be easier and faster than corn on the cob? Oh, you need to cook or microwave corn and that can take time and planning.

What if you could just grab a fresh corn, peel open the outer layers and chow down without the cooking? Well you can. And raw corn on the cob is surprisingly sweet and delicious.

What's more, raw corn on the cob is not nearly as starchy and sugary as cooked corn. And that's good news for anyone who experiences a lot of sugar issues with diabetes or insulin resistance.

So go ahead, grab some fresh corn and enjoy! This is a favorite "on the go" food of mine. If you'd like to include more fresh corn into your diet you can also use a knife to shave off the corn kernels. Then sprinkle these kernels into salads, soups, pates, or wraps.



Bell Peppers, Oh so Versatile

I've always loved raw bell peppers. I used to slice them up and eat them as a snack long before I learned about raw food. Now I love them even more because of their versatility.

Sliced bell peppers make great salad ingredients, crudite chip-like dipping instruments, or even a great dip ingredient.

But if you're on the go a lot and you need something portable and tasty, then a stuffed bell pepper has you covered.

Simply cut off the tops of a bell pepper, and scoop some of your favorite raw pate or dips. Store and carry in a small container and enjoy! Try this simple filling mix for starters:

- 1 avocado, diced
- 1/2 cucumber, diced
- 1 tomato, diced
- 5-10 string beans, diced
- 1-2 green onions, diced
- 1 tsp. apple cider vinegar
- 1 tsp. sea salt

Mix all the chopped ingredients together, mashing the avocado into the others so that it comes very creamy. Scoop into a bell pepper or add to a salad.

Makes 2 servings.



Exploring New Vegetables: Bitter Melon

Many people have asked me to create a produce guide, and to explain the nutritional benefits of various vegetables and fruits. I couldn't possibly go through all the fruits and vegetables out there, but here's something I've been meaning to introduce you to for a long time. Meet Bitter Melon. It looks like a bumpy cucumber and is bright green. It's officially the most bitter fruit that we know of.

You can find bitter melon in Asian markets, and there are many varieties. I buy mine in Chinese markets, but you can also grow it yourself. (Homegrown is always best!)

Bitter melon improves digestion, has been shown to boost the immune system, and helps reduce blood sugar by increasing insulin sensitivity. This means it can be extremely beneficial for anyone who has diabetes or experiences blood sugar fluctuations. It has been used for years in Asian countries to heal the body naturally.

So how do you eat it? First you slice the bitter melon and use a spoon to scoop out the seeds. Then slice into smaller strips. From there you can throw some raw bitter melon slices into your salads like I do.



Traditional Chinese recipes include stir fried bitter melon, so if you're not keen on the bitter taste in your salads you can make a veggie stir fry with it.

I hope you'll give bitter melon a try, and open your mind and tastebuds to a new type of produce that has massive health benefits.



How to Eat Out at Restaurants, Raw or at Least Healthy

Picking the right type of restaurant is important, especially if you are going with people who aren't all raw or who don't know you're raw.

The idea is to go for a type of restaurant that has salads. Or at least some sort of non-cooked vegetable options. This usually rules out some of the Indian, and Asian restaurants. Those tend to have vegetarian or vegan options (great if you're not 100% raw) but not so many raw options.

I recommend you check out Italian restaurants, steak joints (really!), Mexican restaurants (for guacamole), and other restaurants that happen to serve salads.

How to Order a Raw Plate Without Stressing Yourself Out

Now the tough part when it comes to ordering at a regular restaurant is not getting caught up in your mind games.

What do I mean by that?

It's something that I've noticed happening in my own mind quite a few times, and that other people seem to pick up on.

When you look at the menu, you'll be tempted to say:

"Screw it, I don't have to eat raw tonight!" and just order something else to fit in or reward yourself.

If you do order a salad and other people ask you questions like:

"Don't you feel like having something else? Aren't you sick of eating salads?"

You'll start feeling left out, kind of down, or just plain jipped.



I seriously encourage you not to fall into that trap. The truth is that every time I order a salad at a decent restaurant, I'm really happy with it.

I tend not to enjoy restaurant salads if they are "cheaper restaurants" because then you get a few pieces of iceberg lettuce and two non-ripe tomato slices on top. (Think truck stop restaurants here.)

But with higher end restaurants or steak houses you're going to be getting some quality veggies.

Making a Special Request

What I've had success with is asking the waiter for something special with my salad. Here are a few examples of orders I've made at restaurants that have made my experience much better.

1. Double Your Salad Order

I ordered two "house salads" and asked them to be put into one big bowl. The waitress asked if I was really sure about that... she probably didn't get that request very often.

The house salad was about half the price of a regular entree, and to me it made sense to just double it and have a full meal. It turned out great, I felt satisfied, and I got lots of really great tasting greens.

2. Add Extra Veggies

Another great option is asking for vegetables that you see in other dishes or salads to be added to your green salad.

If you see that they have avocado in a sandwich, and they have red bell peppers as part of another dish, you can just ask them to throw some of these into your basic salad.

That adds bulk and really makes it a fuller meal for you. Sure, it might cost you a bit more but most salads tend to be on the less expensive side of the menu anyways.

Feeling Good About Your Choices

I often worry that I'm going to want to eat what other people have ordered. Honestly, this happened to me even before I went raw.

It's just my monkey brain trying to convince me that my life isn't perfect, and that I should be doing things differently.

The truth is that when I focus on the present moment, and commit to enjoying every bite of what it is I have in front of me, I really don't care what other people order.

Now when people imply that the restaurant doesn't have any good raw options I can say I'm really happy with my order.

More Importantly, You Should Enjoy Your Company

Remember that most of the time when we meet up with people at a restaurant, we are doing so to connect with people.

To enjoy each other's company. To get to know each other. To share stories, laugh, and really treasure each other.

It shouldn't be all about the food, though that can be fun too.

So the next time someone invites you out to eat, do a little research about the type of restaurant that has salads you might like, and go for it!

Enjoy your time together, and make the most of the present moment. It's the only one you've got.



Sweet, Sour & Crunchy Slaw

This is a super easy, tasty, and refreshing cabbage slaw recipe.

- 1/2 a head cabbage, shredded or sliced
- 1-2 apples, thinly sliced
- 2-3 shredded carrots
- 1/4 cup raisins
- Extra virgin olive oil
- Apple cider vinegar
- Pinch of cinnamon

I've tried shredding cabbage with a mandolin and a grater in the past, but found that it comes out best when sliced thinly with a knife.

The raisins really make the whole salad come together. It's a sweet and satisfying salad that is full of fiber and crunch. Makes 2 servings.



Make Your Own Sauerkraut

Fermented vegetables are super nutritious! They improve digestion, help fight sugar cravings, and add good bacteria to your intestinal environment.

There are two important factors when making fermented vegetables and sauerkraut. The first is the quality of the vegetables you're using. You want to include at least some fresh (preferably organic or homegrown) cabbage, or cucumbers. From there you can include your favorite vegetables, because both cabbage and cucumbers have the type of bacteria that we're looking to have in our fermentation.

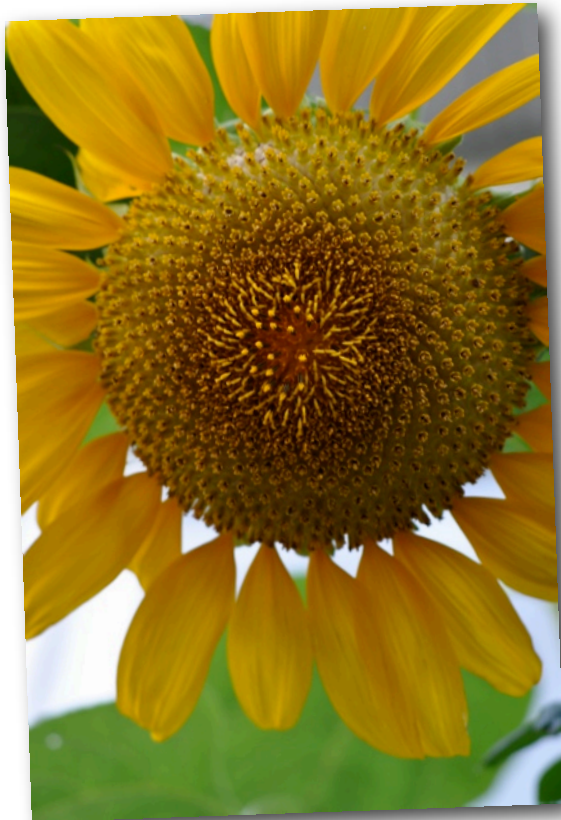
The second part of making fermented vegetables is the brine solution. This is the salt water that is used to protect against the growth of microorganisms that would lead to rotting, and promote the growth of the good bacteria lactobacilli. The more salt you use in your solution, the slower the fermentation and the more acidic your kraut will be. If you use too much salt then no bacteria will survive and your fermentation will fail.

I recommend about 1 Liter of water for 2 tablespoons of quality sea salt. Make sure that the salt dissolves in the water before adding it to your chopped vegetables.

Simply chop up the cabbage, cucumbers, and any other veggies like (onions, carrots, peppers, garlic, you name it) and put them in a large jar. Pack them in. Then pour the brine solution so that it covers all the vegetables. To ensure that vegetables stay submerged you can place some large rocks on top.

Now, seal the jar and place in a large bowl. Every day crack open the jar to ensure that the pressure caused by fermentation doesn't break the jar. The bowl is necessary to catch any overflow of brine.

In 3 days on the countertop your sauerkraut is ready to eat! Simply store in the fridge and eat away. It will be good in the fridge for about 6 months, but I have a feeling it will be gone before then. Yum!



Sprouts - The Superheros of Your Salads and Wraps

Sprouts are an awesome ingredient to include into your diet, for a number of reasons. They're really inexpensive to grow yourself, and they're packed with nutrients. Plus you're guaranteed to have something really fresh even in the dead of winter when you sprout or buy sprouts.

So what kind of sprouts should you sprout yourself? Try mung beans (green beans), red beans, and chickpeas.

If you live close to a market then take advantage and buy some sunflower sprouts, or broccoli sprouts, and experiment with the variety of sprouts that are out there.

During the winter I love to make sprout-heavy salads. Try including two or three different types of sprouts, some shredded carrots, and any spices and oils that you enjoy.

This makes for a very filling and easily portable dish that you can pack up and bring with you for the on the go eating.





Veggie Dips

This is a great dish to serve as dip at parties, to top your salads with, to use in wraps, or to eat as is with a spoon. (Yes, I've done this before!)

- 1 chopped ripened avocado
- 1 chopped tomato
- 1 clove finely chopped garlic
- 1/4 lemon juiced
- 1 tsp. onion powder, slice of onion, or chopped green onion

Place all ingredients in a food processor or blender and blend to your desired consistency. Some people like it really creamy, while others prefer a more chunky guacamole. If it's hard to blend, you can add a little water to get it going. Serve as a dip with raw veggies like carrots, celery, broccoli, cauliflower, zucchini, cucumber, etc.

You can also thin it out with a little water or olive oil and pour on top of a salad as a thick salad dressing. Alternatively, you can place a scoop in a lettuce leaf and eat it like a little wrap. It also makes a great filling for stuffed red bell peppers. Cut the top off of a red bell pepper, remove the seeds, then fill with this guacamole for a great, easy to transport meal. (That looks good too!) You can also top some portobello mushrooms with this guacamole if you're looking for a bit of a sandwich feel. Feel free to add more tomatoes, veggies, and toppings.

Makes 2 Servings.



Veggie Egg Omelets

No, this is not vegan, nor is it raw. This guide is aimed at people who aren't at 100% raw, and this recipe will come in handy because it's so easy to make and nutritious.

Eggs are a simple dish to prepare, and you can add in any number of vegetables to make a delicious vegetable omelet.

This is a flour-less omelet, which really reminds me more of scrambled eggs with stir fry vegetables. Call it whatever work for you, and give this simple dish a try when you're craving something warm and protein-heavy.

Here are the ingredients:

- 2 Eggs
- 1 Chopped Tomato
- Diced mushrooms
- Spinach or greens of choice
- Diced green onions

Simply warm a pan on the stove and heat some organic butter or sunflower oil. In a bowl beat the eggs and add a bit of sea salt and pepper. Then add in the vegetables and mix well. Pour the contents into the heated pan and cook for a few minutes until it reaches your desired consistency. Oh, and don't forget to flip it.



Pumpkin Pie Pudding

Many people absolutely LOVE my raw pumpkin pie, but sometimes you just don't have the time to make an elaborate pie. So here comes this super simple pumpkin pie pudding that's satisfying, nutritious, and easy to pack along with you.

In a high speed blender process:

- 2 cups chopped or shredded pumpkin, butternut squash, or sweet potatoes
- 1 cup soaked dates
- 2 tsp. cinnamon
- 1 tsp. freshly diced ginger
- 1 tsp. nutmeg
- 1 tsp. coconut oil

•Dash of vanilla

- 1/4 cup almond milk or water to help blend

Or for a less sweet version that's a little heartier and keeps you going longer, try blending this together:

- 2 cups chopped or shredded pumpkin, butternut squash, or sweet potatoes
- 1/2 avocado
- Stevia or raw honey to sweeten
- 2 tsp. cinnamon
- 1 tsp. nutmeg
- Dash of vanilla
- 1/4 cup almond milk or water to help blend

I love making this in the fall and winter. If for whatever reason your blender can't get this smooth or you want to try something different you can steam the pumpkin, squash, or yams (and you won't need to shred or cut into such small chunks) and then blend together. This is super easy to digest, and a lot like baby food, which is a good thing. Makes 4 servings.



About Nathalie Lussier

I'm a wellness entrepreneur, who is lovingly referred to as The Raw Foods Witch. I've used alternative medicine and healthy eating to balance my hormones and clear my acne.

What I didn't expect when I started eating more fresh fruits and vegetables was the amount of energy and mental clarity that I would find.

One thing that most people don't know about me is that I graduated with a Bachelor in Software Engineering from the University of Waterloo, Canada. I turned down a job on Wall Street to start my own business online.

Now I use my programming skills for good, and I've created a done for you meal planning solution called The Magick Menu. It's a one of a kind system that gives you access to all of my most deliciously simple recipes, and lets you design weekly menus.

All the work is done for you: you get the associated shopping list, the recipe directives, and new recipes every month.

Find out more about The Magick Menu and see if saving time in the kitchen and never finding unused produce in your fridge could help you stay healthy.



Visit

www.TheMagickMenu.com