



Fully Raw[®]

THE 21 DAY CHALLENGE | eBOOK



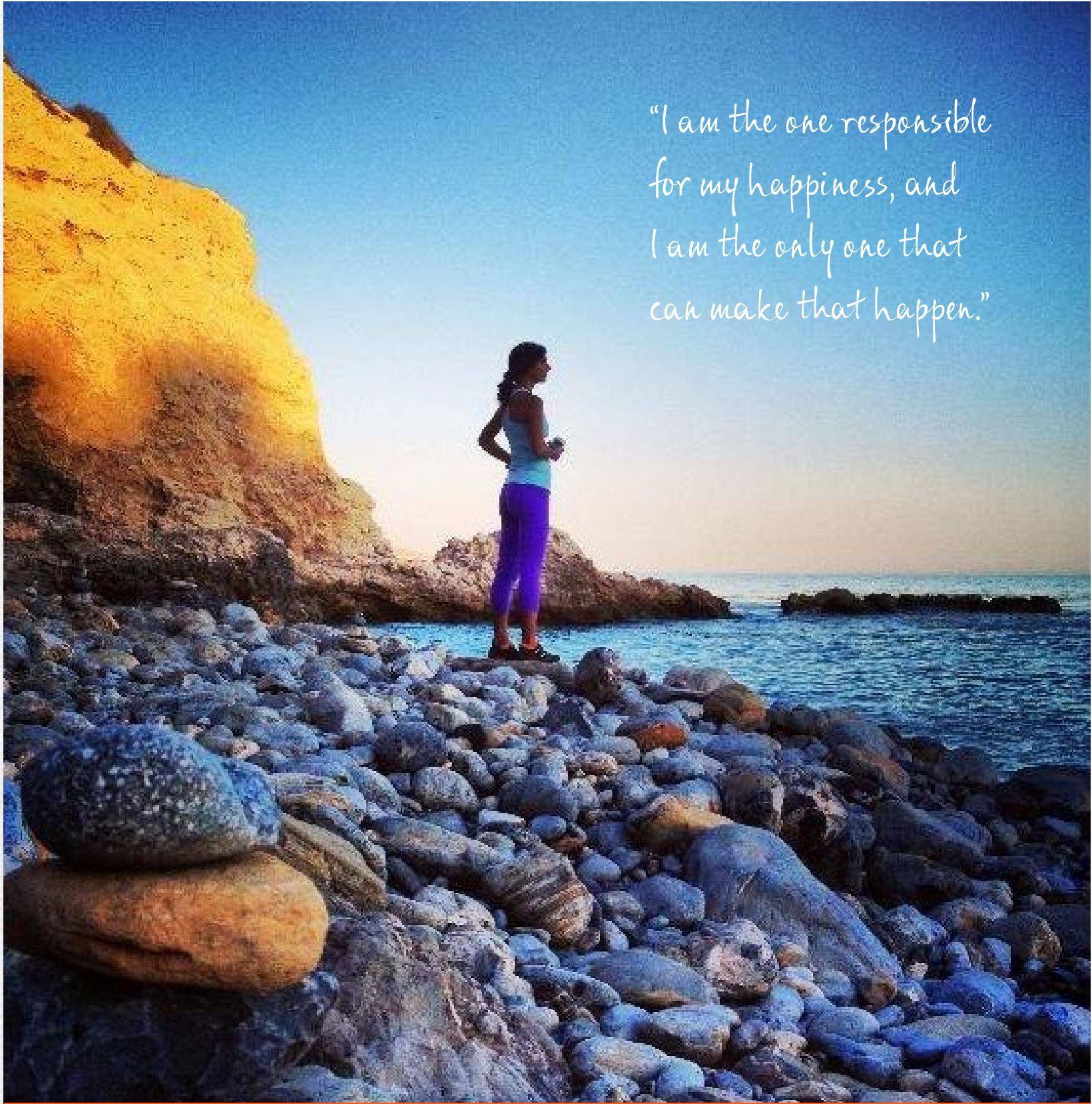
Hey you guys, it's Kristina!

And today if you are reading this means that you have made it through the 21 Day FullyRaw Challenge!

I'm so proud of you for completing this challenge, for taking the step to achieve greater health, and for listening to your heart! You are powerful, capable, and worthy. I'm blessed to share this FullyRaw life with you.

The purpose of this eBook is my gift to you, to honor the commitment you have made to yourself on this FullyRaw journey and to help and support you beyond the 21 Days, so that you too may have a lifetime of FullyRaw health, love and happiness.

I send you all my hugs and love!
- K



"I am the one responsible for my happiness, and I am the only one that can make that happen."

FullyRaw
BY KRISTINA

MY GROCERY LIST

In order for you to stay on track, the best way to do that is to always make sure you have enough food in your home at all times—and always stock what you love that is readily available in your area.

I've put together a list below to give you an idea of the amount of food you will need every week.

RECOMMENDED FULLYRAW WEEKLY GROCERY LIST:

- 5-10 Pears
- 10 Bunches of Bananas (*about a case*)
- 3 Stalks of Celery
- 20-30 Oranges
- 20-25 Apples
- 6-10 Cucumbers or Zucchini
- 2 Pineapples
- 2 Bags/Lbs. of Grapes
- Approx. 12 pints of berries
- 1-2 Watermelons
- 2-3 Lbs. of Dates
- 5 Mangos
- 5-7 persimmons
- 1-2 Watermelons
- 2-3 Lbs. of Dates
- 5 Mangos
- 5-7 persimmons
- 2 Avocados
- 7 Lemons
- 5 Rainbow Bell Peppers
- Large Bundle of Carrots
- 1 Head of Broccoli
- 3 Bunches of Herbs (*i.e., Cilantro, Basil, or Parsley*)
- 2-3 Bags/Boxes of Spring Mix
- 6 Heads Romaine
- 6-10 Heads of Kale
- Unlimited Tomatoes!
- Optional: If you live in a tropical area, you can find papaya or even jackfruit.
- Meal Brighteners!*

Note: This list is based upon a 2000 calorie lifestyle. You can increase the amount as you see fit.

*Meal Brighteners are items that may be a little more expensive or perhaps not as available. I buy just a few of these to keep my meals colorful and exciting when possible. Examples include cherries, pomegranates, figs, mushrooms, ginger, etc.

BUY in BULK to SAVE! One of my biggest tips to saving money while purchasing produce is buying in bulk. I personally buy all of my produce from my local co-op, Rawfully Organic in Houston, and I buy cases when possible to get discounts whenever possible.



KITCHEN ESSENTIALS

I've learned over the years how important it is to set up my kitchen just the way I like with my favorite appliances and tools. I'd like to share my favorite essentials with you for your FullyRaw kitchen!

MY FULLYRAW KITCHEN INCLUDES:

- Blender (*I use a Vitamix Brand blender*)
- Cutting boards (*wood and/or floppy BPA-free plastic*)
- Food processor (*I have a Cuisinart*)
- Glass Mason jars (*make everything look better!*)
- Glass straws (*make everything taste better!*)
- Good knives (*I LOVE my Japanese Shun knives*)
- Juicer (*I have an Omega Vert 350*)
- Large metal strainer
- Large wooden bowl
- Wooden utensils (*make everything feel better!*)

10 EASY STEPS TO GUIDE YOU.

1. STOCK UP!

Make sure you have enough food for the entire week. And get rid of all that junk food! **BUFF-BYE!**

2. YOUR FIRST MEAL OF THE DAY

Good morning **Sunshine!** Make sure your first meal of the day is a large (32-64 oz) juice or smoothie and a large glass of vitamin water...that means water with added fruit or a splash of ginger, mint or basil... so refreshing!

3. YOUR SECOND MEAL OF THE DAY

For lunch, I like to have a large fruit platter, or a mono-meal for easier digestion. Mono meals consist of a single fruit in large quantities. For instance, my mono meal today was 10 bananas. I gravitate toward the sweeter fruits because they have a higher caloric ratio per unit of volume. Don't worry if you can't do it all... these things take time. Remember, your stomach is a muscle that can expand and contract when exercised properly. Be patient and don't give up. You will get there in time!

4. YOUR THIRD MEAL OF THE DAY

Dinner can be the toughest meal of the day in the beginning. Many of us come home from a long day with the thought of wanting something savory or are used to rewarding themselves from a hard day at work with unhealthy food. This is a hard habit to break! Train yourself to remember that nourishing your body with say, a small plate of fruit and a **LARGE** salad is **LOVING YOURSELF**.

I like to start with 5-6 juicy pieces of fruit (like citrus), and end with a **GIANT** Rainbow Salad. That means, 1-2 heads of leafy greens if you can. I also like to top it off with my **EPIC** FullyRaw Marinara for dressing and any veggie toppings you want. Make it colorful and filled with life!

5. EDUCATE YOURSELF

There are so many great documentaries out there and great reading. I recommend Forks Over Knives, Food Matters, Food Inc., Vegucated, Fat, Sick and Nearly Dead, and the list goes on. **GOOD READING** includes 80/10/10, The China Study, Fast Food Nation, The Raw Cure and Igniting Your Life. All of these books and documentaries are a wonderful way to educate you and yourself and stay inspired! You can also check out the FAQ page on the FullyRaw website.

6. EXERCISE

Get moving! I recommend at least 30 minutes a day to get your blood moving, your heart rate moving and putting yourself in motion will make you feel better, healthier and stronger! I personally run an hour a day because it keeps me moving forward and keeps me invigorated.

7. SHARE YOUR FULLYRAW BLESSING

Find a community with whom you can share this blessing! Join a co-op like Rawfully Organic or others who share your FullyRaw lifestyle through social media channels like my FullyRaw Facebook page. You're not in this alone, and when you have community, you will feel like you have a support team around you all the time! It's much more fun to have friends with common interests! :)

8. GET REST! SLEEP! YOU NEED RECOVERY TIME!

Heal your body. If you've done a certain number years of damage to your body, keep in mind it is going to take patience and time to heal your body.

9. EAT ENOUGH...

Use a Cronometer or Tap and Track to count your calories until you get used to how much your body needs.

10. BE GENTLE WITH YOURSELF! LOVE YOURSELF!

Self-love takes time to develop. You wouldn't be here if you didn't have hope that you can change your life. I am here for you as are many others.



EAT THE
RAINBOW.

FullyRaw

The Number One Mistake...

...that people make when they first go FullyRaw is that they don't eat enough. More often than not, I hear about people who try eating FullyRaw for 1-2 weeks, and they feel amazing! They lose weight, have more energy, clearer skin, and feel alive!

Then after a few weeks, they hit a plateau, and they begin to feel tired, lethargic, and spacey. When I sit down with these people, what we discover is that they are calorie deficient. They lack energy because they are not consuming enough energy.

This can be a scary journey for many. The first step is always the hardest because it is such a new world— it's a change of lifestyle. It's not a diet; it's a way of LIFE. When you begin this lifestyle, it does take time to adapt to eating more fruits and veggies, but once you get the hang, it becomes like second nature and you REALLY FEEL the benefits!

Calorie awareness is so so important. Most people have been taught to diet—with calorie restriction. I'm here to tell you that calorie AWARENESS IS important.

This is an abundant lifestyle, not a restrictive one.

Breakfast!....

I always like to start my day with 32 oz. of water. Feel free to include fruit-infused water as to make it taste sweeter and be more nutritious for you!

For a FullyRaw Breakfast, I recommend a juice, a smoothie, or a bowl of fruit. I recommend 700-800 calories worth of juice or fruit for your first meal or a 32-64 oz. filled with juice/smoothie.

A 32 oz. jar of juice is 375 calories, and a 64 oz. jar of juice is around 750 calories of fuel for your body. For my big eaters, if you're still hungry, have more. If you're an athlete and need **MORE CALORIES**, eat the higher calorie density fruit like bananas, apricots, dates, durian, mango, etc.



My beautiful fruit-infused waters!

Always start your day with 32 oz. of water. Feel free to include fruit infused water to make it taste sweeter and be more nutritious for you!





SOULSHINE JUICE!

64 oz. = 750 calories

INGREDIENTS:

- 5-7 Honeycrisp or Pink Lady Apples
- Juice of 1-2 Lemons or Limes
- 3-4 Stalks of Celery
- 1 Cucumber
- Half Head of Romaine
- Half Head of Kale

Run all ingredients through your juicer, strain, and enjoy!

SUNBURST JUICE

64 oz. = 800 calories

This juice is beneficial because it is high in Bromelain, Vitamin C, Vitamin K, Vitamin A, and ... *sparkle!* It is known to help with inflammation, arthritis, acne, digestion, and migranes. It is power-house packed with simple carbohydrates to keep you energized throughout the day, and it even gives you that special raw glow that you seek!

INGREDIENTS:

- Half to One Large Pineapple, Sliced
- 5 Apples
- Juice of 5-7 Oranges
- Juice of 1 Lemon
- 3-4 Leaves of Kale

Run all ingredients through your juicer, strain, and enjoy!

JUICE FOR BEAUTY!

64 oz. = 750 calories

INGREDIENTS:

- Half to One Medium Pineapple
- 2-3 Cucumbers
- 3-4 Stalks Celery
- 3-4 Leaves of Kale

Run all ingredients through your juicer, strain, and enjoy with friends!

ORANGE PINEAPPLE COLLARD SMOOTHIE!

32 oz. = 400 calories

INGREDIENTS:

- 5-7 navel oranges
- 2 cups diced pineapple (half a pineapple)
- 2 cups of collard greens, spinach, or kale

Blend all ingredients in a juicer and enjoy!



THE ANTI-CANCER GREEN JUICE!

64 oz. = 750 calories

INGREDIENTS:

- 2-4 Large Cucumbers
- Head of Spinach
- Green Kale
- Black Dinosaur Kale
- 6 Stalks Celery
- Bunch of Romaine
- Watercress
- FEW Dandelion Leaves (Note: if you do not want this to be bitter, leave out the dandelion leaves)
- Juice of 5-8 Lemons
- Optional: Thumb of Ginger

Use your favorite greens. Do not feel that you need to be exact with amounts on the greens. It's the combination of them that matters. Run all ingredients through a juicer, strain, and savor! Happy, healthy, juicing!

MY WATERMELON JUICE SECRET!

64 oz. = 600 calories

INGREDIENTS:

- A huge bowl of watermelon, diced (approx. 10 cups)
- A small handful of basil

ORANGE SPINACH BASIL SMOOTHIE!

32 oz. = 350 calories.

- 1 Pint of Fresh Squeezed Orange Juice
- 1 Cup Fresh Spinach
- Half to One Cup of Fresh Basil or Cilantro

Blend all ingredients in your blender, and enjoy!

EASY BANANA SMOOTHIE RECIPE!

32 oz. = 750 calories

INGREDIENTS:

- 7-10 ripe, speckled bananas
- 3-4 stalks of celery
- Optional: 4-5 dates as an addition

Blend all ingredients through your juicer and enjoy!



...Lunch!

For your FullyRaw Lunch, I recommend eating fruit!

Fruit is FAST FOOD, and it is easy to bring ANYWHERE and easy to prepare. Sometimes it's as easy as peeling a banana. For your lunch, aim for 700-800 calories. If you're still hungry you can eat more.

This sounds like a lot, but calorie wise, it will most likely be less than a thousand calories. Download the app Cronometer or a calorie counter on your phone. It is SO important to understand how much you are consuming and what you are consuming. There is a negative stigma around counting calories, but when I first started eating FullyRaw, I didn't understand how little I was eating until I saw the numbers myself.

I highly encourage you do this.



Fruit IS the REAL
fast food!





THE FULLYRAW ICE CREAM DREAM!

32 oz. = approx. 750 calories.

INGREDIENTS:

- 7-9 frozen bananas
- 1 cup raspberries
- 1 cup strawberries
- Dash of cinnamon
- Pinch/ piece of vanilla bean

Directions: Freeze your bananas overnight, peeled and placed in a ziploc bag. When ready to make the ice cream, cut them into inch-sized pieces and blend them in a high speed blender like a Vitamix with your cinnamon and vanilla bean. Pour your banana ice cream into the bowl. Rinse your container. Then, blend your strawberries and raspberries and then pour them into the side of your bowl where you have your banana ice cream. Using a spatula, create a swirl of color with the red and white. Plate your ice cream and top with more berries! Savor and enjoy this dreamy deliciousness! :)



FULLYRAW LUNCHBOX IDEAS!

Approx. 800 calories per meal idea.

For these sets, simply use your Tupperware or Bento Box of choice. I like to use fun colors because eating from colorful food containers makes the experience that much more enjoyable! :)

THE BANANA BUTTER BOWL SET

- 5-6 Bananas
- 2-3 Apples
- Cinnamon
- 1-2 Tbs. Almond Butter
- Handful of Blueberries
- Celery Sticks
- Carrot Sticks

*This set can be paired with my FullyRaw Soulshine Juice!

THE FULLYRAW TRAIL MIX

- Half Pound Sliced Figs
- 2 Apples
- Cinnamon
- Handful Raw Raisins
- 4-5 Bananas (Optional)
- Broccoli
- Baby Carrots
- Cup of Raspberries

*This set can be paired with my Magical Pink Juice!

MONO-MEALS!!!

Mono meals consist of a single fruit in large quantities. For instance, my momo meal today was 10 bananas. I gravitate toward the sweeter fruits because they have a higher caloric ratio per unit of volume. Be patient when it comes to trying to do this all in the beginning!

MONO-MEAL OF APPLES

Apples medium = 70 calories per apple
Meal of LARGE apples = MAX 116 calories per apple (4 inches across)
About 8 Apples gives about 700 calories

MONO-MEAL OF GRAPES

1 pound of grapes = 446 calories
2 pounds of grapes = 892
This is approx. 1 bag of grapes sold at the store.

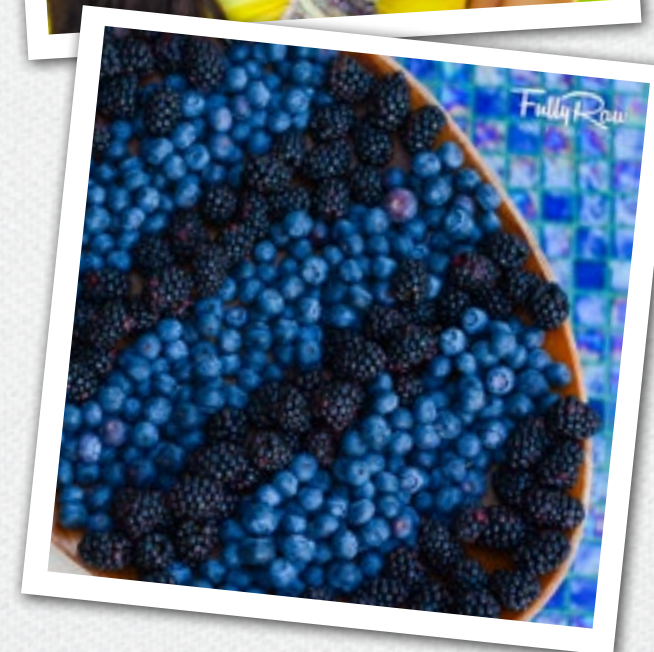
MONO-MEAL OF MANGOES

Mango 8 cups of mango = 858 calories
This is approx. 5-6 small mangoes

MONO-MEAL OF BANANAS

8 bananas is approx. 800 calories.
Please be sure to use ripe bananas that are speckled to have improved digestion.

*Please note that you can always mix in other fruits of similar water consistency to create a beautiful fruit plate or fruit bowl as shown in my photos. An example are berries, pears, etc.



Have you had your mono-meal today?!



...What's for Dinner?

Dinner is the hardest meal to eat FullyRaw. It's not that it's any more complicated, but when people get home from a long, hard day at work, they want to REWARD themselves with satisfying foods. Unfortunately, many of us were trained to think that certain "bad" foods were rewarding. Instead of thinking of fruit as the best reward for your body, it's processed "ice cream"... I have converted tons of unhealthy recipes into raw ones to help you out, so please check those out!

Start your dinner w a comfortable portion fruit. Approx. 500-600 calories worth of fruit then 200 calories of veggies and greens. I always encourage people to eat a rainbow salad for dinner!

The more colors you eat, the more nutrients you will consume!
You are what you eat, so eat **BRIGHT!**

Please keep in mind that your salads or dinners do NOT need to be complicated. They can be as simple or as complex as you wish.

~
*I ALWAYS START MY DINNERS WITH A SMALL BOWL OF FRUIT
~APPROX. 500-600 calories.



THE FULLYRAW BURRITOS!

Approx 8 burritos = 800 calories

ALL INGREDIENTS:

- Large Collards Leaves
- 1-3 Colorful Bell Peppers
- Half of One Zucchini
- One Cucumber
- 1-2 Shredded Carrots
- Juice of 3 Lemons
- Tomatoes (Beefsteak or Cherry)
- Small Bunch of Cilantro
- Green Onions
- Few Leaves of Arugula
- Alfalfa Sprouts
- Tsp of Cumin
- Less than a Quarter Cup of Sesame Seeds
- Quarter of an Avocado
- Optional: Red Onion, Spicy Peppers, and Celery Bits

FOR THE AWESOMESAUCE!

- Half a Zucchini (more if desired)
- Less than the quarter cup of Sesame Seeds
- Juice of 3 Lemons
- Few Sprigs of Green Onion
- 1 Bell Pepper (preferably red)
- Optional: Spicy Pepper

Chop, wrap, and spread the sauce! If you cannot find collard greens, try kale or romaine. If you don't have all the ingredients, that's ok too! Use what you have. Take a BIG BITE and savor!



THE FULLYRAW SPRING SALAD!

Approx. 500 tops calories with the dressing

INGREDIENTS FOR THE SALAD:

- Lettuce of Your Choice
- Spring Mix
- Arugula
- Baby Spinach
- Purple Kale
- Green Kale
- Watercress

FOR THE STRAWBERRY VINAIGRETTE:

- 1-2 Cups Fresh Strawberries
- 2-3 Large Navel Oranges
- Half to 1 Cup Pitted Dates
- Handful of Fresh Basil

INGREDIENTS FOR THE TOPPINGS:

- Strawberries
- Star Fruit
- Oranges
- Pecans
- Kiwi
- Heirloom Tomatoes
- Cherry Tomatoes
- Raspberries
- Watermelon Radishes
- Alfalfa Sprouts

FULLYRAW PASTA WITH MARINARA!

Approx. 600 calories max.

INGREDIENTS:

- 3-4 Cartons Cherry/Grape Tomatoes
- Stems of Swiss Chard
- 1 Bunch Cilantro
- Fresh Basil
- Fresh Thyme
- Fresh Oregano
- 1 Beet
- Dash of Cinnamon
- 5-6 Large Zucchini

Spiralize the zucchinis into pasta using a spiralizer found here: <http://www.shop.rawfullyorganic.com>. Place the zucchinis into a platter or bowl of your choice.

Blend all other ingredients in a Vitamix, pour over the pasta, and say MAMMA MIA!

THE MEDITERRANEAN SALAD WITH FULLYRAW HUMMUS!

Approx. 500 calories at the most with dressing

INGREDIENTS FOR THE SALAD:

- 4-5 cups of thinly sliced romaine and kale
- 2 cups of cherry tomatoes
- 4 diced cucumbers
- 1-2 cups finely chopped cauliflower
- 1 cup of mint and basil leaves
- 2 tablespoons of cumin
- 2-3 cups of colorful bell peppers
- Half one red onion
- Half cup lemon juice
- Optional: raw green olives
- Optional: Italian parsley

INGREDIENTS FOR THE HUMMUS:

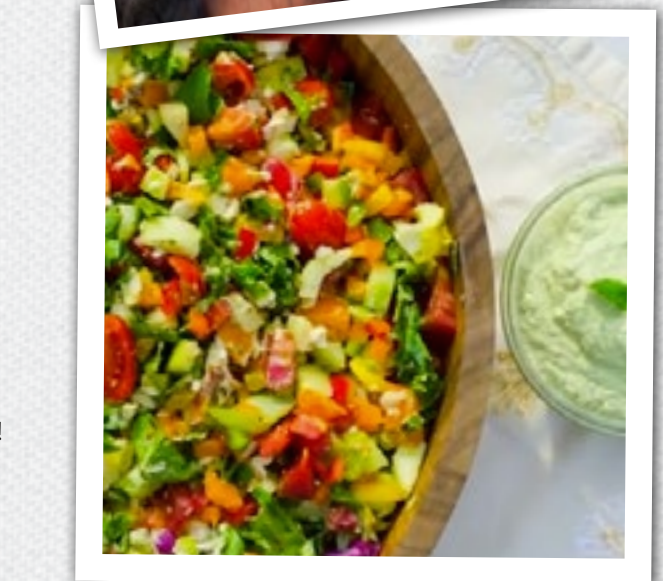
- 1-2 zucchinis
- 1 cup of raw, unhulled sesame seeds
- 1 cup lemon juice
- 1 clove of garlic

FOR THE SALAD:

Chop and dice all ingredients into a large bowl of your choice. Wood is the Mediterranean way! Mix the ingredients until you see a rainbow salad appear before your eyes!

FOR THE HUMMUS:

Blend all ingredients in a high speed blender. I am using a Vitamix. If you do not want your hummus to have a green tint, peel it before you blend it. After it's blended, pour your hummus onto your salad or use it as a side dipping sauce and savor!



THE TOP 10 CHALLENGES:

FEAR
HUNGER
DETOX
FEELING ALONE / SOCIAL ASPECT
RUNNING OUT OF FOOD
CRAVINGS AND STAYING SATISFIED
TIME
MONEY
VARIETY
BAD DIGESTION

Please keep your hope and know that you are not alone!
Rest, heal, and cleanse your body.
I beg you to be patient and compassionate with yourself.

You WILL become the BEST YOU possible!

FULLYRAW COFFEE!

Many of you have asked me for an alternative to drinking coffee in the morning. My recipe is caffeine free, chemical free, and it's going to leave you feeling light, energized, on your feet, without that crash that caffeine can give you.

If you're trying to get off coffee or caffeinated drinks, beware that when you first stop drinking it, your body is going to feel a crash. Once you push through that, you are going to feel amazing.

Are you ready to wake up in the morning energized and ready to go?! Here are the ingredients you will need:

INGREDIENTS FOR COFFEE:

1-2 cups of coconut water
5-10 pitted dates
1/4 cup raw carob powder
A few fresh mint leaves
Some cinnamon and nutmeg
Vanilla

INGREDIENTS FOR ALMOND MILK CREAMER:

1 1/2 cups of soaked raw almonds to make fresh almond milk

Run soaked almonds through your slow juicer (or blend with a Vitamix and strain with an almond milk bag). Run through juicer with water or with coconut water if you want it to be sweet.



5 Ways to Eat Kale! KALE-YEAH!

1. Kristina's Special Kale Taco

As simple of as complicated as you want to make them. When I am on the go, I like to wrap a cherry tomato up in kale and pop it in my mouth. Or, when I am home preparing a meal, I like to make a larger more festive kale taco filled with beautiful ingredients that include Dino Kale filled with mangos, cherry tomatoes, raspberries, a rainbow of bell peppers, and a little blended mango/black berry or my FullyRaw Hummus.

2. Shredded Kale Salad

Shredded kale in a food processor topped with rainbow bell peppers, lemons, onions with lemon juice with about 1/3 to 1/2 avocado, green onion and dill or rosemary.

3. Juicing

I LOVE juicing. And sometimes by mixing sweet fruits with dark greens it masks any strong flavors, making them more palatable. So, I definitely recommend juicing kale whenever you can. Some of my favorite juice recipes are my SoulShine Juice, my Jungle Juice, my FullyRaw Juice for Beauty and even the Holy Grale. All 4 of these juices are simple and delicious.

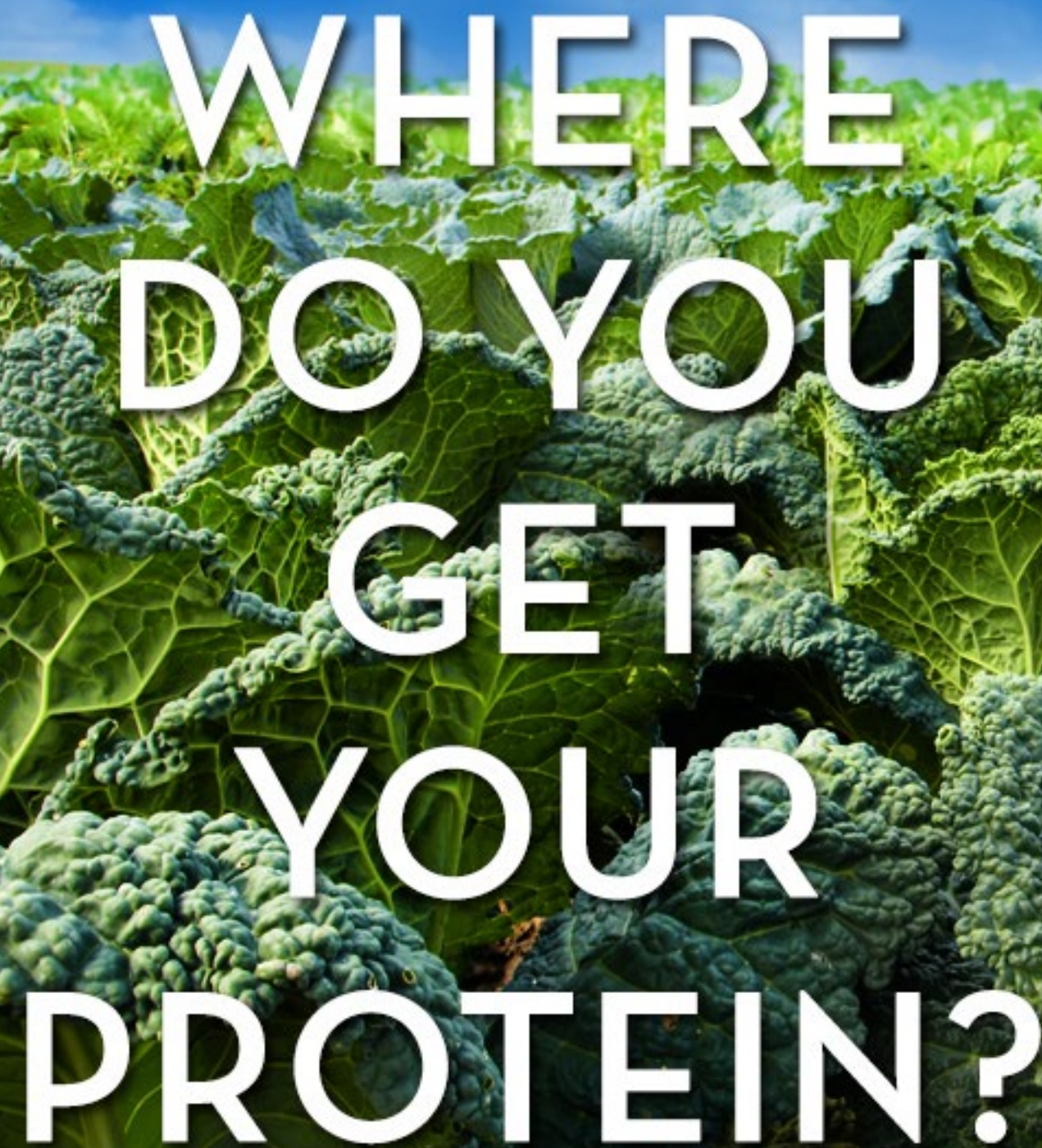
4. Smoothies!

Blending sweet fruits with dark greens make them more palatable. Smoothies are different from juices because they are filled with fiber that are going to make you feel more full, and they give you many added benefits of consuming the whole food. My 2 favorite kale smoothies are the Berry Perry and the FullyRaw Tropical Paradise.

5. Kale Chips


I don't use a dehydrator every day in my home because I believe that fresh is best. However, for those of you who are transitioning to the FullyRaw lifestyle, and looking for more ways to enjoy kale, I definitely recommend kale chips. Blended tomato, a little sesame tahini and lemon or mango banana or pineapple orange. All these can be blended and massaged onto your kale. Once you do that, all you have to do is pop them into your dehydrator for 7-8 hours.

This Powerhouse Green
is superpacked with vitamins,
nutrients, minerals and
amino acids that will make
your body THRIVE!



WHERE
DO YOU
GET
YOUR
PROTEIN?

From your fruits and vegetables!



Being FullyRaw has given me love for all creatures, small or large. It has taught me that loving ourselves goes far beyond food—it's about showing unconditional love to ALL beings!
It's amazing what happens when we open our hearts to allow miracles into our lives! Are you ready to spread your wings?!

HOW TO HANDLE RAW FOOD DETOX

1. SLEEP.

You had a certain number of years of damage to your body and it is unrealistic to think that after a few weeks of eating raw food you will be completely healthy.

2. DRINK LOTS OF WATER.

At least 1-2 liters per day.

3. DRY SKIN BRUSHING.

Always do it towards your heart to improve circulation... and glowing soft skin!

4. EXERCISE.

Get your breath, circulation and body moving.

5. SPEND TIME IN NATURE.

Meditate, pray, journal your experience or simply be calm and peaceful. Think about the healing your body is going through.

FUN AND FULLYRAW SMOOTHIE RECIPES!

The Berry Peary Green Smoothie

5 Pears
1-2 Cups of Blueberries
1 Cup of De-stemmed Kale
Small handful of dates (approx 10)

The FullyRaw Tropical Paradise

5 Oranges
Half of One Pineapple (More if desired)
1 Peeled and Sliced Mango
1 Cup of De-stemmed Kale
1 Small Handful of Cilantro

Smoothie #3: The Banana Surprise!

Approx 7-10 Ripe, Speckled Bananas
1 Cup of Chopped Celery
1 Cup of Pitted Dates (Approx 10)



Being FullyRaw is not
about eating a "diet,"
it's about living
a healthy LIFESTYLE.

HOW TO SHARE FULLYRAW WITH FAMILY

SHARE THIS GIFT WITH THEM.

When you make yourself food, make them food too. When you are going to a family function, bring a large salad or fruit plate to share. Get your family excited about the FullyRaw lifestyle by sharing food and talking about the experience! The more you are open about the FullyRaw lifestyle, the more accepting they will be to it.

GET THEM TO WATCH MOVIES AND FOOD DOCUMENTARIES WITH YOU.

I recommend Forks Over Knives, Food Matters, Food Inc., Vegucated, Fat, Sick and Nearly Dead, and the list goes on.

GOOD READING.

If you are not into documentaries, I recommend good reading like, Forks Over Knives, 80/10/10, The China Study, Fast Food Nation, The Raw Cure and Igniting Your Life. All of these books are wonderful with great content to educate you and your family on the FullyRaw lifestyle.

DON'T PREACH. LIVE.

Living as a FullyRaw example is far more powerful than using words.

GIVE HUGS!

Giving your love, touch and hugs is so important to people's lives and far more important than words can sometimes possibly do. It shows kindness and understanding. Just because you may not share the same lifestyle, doesn't mean you don't love and accept them!

HAVE SELF LOVE!

Your self worth is far more valuable than what others opinions of you may be. We all love our families and sometimes there can be difficult situation that arise living the FullyRaw lifestyle, but give them the love you want to receive and I promise it will come back to you!



After 8.5 years, my mom finally took the plunge and is doing AMAZING on the FullyRaw Challenge! She is my strength, my support, and my inspiration.

Five FULLYRAW Salad Dressing Recipes

Salads are so important to eat because they keep our greens intake high. Greens are important to help our bodies be alkaline and well-mineralized. I hope that you enjoy these very yummy salad dressings. One for each week day!

Salad Dressing #1

- 4-5 Cups of Tomatoes
- 1 Cup Raw Sesame Seeds or Raw Tahini
- Small Thumb of Ginger
- 1 Cup Diced Celery
- 2 Tablespoon Lemon Juice
- 1 Garlic Clove

Salad Dressing #2

- 5-7 Oranges
- Half of One Pineapple
- 1 Red Bell Pepper

Salad Dressing #3

- 4 Cucumbers
- Half Cup Celery
- Lemon
- Handful of Dill

Salad Dressing #4

- 2 Cups Mango
- Handful of Dates (Approx 10)
- Handful of Fresh Rosemary

Salad Dressing #5

- Lemon Juice
- Dates
- 2 Tbs. Honey Mustard Powder



All you need in your kitchen is a high-speed blender along with your fresh ingredients.

GIVE HUGS DAILY!

FOCUS ON THE PRESENT MOMENT!
(and stop worrying!)

When you feel like complaining,
Verbalize what you are grateful
for instead.

Help someone out without them
having to ask you.
Watch for people in need.

Surprise your family or friends
with little treats to show
you thought of them.



RECOVER FROM DIET "FAILURE"

We are all human and there is no such thing as a failure.

This journey is about self-love, getting healthy and giving yourself all the things you have ever wanted.

So, I want to be here to support you. We are going to get through this together. We are not giving up. Here are my top ways on how you can get back on the wagon.

1. Take Responsibility

If you fall off the wagon, take responsibility. Blaming others will only keep you from going forward. So, if you've made a blunder along the way, that's okay. Let it be like water on a duck's back. Let it roll off your shoulders, pick yourself up, acknowledge that something didn't go quite as planned, and move forward.

2. Write a List of What Inspired You Onto This Journey.

Inspire yourself. Somewhere along the way your heart's innermost desires got lost. Bring them back to life by putting them on paper and get them back to the forefront of your mind. You CAN do this.

3. Bring Back the Spark.

Make a recipe of a fun dish that is delicious to you and inspires you to bring back the original feelings and emotions you felt when you first got started and were excited. Make it with somebody to share it and feel supported in your journey. Surround yourself with people who inspire, support and encourage you.

4. Have Fun with Recipes you Love.

Go back into your recipe archives and make things that inspire you!

5. Keep Yourself Informed.

Soak up knowledge on this lifestyle. Read books, join active communities and social media networks.

6. Find a friend to get back on the wagon with you.

Become each other's support team. Hold each other accountable. Do things together. Share this passion together. When you have someone to share the experience with, it makes it that much easier.

7. Juice Fast

Maybe you need a 5-7 day juice fast. Where you take in nothing but juices. If you decide this is right for you, be sure to educate yourself every step of the way and be conscious of what is going on in your body, and make a plan on how you are going to break the fast.

8. Exercise

Easier said than done, but you gotta fit it in. At least 30 minutes a day. Get moving. Get your blood circulating, go for a walk...get exercise.

9. Reward Yourself with Good Food.

More often than not, we used cooked foods or processed foods as a crutch, and we somehow think that is rewarding ourselves for a hard day. Start to think of good food as a reward, and that you are rewarding yourself by taking care of your body.

10. Volunteer

Give back to your community, because when you give, it feels good. Go volunteer at a farmer's market or co-op, at a non-profit or local CSA. When you give part of yourself, it comes back tenfold.

11. Be Humbled.

We are all human and nothing is going to be perfect. Keep things in perspective and realize that you have power over your own reactions.

12. Make a Plan

Keep on track and mentally prepared to avoid any possible shortcomings. Meal and exercise plans for tomorrow. Also have enough food in your home.

13. Give Yourself Positive Reinforcement

Surround yourself with sticky notes of inspiration, quotes and things that keep you inspired and remind you of your journey and positivity.

14. THERE IS NO WAGON

You never really fell off. This is all a part of your journey. And, while it may be about the destination, it is also about all the experiences along the way that help you grow and become a better you. This is your journey to self-love. Give yourself the love you want to receive. Don't be your hater—be your motivator!



FEEL COLOR.
BREATHE COLOR.
LIVE COLOR.
EAT COLOR.

FullyRaw

FULLYRAW WEIGHT LOSS HEALTH FOODS

Raw foods are the best foods in the world for you to eat to feel energized, to lose weight, and to feel your absolute best. Raw foods are high in water content but low in calories, which means you can eat as much as you care for and still lose weight, and still see and feel the benefits. So, here are my top ten FullyRaw foods that will help you feel better, live better and lose weight.

This is not a lifestyle based on restriction,
but based on abundance.
Eat the following in copious amounts...

WATERMELON

(Or any melon for that matter!)

BANANAS

(Eat 10 speckled bananas!)

BERRIES

(Packed full of anti-oxidants that children love too!)

ZUCCHINI

(Low in sugar and high in water content!)

CUCUMBERS

(Full of pectin in their skin to beautify yours!)

GRAPEFRUIT

(Cellulite fighter!)

PINEAPPLE

(Great to battle inflammation)

MANGOS

(YUM!)

TOMATOES

(Packed with vitamins!)

LEAFY GREENS

(This is where your protein will come from!)

PRACTICE MINDFUL EATING

Be conscious of EVERYTHING that you put into your body. You are a consumer, of not just food of EVERYTHING. What you put in is what you become. Every 6 months your cells are regenerated! How do you want to recreate yourself?

You are naturally a consumer of mind, body, and spirit. Therefore, I want to share with you just how to Practice Mindful Eating so that you can reap the amazing benefits!

STEP 1: PREPARE YOUR FOOD WITH LOVE

Love your food so that it loves YOU back.
Pray over your food. Blessing your food uplifts the energy of your food, thus benefitting you.

STEP 2: MEDITATE WHILE YOU ARE EATING.

Come into a still place of mind. Appreciate each bite and the taste of each bite.

BENEFITS OF PRACTICING MINDFUL EATING:

Enjoy your food more!
Stopping when you are full!
You RELAX and don't eat out of anxiety!
You become grounded.
Weight-loss
Gratitude
Appreciation
YOU CREATE A HEART SPACE (You make peace with your plate!)

STEP 3: BECOME A CONSCIOUS CONSUMER

When you become conscious of what you put into your body FOOD-WISE, it effects what you put into your body on SO many other levels. What are you reading, wearing, thinking, watching, clicking, tapping, seeing, buying, supporting? YOUR DOLLAR SUPPORTS WHAT YOU CONSUME. I consume fresh fruits and veggies from Rawfully Organic because I want to see that succeed. The act of eating is sacred because it is a time to nourish ourselves. We should honor it as much as we honor our bodies.

Be a conscious consumer.
Practice mindful eating, and remember
to BELIEVE IN THE HEALING POWER
OF FRUITS AND VEGGIES! :)



For anyone out there who is really struggling to get healthy. For anyone who has ever felt that they have wanted to change their life but were afraid to take that first step. Even for the people who feel as though they have failed even before they've even tried... for those who feel as though they've failed even though they have tried! And for those who feel they are trying SO hard to overcome from their struggles in going FullyRaw, vegan, vegetarian, or just to get healthy, this eBook is for you.

I really wanted to share my thoughts, inspiration and my encouragement with you. I've been in your shoes and I really want to give you that love so that you can continue to take those next steps, from 21 days and beyond. Your mind is powerful and your perception changes the world. If this is what you want, you CAN make it happen.

When you succeed, we all succeed.. and then.. we create family. Sending my love and hugs.
-Kristina

I am sending
my love
and HUGS!

Fully Raw.

FULLYRAW.COM