

7 DAY RAW VEGAN CHALLENGE

A BEGINNERS GUIDE to transitioning to a RAW
Vegan practice





So! I hear you're looking for a change...



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Before we talk about nutrition and food, health and all that gizmo, I want you to sit with yourself for a few minutes. Sit with yourself and imagine. Imagine what your ideal body shape, body style, energy level and overall livelihood looks like? What does OPTIMAL living look and feel like to you in your imagination? Can you see that??? Well, I'm here to tell and show you that that very image you have in your mind is absolutely possible. How do I know? Because, I've done it. I've sat right where you are, with my mentor telling me to visualize. Visualize the body I

wanted, the financial freedom that I wanted and the life that I saw myself living. That was over 8 years ago guys. Today, I sit with the body, the energy and the life I actually want! But this is not a life coaching guide, just RAW VEGANISM.

However, it's totally true. Any change that we wish to make in our life IS POSSIBLE and it begins with the visualization of doing and achieving that which we envision.

NOW, LETS CREATE! 😊

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We're gonna start by **RESETTING, REBALANCING AND RENEWING the body...**

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Hydrate. Nourish

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We're gonna start by **RESETTING**, **REBALANCING** and **RENEWING** the body starting all the way at the cellular level! (confused face)

How?

Nutrition. Using the first 7 days of each new waking month, we reintroduce the body to the basics. The basics being RAW *PLANT FOODS*, such as your alkaline fruits, vegetables, nuts, roots and herbs grown on land and sea. By removing any and all processed food from the diet we give the digestive

system a break. We give our stomachs and intestines time to rebuild its natural flora of healthy acids and bacteria to ward off harmful viruses and disease, as well as obesity.

This is not a fast, so we don't plan on starving ourselves -listening to the body is very important during this transition. So during this challenge, you will grow more in tune with your body and truly know when hunger is present versus the habit of eating.

Most people who have a westernized diet, don't realize the psychology of eating and their eating habits. Many of the health complications faced in the westernized world come from poor eating habits and not so much genetics, as previous health practitioners have stressed. Time and research has shown us that this is not true.

Eating to thrive instead of eating to survive is the transition this challenge will present. As well as resetting your body on a cellular level-essentially allowing YOU to create whatever image you desire.



According to research conducted by neurologist, Dr. Caroline Leaf; the body creates brand new cells every 21 days. Meaning, you have a whole new set of cells in your body—EVERY 21 DAYS!! Meaning, NEW HABITS, NEW LOOK, NEW MINDSETS can be formed within just 21 days. 7 Days is just a third of that—however, it's a launching pad! Because after just 7 days your body and mind begins to start forming that new habit. For a beginner in RAW veganism, it can be intense! The cravings will be there by the first 24 hours, TRUST ME, but by the 7th day, the routine begins to set in and you'll want to continue on to day 8,9 and 10!!



WHY???

Because in just 3 days you're gonna see your body begin to transform and snap into place like you've NEVER seen it before

! You're going to see your skin and hair GLOW and RADIATE like NEVER before!! You are going to love the way you look, feel—energetically, and how clear your thoughts will flow and your skin will glow!

So, if you have weight loss goals? Hair growth goals, skin goals, goals to re-balance your energy?

This 7 Day journey is meant just for you!



How does the Challenge work?

- Beginning the 1st of each month and for 7 days following we consume ONLY the best organic plant foods, such as alkaline fruits, vegetables, nuts, herbs and roots grown on land and sea.
 - There are a few beans that can be eaten RAW. But careful consideration should be given to all legumes.
 - REGISTER on HeffishHolistics.co/RAW-VEGAN-CHALLENGE/ and submit your information for daily updates.**
 - A list of RAW VEGAN foods alkaline and non-alkaline will be sent to your inbox.
 - A link will be sent to your inbox for the DISCORD group chat.
 - A link will also be sent to subscribe to the YouTube group, where you'll have access to video description of recipe examples.
 - A list of helpful herbs and their benefits will be provided.
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Daily Routine + 7 Day RAW VEGAN DIET

(+) Early morning [6AM - 9AM]

Simple morning fast -SPRING WATER

(Can add herbs or fruit to the water)

*During this period we leave time for meditation with mind, spirit and body. Connecting all 3 elements to examine where the body is for that day and what it's gonna need for the task ahead.

(+) Break the FAST: [10AM - 1PM]

During this period we focus on including as many COLORS to our plate as possible. COLORS = A VARIETY OF VITAMINS for our body! It's our 2nd hydration: our bodies introduction and wake up call for the day! We always want to make it sweet and pleasant for our body! 😊

-Fruit, Nuts, Herbs, Supplements, + Hydration





(Seamoss, Moringa, Ashwagandha, etc)

(+) Mid-Day Meal [1PM - 5PM]

We want to pacc on the Protein with Produce. Depending on when you ate your first meal of the day, and your required task level, your body may be calling for a RICH and NOURISHING mid day meal. The following selections will supply your body with more than enough fuel to get you to your next meal, if not the rest of the day!

- Veggie Salad + Nuts + uncooked beans
- Wraps (using large green leaf or dehydrated nut/veggie)
- Spreads (Guacamole, Squash, Creams blended from produce)
- Veggie Noodle bowls (Cucumber, Squash, Beet, Carrot Noodles)

(+) Latter Meal [5PM - 8PM] -Depending on your daily activity you may want this to be a meal reflective of your post-work dinner.

- RAW Tacos (using nuts/mushrooms/beans)
- Noodle Bowls
- Salads
- Wraps
- RAW Pizza (Using a dehydrated crust)
- RAW Rice Bowls
- and or desserts like
- RAW Ice Cream (of course it's frozen, just not churned)
- RAW Puddings
- RAW Protein DATE Balls
- RAW Frozen Snickers





List of Fruits 👍

- Strawberry
- Mango
- Guava
- Grapes
- Blueberries
- Raspberry
- Apples
- Coconut
- Avocado
- Pineapple
- Banana
- Mangosteen
- Plums
- Soursop
- Lychee
- Muscadine Grapes
- Rambutin
- Starfruit
- Watermelon
- Honeydew
- Cantaloupe

- Dates
- Tamarind
- Figs
- Lemon
- Limes
- Pears
- All citrus**
(Grapefruit, orange, mandarin)
- Peaches, Apricots, Nectarines
- Kiwi
- PassionFruit
- Plantain

Vegetables:

- Cucumber
 - Olive
 - Onions
 - Radish
 - Pickles
 - Squash (s)
 - Cauliflower
 - Broccoli
 - Green Onions
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|--------------------------|---|
| -Tomato** | <u>Herbs:</u> (please consult with a local herbalist to help you assess which herbs will best benefit you) |
| -Mushroom (s) | |
| -Zucchini | |
| -Bell Pepper(s) | -Moringa |
| -Sweet Peppers | -Lemon Grass |
| -Collard Greens | -Maca Root (Blacc & Red) |
| -Mustard Greens | -Ashwagandha Root |
| -Kale Greens | -Spirulina |
| -Chard | -Blacc Seed |
| -Bok Choy | -Lavender |
| -Broccoli Greens | -Chamomile |
| -Okra | -Parsley |
| -Shallots | -Cilantro |
| -Lettuce (all varieties) | -Thyme |
| -Spinach | -Dandelion Root |
| -Brussel Sprouts | & more |
| -Cabbage | |
| -Pumpkin | <u>Nuts:</u> |
| -Celery | -Sunflower Seeds (<i>all varieties</i>) |
| -Asparagus | |
| -Green Peas | -Peanuts |
| -Snow Peas | -Walnuts |
| | -Cashews |
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- Almonds
 - Pistachios
 - pine nuts
 - macadamia
 - pumpkin seeds
 - flax seeds
 - chia seeds
 - Poppy seeds
 - psyllium seeds
 - Mung beans
 - Lentils
 - Chic Peas
 - RAW Dark Chocolate

This list is just to get you started, by exposing you to a list of food varieties available to you, that CAN be eaten raw. In the recipe guide, instructions on how to process each of these foods to make incredible meals can be found. Please consult the recipe guide for safe food handling procedures.



**NOW, LET'S GO!!!! LET'S
GET TO HEALTH!!**

**HAPPY CHALLENGING!! HAPPY
HEALTH!!**

