

The  
**121**  
Day

E-BOOK!

# Bikini Body Challenge

Fully Raw  
BY KRISTINA





Hey you guys, it's Kristina!

Congratulations on making it through the 14-Day Fully Raw Bikini Body Challenge!

I'm so proud of you for completing this challenge, for taking the steps to achieve greater health, and for listening to your heart! You are powerful, capable,

and worthy. I'm blessed to share this Fully Raw life with you.

The purpose of this eBook is my gift to you, to honor the commitment you have made to yourself on this Fully Raw journey and to help support you beyond the 14 Days, so that you too may have a lifetime of Fully Raw health, love and happiness.

I send you all my hugs and love!

- Kristina :)

**Fully Raw**  
BY KRISTINA

"The workout routines in this eBook will be a mix of cardio and strength! I am a HUGE cardio person. I LOVE to run, and I personally run about 6-8 miles a day no matter what kind of strength training I do.

Exercise doesn't have to be difficult, it's ALL mental. Tell yourself that it is FUN and find an activity that you LIKE, and you will LOVE the experience. It's about MOVING your body and using energy.

Do the best you can and most importantly—Enjoy it!"



# Before you begin, here are my top tips for success!

## STEP ONE:

### CHANGE YOUR DIET

Start eating FULLYRAW and clean out your fridge! I have provided daily meal plans FOR you, but if you cannot do this, at least do ONE meal a day or even 2 FullyRaw meals a day. Follow the basic outline I have given you EVERYDAY for 14 days. You will first and foremost FEEL a difference! The weight will come off slowly after. Keep in mind that you cannot lose 20 pounds in 14 days, but you can build a foundation of health and strength so that it falls off consistently and FOR GOOD!

## STEP TWO:

### BREAKFAST

MAKE IT A 32 OZ JUICE! How will you change your diet?? First thing is that you need to make sure you get in a good breakfast: JUICE OR SMOOTHIE. 5 options are listed for you at fullyraw.com. I have a new juice and smoothie video [HERE](#). 300-500 calories

## STEP THREE:

### LUNCH

Biggest meal CALORIE wise. Must be FRUIT. Do a smoothie if you can. Get in that fiber. Helps you to feel full. Worried about the sugar then do a green smoothie. Aim for 700-900 calories. Eat until YOU ARE SATISFIED.

## STEP FOUR:

### DINNER

Start off with either a light juice or a small plate of fruit. 4-5 pieces is my recommended amount. Then, FILL yourself with a HUGE RAINBOW SALAD. Make your own salad dressings and use as little fats such as nuts, seeds, or avocados as possible. You want the essence of your diet right now to be uncooked, raw fruits and veggies at night. You can do this! 14 days of going FullyRaw!

## STEP FIVE:

### EXERCISE!

An hour each day! I have 5 workout posted for you! In the meantime, do 100 squats a day. We are going to get SWEATY, and you're going to watch me kick my own butt on camera so get your workout clothes READY!

## STEP SIX:

### WATER! WATER! WATER!

Lemon water in the mornings! STAY HYDRATED! Next best thing to water is JUICE or fresh, young coconut water. Keep hydrated.

## STEP SEVEN:

### VISION BOARD

Put together a vision board of images, foods, passions, anything that inspires you. Keep in mind this is about you getting HEALTHY! Although having a great body is the best benefit, your main focus should be on becoming the heaviest beacon of light that you know!

## STEP EIGHT:

### PLAN PLAN PLAN!

What involves planning? Scheduling your eating plan, food prep, cleaning out the fridge, packing your home with GOOD foods, your workout schedule, and more! Plan to prepare or prepare to fail! Be prepared for success!

## STEP NINE:

### GET SUPPORT

YOU MUST let people know that you are doing this and that you take it seriously. Don't hide it. Share it!

## STEP TEN:

### LEARN TO LOVE YOUR BODY!

Stand in front of the mirror EVERY day and tell yourself that you are the SHIT! No matter what you look like or how tall you are! This is about HAVING CONFIDENCE! We are REAL WOMEN with REAL bodies! We don't have to be ANY IMAGE other than our own! LOVE YOUR BODY! Do this challenge with me and feed it the BEST foods, encouraging self-talk, and more! We are going to get your confidence going! Who's ready to join the challenge?

# My Shopping List Guide

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 shopping list guide below to give you an idea of the amount of food you will need each week, along with other fun items for your workouts and even a bikini for your inspiration!

## ARE YOU READY?!!

## GROCERIES

- 1 case of oranges or approx 40 medium sized oranges (ask your grocer for the 10% discount!)
- 10 Bunches of Bananas (Almost a case)
- 3 Stalks of Celery
- 5-10 Pears
- 10 Peaches or Nectarines
- 20-25 Apples
- 6-10 Cucumbers or Zucchini
- 2 Pineapples
- 2 Bags/Lbs. of Grapes
- 1-2 Young Coconuts  
(or simply the young coconut water if you can find it)
- Approx. 12 pints of berries of choice (optional)
- 1-2 Watermelons
- 1-2 Cantaloupes or Honeydew Melons
- 2-3 Lbs. of Dates if available
- 2 cases mango or approx. 16 mangoes
- 2 Avocados
- 7 Lemons
- 4 Rainbow Bell Peppers
- 1 Large Bundle of Carrots
- 3 Bunches of Herbs like Cilantro, Basil, Mint, or Parsley
- 2-3 Bags/Boxes of Spring Mix
- 6 Heads Romaine
- 6-10 Heads of Kale
- Unlimited Tomatoes!

(I buy by the case and use these in my salad dressings)

Feel free to fill in your list with **"Meal Brighteners"**. These 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

## OPTIONAL

possible. Examples include cherries, pomegranates, figs, mushrooms, ginger, etc.

If some of these items are not available to you, PLEASE don't worry. Go to your local markets and find the items that are in season and easy for you to purchase. One of the best parts of eating FullyRaw is getting to enjoy the abundance of the season!

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

**Tips:** One of my biggest tips to saving money while purchasing produce is buying in bulk. I personally buy all of my produce from [Rawfully Organic](#) in Houston, and I buy some cases to get discounts. If you would like more tips or tricks on [How to Afford Eating FullyRaw](#), please watch [here](#).

## OTHER FUN ITEMS YOU MAY NEED!

1. A BIKINI or a bathing suit! Guys too.. get some nice swimwear!
2. Sandals
3. Coconut Oil
4. Towel
5. Workout Clothes (can be old or worn out)
6. Tennis Shoes
7. Hat to protect your face from the sun
8. Foam Roller Jump Rope
9. Yoga Ball
10. Medicine Ball (or a GIANT Watermelon for Squats!)



# Exercise List Guide

Listed on these pages are the exercises you will be perfecting over the next 14 days.

Please refer to this page for a description of each exercise.



ROPE JUMP



SIDE PLANK



SUICIDE SHUFFLE



BICYCLE KICKS



CHEST KICKS



CLOUD PLANK



SWIMMING



TUMMY TUCKS



*the infamous*  
WATERMELON SQUAT!

## Stretches



CYCLING



HULA HOOP



JUMPING JACKS



YOGA BALL  
AB CRUNCH



DOWNWARD DOG



LEG STRETCHES



JUMPS TO THE SKY



LUNGES



PLANK



REACH FOR  
THE SUN



STRETCHING



WARRIOR POSE

DAY ONE

1

# Meal Plan

## Wake up!

Right when you wake up, start the day with 32 oz. of **Lemon Water**. Wait 20 minutes and then have breakfast.

## Breakfast

For Breakfast, drink a 32. oz jar of juice of your choice. Today, I recommend 32. oz. of **Orange Juice** to start the day! It is supersimple and energizing, and you can add mint leaves for an infusion!

## Lunch

Lunch is a 32. oz jar of my **FullyRaw Peary Berry Smoothie!** This will get things moooving. If any of these ingredients do not work for you, you can also try the FullyRaw Tropical Twist Smoothie!

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

## Dinner

Dinner begins with a small **fruit platter** of 3-4 mangoes and half a pineapple (or any other fruit of choice) followed by a large **Rainbow Salad** with an orange juice-avocado dressing.

### MY RAINBOW SALAD:

- 2 heads of leafy greens (I chose kale and romaine)
- 1-2 chopped bell peppers
- 1 cup sliced pineapple
- 1 cut cucumber
- 1-2 cups berries of your choice (I chose raspberries)
- Handful of cherry tomatoes
- Quarter of one avocado

### MY ORANGE AVOCADO

### SALAD DRESSING:

- 2-3 cups of freshly squeezed orange juice (or blended if it has no seeds)
- Quarter of one avocado
- Optional: small handful of an herb like mint, oregano, basil, or cilantro!



DAY ONE

1

# Workout Guide

Remember, change takes time.  
 The more of a lifestyle this becomes to you,  
 the more sustainable it will be for you!  
 This isn't just a diet, but it's a lifestyle!  
 It's about food, exercise, sunshine, positive  
 self-affirmation, community, sleep, rest,  
 love, and more!

## Cardio

Start with a 20 minute Walk/Jog or Run!

## 100 Watermelon Squats

You heard me! Grab a medicine ball or even better, a GIANT WATERMELON, and get squatting. Take breaks if you need it! Having a good booty takes effort!

## Tummy Tucks

Do 3 sets of 25 Tummy Tucks

## Stretch!

When you're done, stretch it out by touching your toes, practicing downward dog, and doing any other stretches that feel comfortable to you!

## Cool Down

If you feel comfortable enough, finish your workout with a 20 minute walk. Are you FEELING IT?!

# DAY TWO 2

# Meal Plan



## Wake up!

Right when you wake up, start the day with 32 oz. of lemon water. Feel free to add in fruits or herbs of choice! Today, I have chosen lemon and cucumbers.

## Breakfast

Today we are having 32 oz of **My Secret Soulshine Juice!** If you want to drink 64 oz, go for it! This juice is amazing, alkalizing, and energizing! This juice will give you the FullyRaw glow! Get ready for clear skin, shiny hair, and flat bellies! [Good oldie video here!](#)

### INGREDIENTS FOR MY MY SECRET SOULSHINE JUICE

- 5-7 Honeycrisp or Pink Lady Apples
- Juice of 2-3 Lemons or Limes
- 5-6 Stalks of Celery
- 1 Cucumber
- Half Head of Romaine
- 1 Head of Kale
- Place all ingredients through a juicer and begin to watch your Soul Shine!

## Lunch

Lunch is the FullyRaw **Banana Celery Smoothie!** Sweet! This smoothie is SO easy that it literally has only 2 ingredients! It is simple, affordable, quick, and delicious! Blend 7-8 bananas with 3-4 stalks of celery. I typically use 1 stalk of celery per every 3 bananas. Peel the bananas, place them into your blender, add in the celery, blend, and enjoy! This smoothie is carbohydrate rich, and the celery adds a balance of sodium. It may quickly become one of your favorites!



# Dinner

Dinner is a fruit appetizer of either 6-7 sliced oranges with a pound of strawberries! If this doesn't sound appetizing to you, then you can do a fruit platter of any fruit that you desire like berries, kiwi, pineapple, mango, or pears. Your appetizer is followed by an abundant Asian salad with orange sesame dressing!

### INGREDIENTS FOR THE ABUNDANT ASIAN SALAD:

- 2 heads of leafy greens like kale, spinach, or romaine chopped
- 1 red bell pepper
- Half one yellow bell pepper
- 1 cup purple or green cabbage (optional)
- Optional: baby bok choy and snap peas! YUM!
- Quarter head of one broccoli (more if desired)
- 1-2 cups of cherry tomatoes!

### INGREDIENTS FOR THE ORANGE SESAME DRESSING:

- 3 cups of fresh orange juice
- 2 Tbps. of raw, unhulled sesame seeds
- Juice of half a lemon
- Optional: handful of herb of choice!
- Optional: handful of green onion or chives



# DAY TWO 2

# Workout Guide

## Jump Rope!

10 Sets of 100 (That's no typo!)

## 100 Watermelon Squats

You heard me! Grab a medicine ball or even better, a GIANTWATERMELON, and get squatting. Take breaks if you need it! Having a good booty takes effort!

## 50 Chest Kicks

OR

## 3 x 1 minute Planks

Do 3 sets of 25 Tummy Tucks

## Cool Down

Finish with a 30 minute optional walk or jog to cool down.



Your body is a temple! Show it love by RESPECTING and honoring it with GOOD FOOD. I have faith that you can, now you have to have that faith too!

# Top 5 Foods

## TO AVOID!

### **Salt**

Makes you retain water. Natural sodium can be found in things like celery, swiss chard, tomatoes, etc. Sodium that has to be dried is not natural. Not all salt is created equal, and most is highly processed. Eating salt can increase blood pressure, and the higher your blood pressure, the greater the strain on your heart, arteries, kidneys and brain. This can lead to heart attacks, strokes, dementia and kidney disease.

### **Oil & Fat**

Whether you are eating raw or cooked, a high fat diet is not optimal for thriving health. Oils in large quantities are extremely unnatural. One tablespoon can have up to 14g of fat and 120 calories. It is a condensed source of fat. Why not have the natural fat from unprocessed foods—avocado or durian, for example. It is one less step in the man-made process. Most oils are loaded with trans-fats which can create massive inflammation in the body as well as diseases, like heart disease, cardiovascular disease, cancer, diabetes and obesity. If you're going to use oil, the two most recommended oils that I suggest are raw, cold-pressed olive oil or coconut oil. I primarily use coconut oil on my skin and nothing else.

### **Dairy**

Yes, this includes cheese. We are the only animals on the planet that drink another animal's milk. It is said to contain not only Blood and pus, but also many hormones from the animals from the food they are fed. Eating large amounts of dairy is also linked with osteoporosis, heart disease, constipation, and more. Most people are lactose intolerant but do not even realize it! By simply giving up dairy you can reduce allergies, drop weight, and get clear skin! Not to mention, giving up dairy helps to prevent animal cruelty. There are more dairy alternatives available now than ever before. Switch out your milk for almond milk!

### **Meat**

Do you know that your meat may have superbugs in it? A recently released report from the FDA found that of all the raw ground turkey tested, 81% was contaminated with antibiotic-resistant bacteria. Ground turkey wasn't the only problem. These bacteria were found in some 69% of pork chops, 55% of ground beef and 39% of chicken. Antibiotics are used in livestock to make them grow faster and to prevent disease. Some 29.9 million pounds of antibiotics were sold in 2011 for meat and poultry production—compared with the 7.7 million sold for human use, according to the Pew Charitable Trusts—and that number has been on the rise. Also, meat has NO fiber in it, which means that it will take a lot longer to move through your system. Do you want that sitting in your system at 98.6 degrees for more than a week?

### **Gluten**

A book that I highly recommend is called Grain Damage by Dr. Douglas Graham; Not only are grains or gluten, difficult to digest, but also they are not environmentally friendly. Most people have gluten intolerance. You can reduce allergies, inflammation, and acne by cutting it out of your diet. When you give up gluten, you will boost your health and your energy! Your hormones and weight will naturally balance, and your uncontrollable cravings to overeat will vanish. You will also absorb more of the nutrients in your food.



DAY THREE  
**3**

# Meal Plan



### Wake up!

Start your day with 32 oz with fruit-infused water [\(VIDEO\)](#).

### Breakfast

Breakfast is 32. oz of my **Watermelon Juice Secret!** My favorite video of all time [here!](#) To make this recipe, cut up a half to a whole watermelon, cut off the rind as well, and blend the melon. Then, strain this "smoothie" until it becomes a smooth, sweet juice. Pour it into a jar and add in mint and basil. Voila! Enjoy!



### Lunch

Lunch is my FullyRaw **Tropical Paradise Smoothie** or simply 800 calories of fruit on the go!

- 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



## Dinner

Dinner is 5-7 medium size peaches and a pound of strawberries followed by a large Rainbow Salad with a Tomato Tahini Dressing!

### INGREDIENTS FOR THE SALAD:

- 2 heads of leafy greens like romaine, spinach, or kale
- 1 red bell pepper
- 1-2 sliced ripe mangos
- 1 cup of cherry tomatoes
- 2 roma tomatoes
- A few handful of strawberries to taste

### INGREDIENTS FOR THE TOMATO TAHINI DRESSING:

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



DAY THREE  
**3**

# Workout Guide

Today's workout is cardio heavy! I want you to be creative. Try a 30 minute INSANITY workout, or the Kayla Itsines workout guide that is easily downloadable and amazing! I am going to run my usual 6 miles, and I ask that you complete a 30 minute walk or jog along with these exercises listed below!

### Cardio!

Start out with a 30 minute walk/jog/run

### 30 Minute Workout



### Watermelon Squats

3 Sets of 25...OR

### Knee Tucks

Sets of squats or knee tucks (3 sets of 25),

### Pineapple Curls

3 Sets of 25

### 3 x 1 minute Planks

Do 3 sets of 25 Tummy Tucks

DAY FOUR  
**4**

# Meal Plan



### Wake up!

Start your day with 32 oz with fruit-infused water [\(VIDEO\)](#). Then, treat yourself with 32 oz. of young coconut water!

### Lunch

Lunch will be a mega EPIC juice or smoothie with a recipe that I will show you today! Pick your favorite one here:

#### THE FULLYRAW GLOW STICK JUICE:

- 1 pound carrots
- 5-6 apples
- 1 Cucumber
- 3-4 stalks of celery

#### THE FULLYRAW TROPICAL MANGO BANANA SMOOTHIE:

- 3-4 mangos
- 4-5 speckled ripe bananas
- 3-4 leaves of kale
- 1 cup of coconut Water

#### THE FULLYRAW SUPER SWEET PINK SMOOTHIE:

- 1 cup of strawberries
- Half of one pineapple or approx. 2-3 cups
- 1.5 cups of coconut water
- 2 cups of orange juice

NOTE: Keep in mind you can make these combinations as simple or as complex as you like! You can simply blend bananas with dates and water if that makes you happy and if it's accessible or affordable to you. Do what works for you!



## Dinner

Dinner is a Tropical Fruit Salad with a Hemp Seed Dressing!

#### INGREDIENTS FOR THE TROPICAL SALAD:

- 1 head of greens of your choice (romaine, kale, spinach) covered with:
- 4-5 sliced ripe mango OR 7-10 sliced oranges
- 1 cup berries of choice (I used blackberries)
- handful of cilantro
- Optional: 2-3 kiwis
- 2 cups cherry tomatoes
- 1 cucumber sliced
- Any other ingredient that you wish!

#### INGREDIENTS FOR THE HEMP DRESSING:

- 2 tablespoons of hemp seeds
- 1 cup of orange juice (or 2 tablespoons of lemon juice with water)
- Optional: green onion or chives
- Amazing twist: add a few sprigs of rosemary

DAY FOUR  
**4**

# Workout Guide

### Walk if off!

Go for a 45 minute walk (Jog or run if you prefer).

### Swimming Exercises

Do a few laps in the pool

**Lunges - 3 Sets of 25**

**Yoga/Pilates Stretches**

DAY FIVE

5

# Meal Plan

## Wake up!

Start your day with 32 oz lemon water!

## Breakfast

MELON! A half a watermelon or 1-2 cantaloupes depending on the size!

## Lunch

Lunch will be the FullyRaw Ice Cream Dream Smoothie or a Banana Celery Smoothie!



## Dinner

Dinner will start with approx. 7 peaches or nectarines, followed by this Heavenly Peach Avocado Salad!

### INGREDIENTS:

- 1-2 heads of leafy greens (like kale, romaine, or spinach)
- 4-5 peaches
- 1-2 red or rainbow bell peppers
- 1/3 to half of one avocado
- Cherry tomatoes! (as many as you wish!)
- Any herbs of choice like basil or cilantro



DAY FIVE

5

# Workout Guide

## Cardio!

Start your workout with a 20 minute WALK/JOG OR RUN!

## 100 Watermelon Squats

Grab a medicine ball or a GIANT watermelon

## 20 Minute Bike Ride

This is OPTIONAL

OR

## Swim!

Do a few laps in pool

DAY SIX  
**6**

# Meal Plan



### Wake up!

Start your day with 32 oz. of fresh fruit-infused water. Today is strawberries and blueberries soaked overnight in filtered water. The best part about this drink is getting to eat the fruit at the end!



### Breakfast

is 32. oz. of my FullyRaw Sunburst Juice! Fun video here! 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:

- 1-2 Large Pineapples, Sliced
- 5-7 Pink Lady for Fuji Apples
- Juice of 7 Oranges
- Juice of 1 Lemon
- 3-4 Leaves of Kale
- Run all ingredients through your juicer, strain, and enjoy!



### Lunch

is a mono-meal of nectarines, peaches, or mango! Approximately 10 nectarines, 10 peaches, or 4-5 mangoes!



### Appetizer

is a satisfying platter of pineapple, berries, and a 16 oz glass of freshly squeezed orange juice!

### Dinner

is a Rainbow Salad with a Sweet Beet "Vinagrette."

#### INGREDIENTS FOR THE SALAD:

- Approx. 1-2 heads of leafy greens like romaine, kale, spinach, etc.
- 1-2 colorful bell peppers
- Cherry Tomatoes
- Swiss stems
- 1 cup purple cabbage
- 1 cucumber sliced
- Shredded carrots
- Any other desired ingredient!

#### SWEET BEET VINAGRETTE:

- 2-3 cups of orange juice
- 1/4 cup of sesame seeds (or hemp seeds optional)
- A squirt of fresh lemon
- One large piece of sliced beet (to turn it pink!)



DAY SIX  
**6**

# Workout Guide

### Cardio!

Start your workout with a 20 minute WALK/JOG OR RUN!

### 100 Jumping Jacks

### Planks

3 sets x 1 minute

### 100 Rope Jumps

Optional!

# BEAT THE *Belly Bloat!*

## *Eat Fruit*

Satisfy your need for carbohydrates! When you are satisfied, you won't crave anything else. I know it may feel like your eating a LOT when you first go FullyRaw, but keep in mind these foods are high in water content but lower in calorie. I'm giving you permission to eat more! I want to be very clear that I am telling you to EAT MORE RAW FOODS, not deprive yourself when you have a craving. You simply need to eat the RIGHT foods for you! Wouldn't you rather eat raw food than stuff yourself with junk food that will leave you regretful later?

## *Mono-Meal It!*

When you can, mono-meal because it helps to improve digestion and elimination and helps you identify when you are full.

## *Eliminate Addicting Foods*

Eliminate addicting foods that cause belly bloating! Starches, fats, salts, artificial sweeteners, meat, dairy and sodas/carbonated drinks. Replace these with FullyRaw foods/juicy fruits such as: melons, apples, pears, oranges, grapes, cucumbers, mangoes, tomatoes, or leafy greens such as kale, romaine, spinach, arugula, veggies of your choice. Processed "foods" are all artificial or highly processed and very difficult for the body to digest, which creates gas in the digestive track and causes that belly bloat!



## *Talk About It*

Speaking of how you will feel later... THINK ABOUT HOW YOU FEEL AFTER YOU EAT JUNK FOOD. Thinking about eating something is different than acting upon it! When I first went raw, I would get cravings, and I would think about HOW I would feel after eating it. It was an instant turn off for me.

## *Exercise*

Exercise takes away your appetite, and it can distract you. It gets you focused on a positive way to get lean and in shape rather than sitting at home thinking about food. Get outside, get fresh air, and spend time in nature. It's very healing.

## *Learn the Signs*

Learn your true signs of hunger and BE STRONG! I know that when I am hungry, I feel true hunger in the back of my throat, and my whole mouth will start to salivate. My body will let me know it needs fuel! My stomach will most likely be flat and empty. I leave about 5-7 hours between my meals, and I don't snack. I know when I am hungry, and I will eat until my heart's content. I eat enough to get me to the next meal. Learn your true signs of hunger and be STRONG enough to respect and honor them!

## *Water*

Drink a LOT of water to stay hydrated; however be sure to always drink water 30 minutes before your meals. I recommend a BIG glass of at least 32 ounces when you first wake up. If you eat during or after meals, this dilutes your digestive juices which equals less efficient digestion.

## *Relax*

GO RELAX. Get a massage! When you are relaxed and more at peace, you are emotionally and physically in a better place. You won't have that desire to nervously munch and your muscles won't be as tense or bloated because you are relaxed.

## *Self Love*

SELF AFFIRMATION, BODY-LOVE, AND THERAPY. Work on yourself. Get to the root of the problem. If you are very emotional at this part of your life, you may be emotionally eating and not eating because you are physically hungry. It may take a bit of work to really hone in and focus on the issues or struggles before you, but I have faith in you, I am here for you, and I know that you can get through this!

## *Eat Early*

Eat earlier! Late night munching is dangerous if you aren't eating FULLYRAW. When you eat earlier, you can spend the rest of your night relaxing and doing other things.

## *Respect Your Body*

Your body is a temple! Show it love by RESPECTING it and honoring it with GOOD FOOD. I have faith that you can, now you have to have that faith too!

DAY SEVEN

7

# Meal Plan

## Wake up!

Start your day with 32 oz. of lemon or fruit infused water.

## Breakfast

is 32 oz of the FullyRaw Jungle Juice! Epic video recipe [here!](#) This juice is basically 2 pounds of grapes with 1 bundle of kale (less kale if you want it to be sweeter). This juice is packed with good carbs to you enough energy for these 3 workouts

### INGREDIENTS:

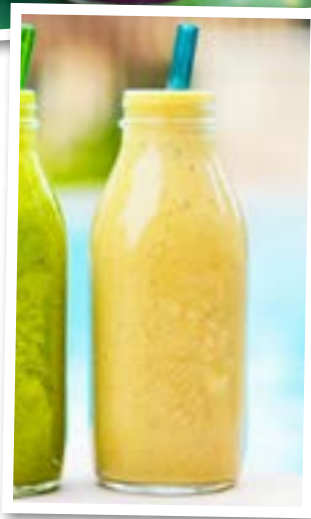
- Bundle of Green, Red, and Black Grapes!
- Juice of 4-5 Tangelos
- 1 Small Bunch Cilantro
- 5 Honeycrisp/Fuji Apples
- Small Head Dinosaur Kale (3-4 Leaves)
- Half a Pineapple
- Juice of 1 Lime

### DIRECTIONS:

Run all ingredients through your juicer, strain, and pour into your glass of choice! For this recipe, I used a coconut for extra tropical flare!

## Lunch

LUNCH is simple: 7-8 Bananas in a smoothie with coconut water or 7-8 large mangoes.



## Dinner

Dinner is 3-5 cups of freshly squeezed orange followed by a romaine cucumber salad with a tomato, mango, bell pepper dressing! YUM!

### INGREDIENTS FOR THE SALAD:

- 2 heads of romaine (or any other green of your choice)
- 2-3 cucumbers spiralized or mandolin sliced into your salad
- 2-3 cups of cherry tomatoes!
- Any other toppings that you desire!

### INGREDIENTS FOR THE DRESSING:

- 1 Mango
- 2-3 Roma Tomatoes or 1 Beefsteak Tomato
- Half of one YellowBell Pepper
- Blend, pour over salad, and enjoy!



DAY SEVEN

7

# Workout Guide

## Cardio!

Start your workout with a 20 minute walk, jog or run!

## Stretches

LEG STRETCHES  
REACH FOR THE SUN  
WARRIOR POSE  
DOWNWARD DOG

## Jump to the Sky

3 Sets x 10

## Suicide Shuffle/Sprints

3 Sets x 10

## Cloud Planks

3 Sets x 1 Minute

## 100 Watermelon Squats

DAY EIGHT  
**8**

# Meal Plan



### Wake up!

Start your day with 32 oz. of berry-licious water.

### Breakfast

is 32 oz of the FullyRaw Love Elixir Juice or any other juice of your choice

**INGREDIENTS:** [VIDEO HERE!](#)

- Half to one pineapple (3-4 cups)
- 5-7 mini blood oranges
- 1-2 cups of strawberries
- 4-5 pink lady or fuji apples
- 1 tsp of rose water



### Lunch

LUNCH is the BANANA NICE CREAM that we are going to be making today! It's like magic in a bowl!

**INGREDIENTS:**

- 8-9 frozen bananas
- 1-2 cups of sliced berries
- Dates if you desire a sweeter taste!
- Blend, bowl, serve!



## Dinner

DINNER starts with an appetizer fruit plate of berries, mango, pears, and peaches and then ends with a huge Purple Cabbage Rainbow Salad with a Sweet Beet Vinaigrette!

**INGREDIENTS FOR THE BEET VINAIGRETTE:**

- 2 cups orange juice
- 1 tbps. sesame seeds
- 1/4 of one beet
- handful of chives
- Hint of lemon or lime juice!



DAY EIGHT

# 8

## Workout Guide

### Cardio!

Start your workout with a 20 minute walk, jog or run!

### Stretches

LEG STRETCHES  
REACH FOR THE SUN  
WARRIOR POSE  
DOWNWARD DOG

### Jump to the Sky

3 Sets x 10

### Suicide Shuffle/Sprints

3 Sets x 10

### Cloud Planks

3 Sets x 1 Minute

### 100 Watermelon Squats

# Q&A

Below is just a sample of frequently asked questions and answers from our viewers from the 14 Day Bikini Body Challenge

**Q. WHERE DO I GET MY PROTEIN?**

**A.** This is my number one most popular question and to get the full answer, I have designated an entire video to this topic [here](#).

**Q. DO SMOOTHIES GO BAD IF YOU MAKE THEM THE NIGHT BEFORE?**

**A.** The short answer, Yes. Oxidation will occur that changes the taste, nutrient value, and color after an hour.

**Q. THE RECOMMENDED AMOUNTS ARE WAY TOO LARGE FOR ME. I AM GETTING ENOUGH CALORIES, IS THIS OKAY?**

**A. YES.** I am giving you recommendations for the fastest results and giving you something to work towards and to strive for. The last thing I want is for you to feel hungry or tired. Eat until you are comfortable

**Q. I READ THAT IT IS NOT A GOOD IDEA TO MIX SWEET FOODS WITH ACIDIC FOODS. IS THIS CORRECT?**

**A.** Yes, this is correct. Check out my video on food combining [here!](#)

**Q. DO YOU GET TIRED FROM CHEWING?**

**A.** Of course! But, eventually I got used to it and it does get easier!

**Q. HOW DO I EAT SUCH LARGE AMOUNTS?**

**A.** It will take a few weeks to make this adjustment and you do need to eat more to get all the calories you need. I also want to remind you that your stomach is a muscle and it will expand as you go.

To hear all the questions please watch the video [here!](#)

*"Eating Fully Raw is SO important for your body to help you get fit. When you are as active as you are now, Fully Raw foods are highly nutritious and alkalizing for your body. This helps recovery time (less sore, no cramps, higher energy, etc.).*

*If you are struggling to make it through this challenge, remember that you are doing this for yourself because YOU LOVE YOU! You want to be the BEST you possible. KEEP GOING STRONG! You got this!"*



DAY NINE

9

# Meal Plan

## Wake up!

Start with 32. oz of chilled lemon water. This is refreshing and helps to jump start your system!

## Breakfast

Breakfast is a Beet Carrot Ginger Juice!

### INGREDIENTS:

- 2-3 medium sized beets
- 5 pound bag of carrots
- One large thumb of ginger
- Juice of one lime

## Lunch

Lunch is 1-2 lbs. of grapes. If you are less active, one pound will be sufficient, but if you are active and still hungry afterwards, please eat until you are satisfied!



## Dinner

Dinner starts with an appetizer of mango, apricots, peaches, and berries. The main course is kale tacos with a mango gazpacho or a mango sauce! Learn how to make Kale Tacos [here!](#)

### INGREDIENTS FOR THE MANGO GAZPACHO:

- 2 large mangos
- 1 bell pepper
- 2 stems green onion
- Optional: cilantro
- Handful of cherry tomatoes
- Any other ingredient that you wish that you would typically add to a salsa.
- Place all ingredients into a food processor and mix until it reaches the consistency you desire. Scoop this into your kale, wrap, and enjoy!



DAY NINE

9

# Workout Guide

## Cardio!

Start your workout with a 20 minute walk, jog or run!

## Stretches

- LEG STRETCHES
- REACH FOR THE SUN
- WARRIOR POSE
- DOWNWARD DOG

## Jump to the Sky

3 Sets x 10

## Suicide Shuffle/Sprints

3 Sets x 10

## Cloud Planks

3 Sets x 1 Minute

## 100 Watermelon Squats

# FullyRaw Skin Care

As we are getting bikini and beach body ready to touch the sun, one of the most important topics to cover is skincare! Your skin is one of the most important organs on your body, therefore, it's vital to take proper care of your skin!

## **WHEN YOU ARE HEALTHY ON THE INSIDE, YOU GLOW ON THE OUTSIDE!**

One of the reasons that eating FullyRaw is SO important is because raw foods are high water content foods. They are hydrating and are essentially "moisturizing" foods for your skin because they keep your body hydrated and plump. If you were totally dehydrated, you would look like a prune. When you eat the right foods, your body is able to cleanse toxins appropriately and become clearer. The cleaner that you are on the inside, the CLEARER that you will be on the outside! Many people do not realize that your skin is the largest organ of your body, and it is one of your largest portals of eliminations of toxins from your body. Not everything for skin care has to do with putting something ON your skin. What you eat is skincare! Watch your skin glow from the inside out!

## **PEOPLE ALWAYS ASK ME WHAT I WEAR FOR SUNSCREEN.**

I do not wear typical sunscreen. I prefer not to put chemicals on my skin. My rule is that I only put products on my skin that I can eat. I use coconut oil on my skin everyday instead of lotions with chemicals. Use natural oils! If you put coconut oil on BEFORE you go into the sun, I have been told that this magical oil can also have skin protective abilities.

## **20 MINUTES OF SUN TO SKIN DAILY!**

I know many people say to stay out of the sun, but I recommend a simple 20 minutes of sun daily to ensure that you get enough Vitamin D. I believe that some sun can be good for you! If you get burned, you were out in the sun for too long.

## **EXFOLIATE OR USE A SKIN BRUSH**

Use it in the direction going towards your heart and work it in circular directions.

## **WEAR A HAT**

Hats protect your eyes from squinting to prevent wrinkles.

## **USE NATURAL OILS**

Instead of lotions, use oils like coconut oil, macadamia nut oil, avocado oil, cacao butter, or even olive oil. These fats are good to rub on your skin. Put just enough to feel moisture. I usually put it on before I go to sleep, and when I wake up the next morning I feel super soft.

## **VITAMIN E**

If you have dark circles under your eyes, get ahold of some vitamin E, and simply dab it under your eye area. This will help along with getting sleep!

## **DON'T SMOKE.**

## **AVOCADO FACE MASKS**

Have fun and make an avocado face mask! Once a month take an avocado, mash it up, and massage it on your face! You can add in cucumber too if you want to add some hydration or simply place them on your eyes to help with dark circles. If you don't feel comfortable with that then try to find a vegan clay mask that you can apply. I do believe that FullyRaw foods make the best natural face masks! ;)

## **MASSAGE**

Massage your face! Massage is beneficial for more than just our backs. "A facial massage helps stimulate fibroblasts (or cells) in the skin to release collagen and restore elasticity that's lost as we age." Once a week, give your face a little massage love.

DAY TEN  
**10**

# Meal Plan



### Wake up!

Start your day with 32 oz. of fruit-infused water.

### Breakfast

is 32 oz. of the FullyRaw Dreamsickle Juice!  
[VIDEO HERE.](#)



#### DREAMSICLE JUICE & POP INGREDIENTS:

- 5-8 Tangelos
- 16 oz Raw Young Coconut Water
- 5 Fuji or Gala Apples
- 5 Large Juicing Carrots
- Sliver of Vanilla Bean
- Run all ingredients through your juicer and enjoy!

### Lunch

LUNCH is any melon of your choice. I chose a half of a large watermelon today, and you can also choose cantaloupe, honeydew, or any other variety melon!



## Dinner

Dinner starts with a fruit appetizer platter of mango, berries, peaches, or any other desired fruit. The main course is my FullyRaw Pad Thai! YUM! Watch the video [here!](#)

#### INGREDIENTS FOR PAD THAI:

- 4-5 cups shredded zucchini
- 2-3 cups of shredded carrots
- 1 cup shredded red cabbage
- 1 sliced red bell pepper
- 1-2 cups of sliced mushrooms
- 1 cup bean sprouts
- Half a cup chopped cilantro
- 1 cup sliced scallions or green onion
- Thumb of ginger
- Juice of one lime
- Quarter cup crushed pistachios
- Fresh mint
- Optional: Jalepeño

#### SESAME GINGER DRESSING:

- 3/4 cup raw, unhulled sesame seeds
- 1/2 cup fresh apple juice
- 1/3 cup orange juice
- 1/4 cup crushed pistacchios
- 1/4 cup tamarind sauce
- 1 thumb fresh ginger
- Half to 1 lime squeezed



DAY TEN

**10**

## Workout Guide

### Cardio!

Start your workout with a 20 minute walk, jog or run!

### 100 Watermelon Squats

### 20 Minute Bike Ride

OR

### Swim

Do a few laps in the pool

DAY ELEVEN

11

YOUR MEAL PLAN  
FOR TODAY WILL BE

# What I Ate Today

## ARE YOU READY?!

### Wake up!

Start your day with 32 oz. of lemon water.

### Breakfast

is 32-64 oz. of Cantaloupe Mint Smoothie!  
Simply blend a whole cantaloupe with a  
small handful of mint! Pour and enjoy!

### Lunch

LUNCH is any melon of your choice.  
I chose a half of a large watermelon today,  
and you can also choose cantaloupe,  
honeydew, or any other variety melon!

### Dinner

Starts with a small fruit appetizer plate of pineapple  
and strawberries. The main course salad is a rainbow  
salad with an orange hemp mint dressing.

#### INGREDIENTS FOR THE SALAD:

- Dinosaur kale
- Cherry tomatoes
- Red and orange bell peppers
- Diced celery
- Mango slices (I used 2 mangos)
- Diced carrots
- Any other fruit or veggie of choice!

#### INGREDIENTS FOR THE SALAD DRESSING:

- 2-3 cups of orange juice
- 2 Tbps. of hemp seeds
- 4-5 leaves of mint
- Optional: 1 green onion or some chives

DAY ELEVEN

11

## Workout Guide

### Cardio!

Start your workout with a 40 minute  
walk, jog or run!

### 100 Jumping Jacks

### Planks

3 x 1 minute

### 100 Rope Jumps

This is optional!

DAY TWELVE  
**12**

# Meal Plan



### Wake up!

Start your day with 32 oz. of lemon water or fruit-infused water.

### Breakfast

is 32. oz of the FullyRaw Sunburst Juice!  
[VIDEO HERE!](#)

#### INGREDIENTS:

- 1-2 Large Pineapples, Sliced
- 5-7 Pink Lady for Fuji Apples
- Juice of 7 Oranges
- Juice of 1 Lemon
- 3-4 Leaves of Kale
- Run all ingredients through your juicer, strain, and enjoy!



### Lunch

is 32. oz of my Banana Blackberry Basil Smoothie!

#### INGREDIENTS:

- 6-7 ripe bananas (more if desired)
- 1 cup of blackberries
- Small handful of thai or cinnamon basil (optional)



## Dinner

Starts with a mango appetizer! This can have 3-5 mangos If you want another fruit, try peaches, pears, oranges/pineapple, etc. The main dinner course is **The FullyRaw Burritos!** [VIDEO HERE!](#)

#### INGREDIENTS FOR THE BURRITO:

- 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 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

#### DIRECTIONS:

- Destem the backend of your collard leaf enough to remove the thick part of the stem
- Lay out your leaf
- Blend the ingredients for the saucy spread!
- Spread the Awesomesauce on the back of the leaf
- Chop/slice/dice all other ingredients and layer them on top of the sauce on the leaf.
- Top with avocado, sprouts, or more sauce!
- Fold in the sides and wrap around the ends and flip over the burrito "baby". Cut it in half and Enjoy!



DAY TWELVE

**12**

## Workout Guide

### 5 Tummy Toners!

- THE BICYCLE - 3 Sets of 25
- YOGA BALL AB CRUNCHES - 3 Sets of 25
- PLANKS & SIDE PLANKS - 3 x 1 Minute
- MOUNTAIN CLIMBERS - 3 Sets of 25
- HULA HOOP

DAY THIRTEEN  
**13**

# Meal Plan



## Wake up!

Start your day with 32 oz. of lemon water.

## Breakfast

32. oz of my FullyRaw V8 Juice. [VIDEO HERE.](#)

### INGREDIENTS:

- 5-6 Tomatoes
- 3-4 Stalks Celery
- Carrots with Tops (1 Small Bunch)
- Spinach (Large Handful)
- Italian Parsley (Large Handful)
- 1-2 Beets with Tops
- Optional: Romaine
- Optional: Watercress

### DIRECTIONS:

- Run all ingredients through a juicer.
- Strain through a strainer if desiring a smoother juice.
- Pour into your glass and enjoy!

## Lunch

Lunch will be a citrus fruit platter of oranges, kiwis, grapefruit, and any other type of citrus fruit that you desire!



# Dinner

DINNER will start with approx. 7 peaches or nectarines, followed by this Heavenly Peach Avocado Salad! [NEW VIDEO HERE!](#)

### INGREDIENTS:

- 1-2 heads of leafy greens like kale, romaine, or spinach
  - 4-5 peaches
  - 1-2 red or rainbow bell peppers
  - 1/3 to half of one avocado
  - Cherry tomatoes! (as many as you wish!)
  - Any herbs of choice like basil or cilantro
- Blend the peaches with the avocado and the bell pepper, saving a few ingredients for the toppings, pour on your mixed greens, and enjoy!



DAY THIRTEEN

**13**

# Workout Guide

## Cardio!

Start your workout with a 20 minute walk, jog or run!

## Stretches

LEG STRETCHES  
REACH FOR THE SUN  
WARRIOR POSE  
DOWNWARD DOG

## Jump to the Sky

3 Sets x 10

## Suicide Shuffle/Sprints

3 Sets x 10

## Cloud Planks

3 Sets x 1 Minute

## 100 Watermelon Squats

# How to Be Confident in Your Body.

## STOP COMPARING YOURSELF TO OTHERS

This is one of the most important ways to regain your confidence. Once you let go of the mentality that you “HAVE” to be a certain way to be accepted or “perfect” then you free yourself from that mental captivity that brings you down! There is only 1 of you! You are unique and beautiful, and no one can be YOU better than YOU! When you compare yourself to others, you diminish yourself and what you can offer to the world! When you stop comparing yourself, you open up your heart to DISCOVER yourself and become the BEST YOU possible! YOU ARE A GIFT. BE YOURSELF!

## CHANGE YOUR POSTURE

Practice confident BODY TALK. Your BODY LANGUAGE SHAPES WHO YOU ARE! It's something simple that you can do that automatically shifts your mood. Stand tall, sit up straight, hold your shoulders back, tuck in your tummy, and lift your chin up! Be aware of how you talk with your body and how you present yourself to people. Be conscious of your body movements, how you position yourself! Practice some freeing exercises like Open your arms to the sky! Open your heart! Stand strong! Or, how about flex those muscles!

## PRACTICE POSITIVE SELF-TALK

I know this is easier said than done, but this is by far the most important. Positive self-affirmations create your reality! I am currently reading a book called Conscious Language by Robert Tennyson Stevens, and it shares that our language and words shape who you are. If everything you say were to come true, how would you shift your language to reflect what you want? It pulls you out of the “victim” role and into the Power of Choice.

## MIRROR LOVE

Stand in front of the mirror everyday for just 3 minutes and look at yourself all over. Look at yourself in the eyes and say “I LOVE YOU, and I am who I am. I do what I do because I LOVE YOU. I CLAIM MY HEALTH VICTORY!”

## FOCUS ON WHAT YOU HAVE THE POWER TO CHANGE

You have self-control. You have a choice! You may not be able to control the things that happen to you, but you CAN control your reaction and how to respond or react to certain things. This is empowering! Your reaction is not giving into self-sabotaging patterns, it's choosing to workout instead of being a couch potato, it's choosing success over failure. Take responsibility. If there is a change that you want to make—Only you can make it.

## DRESS NICELY

Put your best foot forward. If you roll out of bed each day and don't take time to groom yourself, it can make you feel a bit insecure. Sometimes, dressing your best can help boost your confidence!

## DO THE 3 DON'T DO'S

Don't make excuses. Don't avoid doing the scary thing. Don't judge people.

What you resist, PERSISTS! Be real and honest with yourself. Stop making excuses and really admit to what you need to work on and shift within yourself. It starts from within!

*(Continued on following page!)*



DAY FOURTEEN

14

# Meal Plan



## Wake up!

Start your day with 32 oz. of cucumber grapefruit or fruit-infused water.

## Breakfast

32. oz of my FullyRaw Amazing Orange Spinach Basil Smoothie.

[VIDEO HERE.](#)

### INGREDIENTS:

- The Low Fat Raw Vegan Smoothie Recipe:
- 1 Pint of Fresh Squeezed Orange Juice
- 1 Cup Fresh Spinach
- Half to One Cup of Fresh Basil or Cilantro

## Lunch

Lunch will be a citrus fruit platter of oranges, kiwis, grapefruit, and any other type of citrus fruit that you desire!

## How to be Confident in Your Body (continued)

### FOCUS ON YOUR OWN NEEDS AND WANTS

If you are a giver, then you know it's easy to get lost trying to please everyone else other than yourself. If order for you to be the best you possible, it's necessary to spend time with YOU! How are you feeling inside? How does your body feel physically today? Give yourself time and attention to meet your own needs.

### GRATITUDE IS THE ATTITUDE!

Gratitude can shift ANY mindset or mood. Think of ALL that you are grateful for. Today, I am grateful for my life. I am grateful for my friends. I am grateful for my health and changing my life. If I still have air in my lungs at the end of the day and the people around me who I love, that is all that matters.

### PLAN AND MAKE REALISTIC GOALS

You can do this! If you want to achieve something, write it out and create a plan. Achieving a goal is 90% planning and 10% execution.

## Dinner

Will be my new favorite AVOCADO MANGO NOODLE SALAD! YAY!

[VIDEO HERE!](#)

### INGREDIENTS:

- 5-7 zucchinis
- 4-5 mangoes
- 3-4 green onion tops
- 1 Tbs. fresh rosemary
- 1/3 an avocado

### DIRECTIONS:

- Spiralize your zucchinis and place them in a bowl.
- Then, blend the rest of the ingredients and pour the mango dressing over your noodles.
- Mix in together and top with some green onions or chives. Enjoy!



DAY FOURTEEN

14

# Workout Guide

## Cardio!

Start your workout with a 20 minute walk, jog or run!

## Stretches

LEG STRETCHES  
REACH FOR THE SUN  
WARRIOR POSE  
DOWNWARD DOG

## Jump to the Sky

3 Sets x 10

## Suicide Shuffle/Sprints

3 Sets x 10

## Cloud Planks

3 Sets x 1 Minute

## 100 Watermelon Squats



Fully Raw

BY KRISTINA

The  
**12**  
Day  
Bikini  
Body  
Challenge