



Going Raw: The War  
Against Processed Foods

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# Raw Food Recipes



Dr. Joseph Mercola

# GOING RAW: THE WAR AGAINST PROCESSED FOODS

We are seeing unprecedented levels of disease and obesity rates in this country, with modern-day illnesses like heart disease, cancer, and diabetes making Americans sicker than ever. A big part of the puzzle is today's standard diet, which makes processed foods the primary form of nutrition.

These processed foods are dead, devoid of any real and natural nutrition, and are the end product of the highly profitable "science" of artificial flavors, additives, and preservatives.



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At any rate, 90 percent of foods Americans purchase every year is still processed, including fast food and junk food. Food and beverage manufacturers spend staggering amounts of dollars to market them to everyone, with children bearing the biggest brunt.

Are you aware of the dear price you could pay for following this deadly diet for the sake of taste or convenience?

Whether you are eating this way for the taste or for the sake of convenience, know that you are inflicting a great deal of stress on your body. With its health-destroying components, processed foods, among which includes high-fructose corn syrup, are the single greatest source of calories in the American diet.

Processed food consumption triggers a vicious cycle of addiction. These foods – typically chock-full of sugar, corn syrup, salt, and MSG – are usually chemically altered to increase their appeal to your taste buds, overriding your body's signals that would tell you it's time to stop eating.

The avalanche of negative effects of a processed food diet on your body includes elevated insulin levels and, ultimately, insulin resistance – the hallmark of metabolic syndrome and nearly every chronic disease known to humans.

If you want to avoid the consequences of a “convenient” diet and truly optimize your health, then it’s imperative for you to give up processed foods entirely and commit to the war against the toxic, the synthetic, and the overcooked and overprocessed.

Brace yourself for an exciting journey into discovering tasty, nourishing food in its unprocessed state – the world of raw, organic, biodynamic foods grown locally and sustainably, and with a high regard for how nature designed you to eat.

The challenge is you can destroy most of the nutrition of even the highest-quality foods simply by cooking them. This is why I personally try to eat about 85 percent of my food raw, including raw eggs and the freshest salads and sprouts I can lay my hands on.

Cooking your food, especially at high temperatures, also destroys naturally occurring enzymes, which are necessary for your body to function properly.

If you are used to consuming a processed food diet, it is normal to feel deprived if you are not able to get your hands on your favorite junk food. But remember that the sooner you switch to healthy eating habits, the sooner you will enjoy the benefits – increased energy, better mood, improved weight, and better health overall.

To avoid falling back into your old habits, make the changes to your diet gradually. Start with one raw meal a day, and then increase from there.

Consider this guide your headstart to a raw food diet and their life-changing benefits. The war against processed diets has begun, and it’s your turn to take up arms in the name of your health and longevity.

# RAW FOOD BENEFITS: HOW THESE LIVE FOODS DO WONDERS FOR YOUR HEALTH

I believe that consuming a mostly raw food diet – composed of whole, organic foods in their natural or unadulterated state – is one of the most powerful changes you can do to improve your health.

As mentioned before, I personally strive to eat at least 85 percent of my foods raw,<sup>i</sup> as [cooking can have many negative effects](#) on the quality of your food. There are actually a few instances when cooking improves your food's health profile, such as [cooking tomatoes](#), which increases their lycopene content.<sup>ii</sup> But generally, cooking and processing greatly adulterates your food and:<sup>iii</sup>

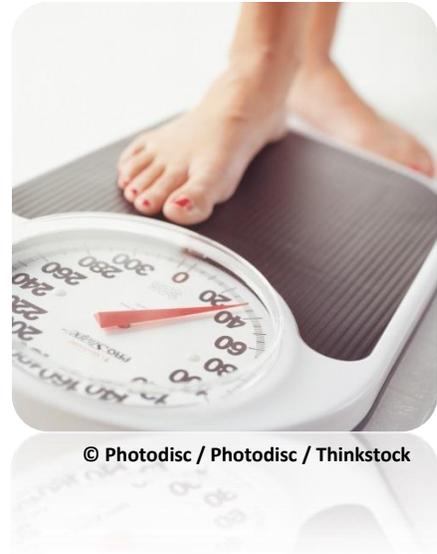
- **Depletes and alters nutrients.** The molecules are deranged, degraded, and broken down. For example, cooking transforms fiber into a soft, passive substance that has no intestine-cleansing ability.
- **Destroys food enzymes,** which are proteins that speed up and facilitate reactions in your body. Without these enzymes, some biochemical reactions in your body may not even occur.
- **Creates toxic substances and byproducts.** The more you increase the cooking temperature, the higher the amount of toxins created.
- **Burdens, overworks, and exhausts your pancreas and other organs.**
- **Decreases and alters the natural structure of the water in the food.**

What's more, cooked food lack **biophotons** – also called “sun energy,” these are the smallest physical unit of light that are stored in and used by all biological organisms, including humans. Biophotons contain crucial bio-information that control, order, and regulate complex processes in your body, elevating your vitality and wellbeing.

Biophotons enter your body via the food you eat, particularly naturally grown fruits and vegetables. In fact, the more light energy that a food stores (when it's in its raw, natural state), the more nutritious it is.

This diverse mix of healthy and biologically live nutrients, enzymes, and biophotons in raw foods makes them a truly wholesome addition to have in your diet.

But what are the radical changes that raw foods can do for your health? *Medical News Today*<sup>iv</sup> summarizes some of the benefits of eating raw foods:



- **Improved digestion.** Raw food is digested easily by your body and passes through your digestive tract in a half to a third of the time it takes for cooked food. The natural enzymes in the food also aid in digestion, becoming active as soon as eating starts.<sup>v</sup>
- **Higher energy levels.** Your body spends more time digesting cooked foods than raw foods. By consuming mostly raw foods, your digestion time, which is the main energy drainer for many people, will be cut short, allowing you to experience more pure, real energy.<sup>vi</sup>
- **A clearer complexion.** Consuming healthy raw foods that do not bombard your body with toxins helps cleanse you internally. This shows in your complexion, leaving your skin looking young and healthy. You will also notice shinier hair, brighter eyes, and stronger nails.<sup>vii</sup>
- **Lower risk of cardiovascular diseases.** According to a report published in the October 2012 issue of *Food Technology*, plant-based diets either helped reduce or eliminate people's genetic propensity to developing diabetes, heart disease, cancer, and other chronic diseases.<sup>viii</sup>
- **Better weight management.** When you eat a high amount of cooked and processed foods, you are consuming toxins faster than your body can remove them, causing them to back up and disrupt your body's delicate acid/alkaline balance, which is a major cause of excess weight. By switching

to mostly raw food, you're consuming food in its natural composition, loaded with digestion-promoting enzymes that help promote a healthy weight.

Other notable benefits of raw foods, particularly raw fruits, [leafy green vegetables](#) and sprouts, include:<sup>ix</sup>

- Reducing inflammation and eliminating carcinogens
- Getting rid of old cells and maintaining healthy DNA
- Having a lower risk of stroke, high blood pressure, eye diseases, and Alzheimer's disease
- Reduced risk of bone loss and kidney stones
- Having higher antioxidant levels
- Improved cognitive function
- Having lower biomarkers for oxidative stress

By making these superfoods a significant part of your diet, you can achieve a whole level of health, experience healing (in case you are suffering from certain health issues), and even extend your longevity.

Please note that I do not advocate consuming an all-raw food diet, and most definitely not a [vegan or vegetarian diet](#), as you still need to get high-quality animal protein (preferably from raw, organic grass-fed meats and dairy, such as raw milk and raw butter) and healthy fats to stay in top shape. Your body *needs* [saturated fats](#) from both animal and vegetable sources, as they:<sup>x</sup>

- Provide building blocks for cell membranes, hormones, and hormone-like substances
- Work as antiviral agents
- Help lower your cholesterol levels
- Act as carriers for fat-soluble nutrients like vitamins A, D, E, and K
- Help convert carotene to vitamin A
- Modulate genetic regulation and help prevent cancer

I also recommend getting some amounts of [fermented foods](#) such as organic yogurt, kefir, natto, and fermented vegetables, as they are potent chelators that help break down and eliminate heavy metals and other toxins from your body. Fermented foods also contain high amounts of probiotics that can help optimize your gut flora. Eighty percent of your immune system is found in your gut, and the probiotics in fermented foods help aid in your production of antibodies to pathogens, to help boost your immunity. If you are a beginner, take fermented foods in small portions and gradually work your way up, so as to avoid a “healing crisis” from these potent detoxifiers.

For more about the benefits of fermented foods, check out my article “[Fermented Foods: How to ‘Culture’ Your Way to Optimal Health.](#)”

In the next section, I will elaborate on how to choose healthy, wholesome raw and organic foods and help you develop a comprehensive and wholesome nutrition plan.



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# RAW FOOD DIET PLAN: WHAT FOODS SHOULD YOU BE EATING

Now that you're aware of the benefits of eating your food uncooked and with its nutrients intact, the next step is to know what foods you should be eating.

When it comes to diet and nutrition, it is only smart to beware what mainstream media and health agencies promote. While the new dietary guidelines<sup>xi</sup> highlight the importance of vegetables, grains (which are metabolized as sugar in your body) continue to dominate health recommendations. Healthy fats are minimally promoted – in fact, fat-free or low-fat dairy products are widely favored.

To get started on your raw food diet, be guided by the right amount and types of these foods:

## **Carbohydrates**

The worst kind of diet is rich in processed foods laden with sugars and grains.<sup>xii</sup> Overindulging in these can rewire your metabolism and cause leptin and insulin resistance, which can result in chronic diseases like type 2 diabetes, heart disease, and obesity. Gradually eliminate these foods from your diet, and make vegetables your primary source of carbohydrates. Aside from providing healthy carbohydrates, vegetables are rich in critical nutrients and are low in calories.

## **Protein**

Be careful of eating protein foods excessively, as it's not advisable for most adults to consume more than 100 grams of protein. As a general rule, I suggest you follow this recommendation:<sup>xiii</sup> one gram of protein per kilogram of lean body mass, or one-half gram of protein per pound of lean

body weight. For instance, if your body fat mass is around 20 percent, your lean mass should be around 80 percent of your total body weight.

## **Fats**

Contrary to what health recommendations state, I strongly advocate that your diet be predominantly made of healthy fats, such as saturated fat, monounsaturated fat, and polyunsaturated fat. An important type of fat that you should optimize is omega-3 fats.<sup>xiv</sup> Deficiency in this fat can lead to detrimental physical and mental health problems, and may be the significant underlying factor of over 90,000 premature deaths annually.

As I have mentioned before, completely avoid trans fats,<sup>xv</sup> found in hydrogenated vegetable oils, margarine, and processed foods.

With a general idea of what your diet should contain, I shall now enumerate foods that you should be consuming. It is ideal that these foods be eaten raw or minimally cooked to preserve the beneficial compounds they offer.

## **Vegetables**

Think of the colors of the rainbow on your plate – strive to have a variety of colorful veggies, especially the dark green varieties. More importantly, make sure that they are organically grown.

Conventionally grown produce<sup>xvi</sup> mostly likely contain residues of pesticides, synthetic fertilizers, sewage sludge, genetically modified organisms (GMOs), and other chemicals that affect their quality. Exposure to these elements may cause health problems, such as neurotoxicity, endocrine problems, immune function problems, reproductive problems and birth defects, and cancer.

Freshness is another important factor, wilted vegetables should be avoided. When vegetables wilt, they lose much of their nutritional value. In fact, wilted vegetables may be less healthful than conventionally farmed vegetables.



To ensure that you are getting the best-quality produce, find a local organic source. In case you cannot obtain organic vegetables, take extra caution with conventional produce by washing them thoroughly and removing peels and cores when possible, so you can minimize your exposure to toxins.<sup>xvii</sup>

As a guide, I have compiled a list of my highly recommended vegetables, as well as the worst ones to consume:<sup>xviii</sup>

<b>My Highly Recommended Vegetables</b>				
<b>Asparagus**</b>	<b>Beet greens</b>	<b>Bok Choy</b>	<b>Broccoli**</b>	<b>Brussels sprouts</b>
<b>Cauliflower</b>	<b>Celery*</b>	<b>Chicory</b>	<b>Chinese cabbage</b>	<b>Chives</b>
<b>Collard greens</b>	<b>Cucumbers</b>	<b>Dandelion greens</b>	<b>Endive</b>	<b>Escarole</b>
<b>Fennel</b>	<b>Green and red cabbage</b>	<b>Kale</b>	<b>Kohlrabi</b>	<b>Lettuce: romaine, red leaf, and green leaf*</b>
<b>Mustard greens</b>	<b>Onions</b>	<b>Parsley</b>	<b>Peppers:* red, green, yellow, and hot</b>	<b>Tomatoes</b>
<b>Turnips</b>	<b>Spinach*</b>	<b>Zucchini</b>		

## Vegetables That Should Be Consumed Sparingly Due to Their High Carbohydrate Levels

Beets	Jicama
Carrots	Winter squash
Eggplant	

## Vegetables to Avoid

Potatoes*	Corn
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*\*These vegetables, conventionally grown, have been found to have the highest pesticide load. So it's best to purchase them from organic farmers.*

*\*\*These vegetables have the lowest pesticide load, making them safe choices if you're buying conventionally-grown produce*

If you're not used to consuming vegetables, increasing your intake with salads is a good start. However, here are three effective ways you can boost your intake of raw vegetables:

### Juicing

Here are compelling reasons why you should consider juicing your vegetables:<sup>xix,xx</sup>

- **Juicing helps “pre-digest” the vegetables, making its nutrients more absorbable for your body** – Juicing helps liberate key nutrients and enzymes from the tough plant cell walls, allowing you to receive most of the nutrition.
- **Juicing helps you consume an optimal amount of vegetables in an effective manner** – It is recommended for people to eat 6 to 8 servings of vegetables and fruits per day, but some (in fact, many) people find



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eating vegetables difficult. Juicing is a guaranteed way for you to reach your daily target.

- **Juicing allows you to eat a variety of vegetables** – Eating the same vegetables every day is not advisable as it violates the principle of regular food rotation and increases your allergy to a certain food. With juicing, you can try a wide variety of vegetables you don't normally eat.

If you're new to juicing, I suggest juicing vegetables you normally eat. This should taste pleasant. However, make sure you listen to your body when juicing. You should feel fine, however if your stomach is churning or growling, it may mean that you've juiced something that you shouldn't be consuming.

For more information on juicing, check out my [comprehensive vegetable juicing plan](#).

## **Fermenting**

Fermentation produces beneficial microbes that provide extraordinary benefits for your health, mainly by optimizing your intestinal flora, which supports overall immunity. Your gut also functions as a second brain and has a great influence on your mood.

Eating fermented foods can also help you detoxify or remove a wide variety of toxins, such as heavy metals.

There are two ways to culture your foods: 1) use a starter culture, and 2) simply allow the natural enzymes and beneficial bacteria in the vegetables to do all the work – this is referred to as “wild fermentation.” I personally use a starter culture, which is capable of producing a wide number of strains, as well as vitamin K2, which studies show can be just as important as vitamin D.

If you're just starting out with fermented foods, too large a portion may provoke a healing crisis, which occurs when the probiotics kill off pathogens

in your gut. Consume fermented treats very carefully and very gradually, beginning with as little as one teaspoon (e.g. of sauerkraut) with one meal. Observe your reactions for a number of days before increasing your portion.

For more information on fermenting foods, you can check out my [interview with Sandor Katz](#).

## **Sprouting**

Sprouts, an oft-overlooked superfood, are effective sources of antioxidants, minerals, vitamins, enzymes, and oxygen, which can help prevent abnormal cell growth, viruses, and germs that are unable to survive in an oxygen-rich environment. They also provide an alkalinizing effect on your body, which is believed to protect against diseases like cancer (most tumors are acidic).

Another great thing about sprouts is that they are an inexpensive source of nutrition, as you can grow them at home! In fact, I do so and regularly add sprouts to my meals. My two favorite sprouts are sunflower and watercress sprouts. To discover more, read my article on [sprouting](#).

## **Fruits**

Sadly, fruits today are 50 times sweeter than they were during the time of our ancestors.<sup>xxi</sup> This is because of a process called hybridization, which has resulted to higher amounts of fructose and lower nutrient content. There is also compelling evidence showing that fructose (even the one found in fruits) is, by far, more harmful to your health than other sugars – especially when it becomes highly processed and genetically modified, such as high fructose corn syrup (HFCS).

As a general rule, you should limit your fructose consumption to 25 grams per day from all sources including fruits. However, if you are suffering from insulin or leptin resistance, I strictly recommend reducing



your intake further, keeping to a maximum of 15 grams per day.

Of course, not all fruits are created equal. Some contain lower fructose levels than others and provide beneficial phytonutrients that can benefit your health.

Fruits that I would suggest you add to your diet are:<sup>xxii,xxiii</sup>

<b>Berries</b>	<b>Coconuts</b>	<b>Avocados</b>	<b>Watermelon</b>	<b>Pomegranate</b>
<b>Mangoes</b>	<b>Papaya</b>	<b>Pineapple</b>	<b>Kiwi</b>	<b>Cherries</b>

To learn more about the sugar content of fruits as well as other helpful guidelines, read my article [“Certain Fruits May Be Linked to a Lower Risk of Type 2 Diabetes.”](#)

### **Pastured Meats and Organic Dairy**

You may cringe at the idea of consuming raw meats due to the microbes that may enter your body. However, obtaining meats from the right sources can help you avoid this problem. One important detail you have to take note of when you purchase meats is *how they were raised*.

Organically grown livestock such as cows, cattle, and chickens are pastured, raised with their natural diets, without the use of antibiotics or any synthetic feed. But modern agriculture has completely transitioned them from eating their natural diet to grains, antibiotics, hormones, and other chemicals that stimulate growth.

When you consume meats and dairy raised in confined animal feeding operations (CAFOs) or factory farms,<sup>xxiv</sup> you are ingesting small amounts of antibiotics and drugs. This has a detrimental impact on your gut health, as well as predisposes you to infections caused by antibiotic-resistant bacteria, which are common in factory farms. This is one reason why cooking before consuming meats is encouraged.

Sustainably grown meats have a richer nutritional profile. For instance, grass-fed beef have three to five times higher levels of conjugated linoleic acid (CLA) than

CAFO meats. CLA has been linked to several benefits, including cancer prevention and fighting insulin resistance.

Pastured meats are also leaner and have higher amounts of vitamins and minerals, including calcium, magnesium, and potassium. They have a more healthful ratio of omega-6 to omega-3 fats. This is also true for animal products, such as raw milk, raw butter, and free-range eggs.

### Raw Milk

Many shun raw milk, believing that this is dangerous to your health. But are you aware that drinking milk that comes from factory farmed cows is one sure way to develop sickness? That is why this type of milk needs to be pasteurized. Pasteurized milk isn't a feasible option either, as it depletes nutrients and may even contain synthetic hormones.



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Find raw organic milk derived from grass-fed cows.<sup>xxv</sup> This type of milk has a wide range of benefits and is loaded with beneficial bacteria, enzymes, healthy fat, proteins and amino acids, along with a balanced blend of vitamins and minerals.

Looks can deceive and not knowing how to find the right type of milk can put your health at risk. Find organic farmers that sell raw milk and determine if their cows are raised with the following general conditions:

<b>Low pathogenic bacteria count (for instance, does the farmer test his milk frequently for germs and pathogens?)</b>	<b>Milk is obtained from cows that are raised naturally, in accordance with the seasons</b>	<b>No antibiotics or growth hormones are given to the cows to enhance growth or increase milk production</b>
<b>The milk produced is</b>	<b>The cows are allowed to</b>	<b>Cows are well-cared for</b>

quickly chilled after milking (not heat-processed, which kills the beneficial compounds)

graze and are grass-fed

## Raw Butter

Like raw milk, raw butter<sup>xxvi</sup> from grass-fed cows has been vilified by many but is now making a comeback because its abundant health benefits don't lie. Butter is a great substitute for margarine and spreads that contain trans fat. Studies show that it contains beneficial short- and medium-chain fatty acids, like lauric acid and CLA, which are converted to energy instead of fat.

Raw butter also contains several nutrients, such as:

- Vitamins A and beta-carotene
- Vitamins D, E, and K2
- Minerals like selenium, manganese, chromium, zinc, and copper
- Iodine
- Wulzen factor, a hormone-like substance that helps promote joint health
- Cholesterol and lecithin, which is beneficial for cholesterol metabolism and nerve health
- Arachidonic acid and glycosphingolipids, other types of beneficial fat
- Antioxidants

Obtain your butter from small-scale local farmers, as commercially sold ones may contain genetically modified (GM) ingredients (obtained from cows fed GM grains and other synthetic hormones). If you can't find organic butter, you may check out pasteurized grass-fed butter and/or regular pasteurized butter often sold in supermarkets – even these are vastly superior to margarine and spreads!

## Free-Range Eggs

Free-range eggs are obtained from hens that are pasture-raised. This means that they roam freely on a pasture, where they forage for their natural diet that includes seeds, plants, insects, and worms. You can tell whether eggs are truly free-range if they contain bright yellow or orange egg yolks. Dull, pale-colored yolks are a surefire sign that the eggs are factory-farmed and low-quality.

Free-range eggs possess a nutritional profile superior to commercially raised eggs. Research shows that they contain:

- 2/3 more vitamin A
- Two times more omega-3 fatty acids
- Three times more vitamin E
- Seven times more beta-carotene

Cooking eggs is not advisable as this can destroy their beneficial components. Egg yolks contain valuable antioxidants, which are reduced by as much as 50 percent when heated. Cooking or scrambling eggs can also oxidize the cholesterol in the egg yolk and cause damage to your body.

Consuming your eggs raw or close to raw is the best way to receive their benefits. However, your eggs should be certified organic free-range eggs.<sup>xxvii</sup> Factory-farmed ones are far more likely to be contaminated with pathogenic bacteria like *Salmonella*.

Discover more about the importance of getting meat and dairy products from clean and sustainable source by reading my article "[Reasons to Switch to Grass-Fed Beef and Dairy.](#)"

## Raw Nuts

Many people avoid eating raw nuts because these are packed with fat and are thought to contribute to weight gain.<sup>xxviii</sup> Unfortunately, this belief sorely lacks evidence. The truth is, they may even help contribute to weight management.

They're excellent sources of antioxidants, vitamins, and minerals, as well as the beneficial amino acid L-arginine, which provides multiple benefits to your health.

With the exception of peanuts, which is a legume often contaminated with pesticides and the carcinogenic mold aflatoxin, the following nuts are those I recommend for consumption:

- Raw macadamia nuts
- Walnuts
- Almonds
- Pecans
- Brazil nuts

When you look for nuts, make sure that they're organic and raw, not irradiated or pasteurized. To learn more about these nuts as well as how to pick the best-quality ones, read my article titled "[More Evidence Adding Nuts Is a Healthy Choice.](#)"

# RAW FOOD RECIPES: EASY-TO PREPARE MEALS TO POWER UP YOUR DIET

Simply knowing which raw, wholesome foods to add to your diet isn't enough – you must also be committed to eating these foods in the freshest way possible. What better way to do this than to get busy in the kitchen and prepare your own meals at home?

Being hands-on with the food you eat is a “must” if you truly want to achieve high-level wellness. Many people fear that consuming healthful organic foods can put a big dent on their budget, but the truth is that consuming a fresh, wholesome diet does not cost more than a processed junk food diet, as long as you carefully plan every meal of the week. In fact, it may even help you save money that you would otherwise have spent on healthcare to treat chronic diseases brought by a highly processed food diet.

Here are 11 simple recipes you can try to get you started on a wholesome, organic raw food diet. These are all aligned with my nutritional plan, and make use of a wide variety of fresh, healthful ingredients.

## Appetizers

### Cabbage Crunch

[Cabbage](#) is one of the most potent medicinal foods available, with almost 500 studies demonstrating its cancer-preventive and anti-inflammatory properties. It grows during late fall through winter, making it a perfect and inexpensive choice for cold-weather meals.<sup>xxix</sup> This versatile vegetable can be added to salads or mixed into fresh vegetable juice.

What many people love most about cabbage is its crunchiness – here's one way to enjoy it without losing its “crunch factor.”

**Ingredients:**

½ head red cabbage, chopped finely  
½ head white cabbage, chopped finely  
½ red onion, chopped  
½ cup cilantro, chopped  
½ jalapeno pepper, minced (optional)

**Dressing:**

1 tsp. gomasio (ground sesame with salt)  
1 cup almond butter  
½ cup cilantro, chopped  
1 Tbsp. toasted sesame oil  
1 Tbsp. minced fresh ginger  
½ jalapeno pepper, chopped (optional)  
Juice of half a lemon  
1 Tbsp. apple cider vinegar  
1 Tbsp. seasoned rice vinegar  
1 cup olive oil  
1 Tbsp. white miso paste\* (optional)

**Procedure:**

1. Mix the cabbage with the chopped onions. Add cilantro and jalapeno.
2. Place all the dressing ingredients into a food processor and blend briefly. Mix into salad mix and serve.

*This recipe makes 6 servings.*

\*Can be found in the Asian aisle at the grocery store, or at an Asian market.

**Crudités with Tangy Garlic-Scallion Dip**

Crudités may sound like a fancy dish, but it's actually just a platter of fresh, raw veggies served with a delicious dip. The tangy garlic-scallion dip will complement the fresh and mild flavor of the vegetables.

When buying the vegetables for this appetizer, make sure that you only choose fresh, organic, locally grown varieties. Sweet bell peppers in particular are very important to buy organic, as they are one of the fruits and vegetables with the highest pesticide load.

**Ingredients:**

- 1 red bell pepper or 8 ounces sliced mushrooms
- 1 yellow bell pepper or ½ head cauliflower, cut in florets
- 8 celery stalks
- 2 Tbsp. diced scallions
- 2 Tbsp. minced garlic
- 1 Tbsp. fresh minced ginger
- 2 Tbsp. tamari soy sauce
- 3 Tbsp. almond butter
- 2 Tbsp. brown rice syrup
- 1 15-ounce can chickpeas, drained
- 3 Tbsp. rice wine vinegar
- ½ tsp. Tabasco
- 2 Tbsp. gomasio
- ½ tsp. sea salt

**Procedure:**

1. Cut peppers and celery into strips.
2. In a food processor, combine scallions, garlic, ginger, tamari, almond butter, rice syrup, chickpeas, vinegar, and hot sauce. Blend for about 4 minutes.
3. With the food processor running, add the gomasio and salt and blend for another 30 seconds.
4. Transfer the dip to a bowl and place on a chilled platter. Spread the cut-up vegetables around dip bowl and serve.

*This recipe makes 10 servings.*

## **Raw Flax Crackers**

While I don't recommend consuming flax seed oil because of its instability, raw flax seeds are actually a sound option, as they are rich in fiber and omega-3 fatty acids.<sup>xxx</sup> However, consume raw flax seed in moderation. Alternate it with sunflower, sesame, and pumpkin seeds to prevent overturning your omega 3:6 ratio.

This recipe is a great way to use raw flaxseeds. Serve them as hors d'oeuvres, with guacamole and hummus on the side, or eat them as is, as a nutritious snack.

### **Ingredients:**

- 1 cup golden flax seeds, soaked overnight
- 1 medium onion, chopped
- 1 cup spinach, chopped
- 1 Tbsp. nutritional yeast
- 1 Tbsp. tamari
- 1 Tbsp. dulse flakes\*
- 1 tsp. garlic, chopped
- 1 jalapeno pepper, seeded and chopped (optional)

### **Procedure:**

1. After flax seeds have soaked overnight, drain them. They will remain sticky and wet. Place them in a food processor with a chopping blade attachment.
2. Add the rest of the ingredients to the flax seeds. Blend in food processor.
3. Divide the mixture into four. Spread each fourth of the mixture onto a teflex sheet with an offset spatula and place in the food dehydrator set on 118°F. Do not go above 118°F as this will kill the valuable enzymes in the crackers.
4. Dehydrate for 8 hours then turn over and dehydrate for another 1-2 hours.
5. Remove the crackers from the dehydrator and gently remove from the teflex sheets. They will be very crispy, crunchy, and easily breakable. Break each sheet into four or five pieces and keep in an airtight container until ready to use.

*This recipe makes six servings.*

Note: The crackers will keep for up to a month in an airtight container, but be aware they break very easily, so try not to move them around too much before serving them.

\*Dulse is a sea vegetable that can be purchased at most health food stores.

## **Thai Coconut Soup**

Coconuts are not only delicious and versatile, but are also one of the most healthful foods you can add to your diet. The mild sweetness of coconut makes it a popular addition to Asian dishes – this easy no-cook Thai soup recipe is one example.

Since coconuts are available almost all year round, you can make this recipe anytime (you may need to scour several supermarkets, though, as some do not stock this tropical fruit). Serve it with a light salad or as a refreshing side dish during your summer barbecue.

### **Ingredients:**

1½ cups water  
2 cups coconut water\*  
2 cups young coconut meat  
1 cup fresh cherry tomatoes  
½ ripe avocado  
1 clove garlic  
1 inch fresh ginger  
2 Tbsp. white miso  
1 Tbsp. flax seed oil  
½ tsp. sea salt  
2 Tbsp. nama shoyu\*\* or wheat-free tamari soy sauce  
2 limes  
1/8 tsp. cayenne  
1 cup cilantro  
1/3 cup shallots, chopped  
1 stalk lemongrass, cut into 2-inch pieces  
1 carrot, sliced very thinly

**Procedure:**

1. Blend all ingredients in a high-speed blender except for last 4. Add the cilantro and blend briefly, so that you can still see small pieces of cilantro.
2. Pour into a bowl and stir in the last 3 ingredients.

*This recipe makes 4 servings.*

\*You can find coconut water and coconut meat by breaking opening young green coconuts (sold in some conventional grocery stores and Asian markets.) If you cannot find these young coconuts, you can also use canned or bottled coconut water and canned coconut meat or 3 cups of canned coconut milk.

\*\*Nama shoyu is a blend of raw shoyu (soy sauce) and can be found at health food stores.

## Main Dishes

### Pad Thai with Almond Sauce

Pad Thai, one of Thailand's most renowned delicacies, is a stir-fried vegetable and noodle dish with chopped roast peanuts and peanut sauce. Here's a simple, no-cooking version that I'm sure you'll love.

Apart from buying only fresh and organic vegetables, I also advise you to choose your almond butter brand very carefully. I advise only buying high-quality almond butter that uses raw almonds and sea salt. Watch out for brands that contain added oils, sugars, and preservatives.<sup>xxxii</sup>

**Ingredients:**

- 1 cup red cabbage, shredded, or spinach, chopped
- ½ cup whole cilantro leaves
- 1 tsp. fresh lime juice
- 2 Tbsp. tamarind juice
- 2 Tbsp. maple syrup
- 2 Tbsp. nama shoyu

2 tsp. minced garlic  
2 tsp. minced fresh ginger  
1 tsp. habanero chili, minced  
2 Tbsp. olive oil  
½ tsp. sea salt  
¼ cup yellow onion, sliced thinly  
1 cup cucumber or green apple, cored and thinly sliced  
½ cup red bell pepper or green beans, thinly sliced  
1 Serrano pepper, thinly sliced  
3 cups coconut meat, thinly sliced  
Freshly ground pepper, to taste  
Sea salt, to taste  
8 whole romaine lettuce leaves

**Almond Sauce:**

½ cup raw almond butter  
1½ Tbsp. fresh ginger, grated  
2 garlic cloves  
1 red chili pepper  
2 Tbsp. fresh lemon juice  
2 Tbsp. maple syrup  
1 Tbsp. nama shoyu  
¼ cup water, more if necessary  
Sea salt and freshly ground pepper, to taste

**Procedure:**

1. To make the almond sauce: combine all ingredients in a blender and blend until smooth. Add more water if needed to thin. Set aside.
2. In a medium bowl combine the cabbage, cilantro, and lime juice. Sprinkle with salt and let sit for 30 minutes.
3. In a small bowl, whisk together tamarind juice, maple syrup, nama shoyu, garlic, ginger, chili, oil, and salt. Set aside.
4. Meanwhile combine the onion, cucumber, and bell pepper in a large bowl. Add the cabbage mixture and toss with the tamarind dressing.
5. On four serving plates, arrange ¼ of the cabbage-vegetable mixture and top with coconut meat. Drizzle the almond sauce on top.

*This recipe makes 4 servings.*

## **Fresh Herb and Garlic Beef Tenderloin**

The best way to incorporate meat into your diet is to choose raw, organic grass-fed beef. Grass-fed beef contains high levels of omega-3 fats and conjugated linoleic acid (CLA), and does not disappoint in terms of flavor. It actually has a fuller and richer flavor than CAFO beef, and tastes the way beef is supposed to taste.<sup>xxxii</sup>

One reminder: Never char or blacken your meat, as this produces carcinogenic chemicals that can wreak havoc on your health.<sup>xxxiii</sup> I advise cooking your beef medium-rare or just searing the surface.

### **Ingredients:**

2¼ pounds beef tenderloin (if you don't have any grass-fed beef on hand, use pasture-raised ostrich)  
½ cup fresh basil leaves, packed  
1½ tablespoons fresh thyme  
1 tablespoon fresh oregano  
3 garlic cloves  
2 tablespoons Dijon mustard  
1/8 teaspoon black pepper  
¼ cup extra virgin olive oil  
½ teaspoon sea salt

### **Procedure:**

1. To prepare the beef, trim off excess fat using a sharp knife. Fold the thin tip under to approximate the thickness of the rest of the tenderloin. Tie with butcher's twine, then keep tying the roast with twine every 2 inches or so. This helps the roast keep its shape.
2. In the bowl of a food processor, combine the basil, thyme, oregano, garlic, mustard, and pepper. While the food processor is running, slowly drizzle in the oil and continue to process until the herbs and garlic are finely chopped.

3. Rub the herb mixture over the beef and refrigerate 4 hours, up to 24 hours.
4. Preheat the oven to 425°F. Place the beef on an oiled baking sheet. Sprinkle with salt. Bake for 25 to 30 minutes, or until the internal temperature reaches 135°F (medium rare). Remove from the oven and let rest for 10 minutes. Slice and serve.

*This recipe makes 6 servings.*

## **Zucchini Alfredo**

Wheat and other grain products convert to sugar in your body, so instead of using regular pasta, make zucchini noodles. Not only are they rich in vitamins A and C, calcium, potassium, but they also hold well, closely resembling *al dente* pasta noodles. I recommend using zucchini that are less than six inches long, to enjoy most of its flavor.

You can serve this dish with very thinly sliced raw beef, carpaccio style. Simply freeze the grass-fed beef tenderloin, wrapped in plastic wrap, for 2 hours. Unwrap and then slice thinly, about 1/8-inch thick pieces. Cover with plastic wrap and pound with a meat mallet until paper-thin.

### **Ingredients:**

3 zucchinis  
1½ cup macadamia nuts, soaked overnight  
2 Tbsp. walnuts, soaked overnight  
¼ cup olive oil  
2 tsp. sea salt  
3 small cloves garlic  
2 tsp. fresh ground pepper  
Water, for sauce consistency

### **Procedure:**

1. Peel skin from the zucchinis using a vegetable peeler. Discard green skin. Use the vegetable peeler to make long, flat fettuccini-like noodles, until you reach the center part with seeds.
2. Discard the remaining center and set aside “noodles.”

3. In a blender, combine the remaining ingredients and blend until smooth, adding water as necessary for desired consistency.
4. Pour sauce over bowl of zucchini and serve immediately.

*This recipe makes 4 servings.*

## Desserts and Refreshments

### Fruit Smoothie

Here's a great way to end a filling meal: whip up a quick and easy fruit smoothie. It's much healthier than the conventional, processed ice creams and cakes you buy from the grocery store, but equally refreshing and delicious. You can try the different variations below or create your own fun mix. Just make sure that you're using organic, pesticide-free fruits.

However, if you are dealing with any health condition associated with insulin resistance, you should eat fruits in moderation, as they still contain fructose that can be harmful for you in excessive amounts. Limit your fructose intake, including that from whole fruit, to less than 15 grams per day. For a quick guide on the fructose levels of common fruits, check out [this article](#).

### **Ingredients:**

1 cup plain yogurt, heavy cream, or unsweetened coconut milk  
2 cups fresh or frozen fruit, peeled and cut into bite-sized pieces, with pits and seeds removed

### **Fruit Variations:**

- 1 ½ cups blueberries or strawberries and 1 banana
- 2 nectarines or peaches, 1 banana, and 1 kiwi
- 1 cup grapes, 2 kiwi, 1 nectarine, and 2 apricots
- ½ cantaloupe, ½ cup fresh coconut, and 1 orange
- 1 cup raspberries, 2 kiwi, and 2 apples
- 1 cup apricots, ½ cup raspberries, and 2 kiwi

### **Procedure:**

Combine all ingredients into a blender and blend until smooth.

#### **Additional Tips:**

- For a thicker consistency, add 6 to 8 ice cubes before blending, or pre-freeze the fruit in bite-sized pieces.
- Place the blended smoothie in the dessert cups and freeze 2 hours before eating.
- For a higher protein snack, add 1 tablespoon of protein powder (whey or rice) before blending.
- Add ¼ teaspoon organic alcohol-free extract, such as vanilla, orange, or almond.
- Add 2 tablespoons organic unsweetened nut butter for extra protein, flavor, and thickness.

You can also try these delicious flavors. Simply follow the basic recipe above.

#### **Coconut-Apricot Smoothie**

- 1 cup unsweetened coconut milk
- 2 cups fresh apricots, frozen
- 2 kiwi, frozen

#### **Melba Smoothie**

- 1 cup plain yogurt
- 1 cup peaches, frozen
- 1 cup raspberries, frozen
- ½ teaspoon grated ginger root

#### **Mango Mint**

- 1 cup plain yogurt
- 1 cup mangoes, frozen
- 1 peach, frozen
- 1 tablespoon fresh, chopped mint

#### **Kiwi-Strawberry**

- 1 cup unsweetened coconut milk
- 2 kiwi, frozen
- 1 ½ cups frozen strawberries

- 2 tablespoons unsweetened grated coconut
- ¼ teaspoon organic almond extract

### **Lemon-Coconut Pudding**

You can't go wrong with delicious coconut for dessert. Here's a healthful recipe that infuses the mild flavor of coconuts with the tangy goodness of lemons. This creamy pudding recipe requires no heating, so the nutrients of the ingredients will not be compromised.

#### **Ingredients:**

2 cups young coconut meat  
½ tsp. lemon extract  
1 tsp. vanilla  
½ tsp. almond extract  
1½ Tbsp. lemon juice  
2 drops stevia  
½ tsp. honey, to balance  
1 pinch sea salt  
1 cup water, in increments  
1 cup ice cubes

#### **Procedure:**

1. In a high-speed blender, blend all ingredients, except ice, until smooth. Taste and adjust sweet balance. Add the ice and blend again until cool and creamy. Serve in small ramekin dishes.
2. Garnish with lemon zest.

*This recipe makes 6 servings.*

### **Yogurt with Vanilla, Cinnamon, Nutmeg, and Flax Seeds**

Yogurt contains an impressive nutrient and good bacteria content. However, I do not recommend store-bought yogurt, as these are already pasteurized, destroying the beneficial nutrients and enzymes. Furthermore, they're laced with unwanted

additives and sweeteners that can only harm your health.<sup>xxxiv</sup> Instead, use only homemade, traditionally fermented yogurt made from raw milk from free-range pastured cows.

**Ingredients:**

4 cups plain homemade yogurt  
1½ Tbsp. vanilla extract  
1½ Tbsp. cinnamon  
2 tsp. nutmeg  
1 Tbsp. maple syrup  
2 Tbsp. ground flax seeds or 1 Tbsp. flax seeds

**Procedure:**

Mix all ingredients in a medium mixing bowl. Divide into 4 serving bowls, and serve immediately. You can add fresh berries for more flavor.

*This recipe makes 4 servings.*

## **Let My Nutritional Plan Guide You in Creating Wholesome Filling Meals**

There are thousands of healthful raw recipes you can try that make use of wholesome organic foods. I also recommend you to try out my [Nutritional Plan](#) for a more detailed and comprehensive eating plan that will help you manage and control your health.

I believe that every person has a unique biochemistry that allows them to process their foods differently. By following my Nutritional Plan, you will be able to alter and modify your diet based on your own unique genetic makeup, so that you can understand your body and achieve optimum health.

My Nutritional Plan is divided into three stages: beginner, intermediate, and advanced. I advise you to review this eating plan regularly, as it is a very detailed and comprehensive program – it is one of the most powerful health tools that you can use if you are truly determined to eat healthy.

## Raw Foods Are Your Strongest Allies in Achieving Optimal Health

Foods are designed to nourish and strengthen you, and a healthy diet is the number one factor that affects your longevity and risks of diseases. However, always remember that *how* your food is grown and prepared can also play a great deal in what they can give you.

I advise you to eat foods in their most wholesome quality: raw, fresh, organic, unprocessed, and minimally cooked. Work on feeding your body the right nutrients rather than loading it with empty calories. It's the key to living a long and healthy life.

Finally, **remember to always listen to your body**. This will help you set apart the foods that wreak havoc on your system from those that are truly changing your health for the better.

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- <sup>i</sup> [Mercola.com November 10, 2012](#)
  - <sup>ii</sup> [Mercola.com March 25, 2013](#)
  - <sup>iii</sup> [Mercola.com July 1, 2008](#)
  - <sup>iv</sup> [Medical News Today May 8, 2009](#)
  - <sup>v</sup> [Mercola.com May 22, 2002](#)
  - <sup>vi</sup> [TriangleRawFoods.com](#)
  - <sup>vii</sup> [YoungandRaw.com](#)
  - <sup>viii</sup> [Medical News Today.com October 20, 2012](#)
  - <sup>ix</sup> [Mercola.com April 8, 2013](#)
  - <sup>x</sup> [Mercola.com December 28, 2011](#)
  - <sup>xi</sup> [Mercola.com June 22, 2013](#)
  - <sup>xii</sup> [Mercola.com June 2, 2014](#)
  - <sup>xiii</sup> [Mercola.com March 31, 2013](#)
  - <sup>xiv</sup> [Mercola.com September 1, 2011](#)
  - <sup>xv</sup> [Mercola.com September 1, 2011](#)
  - <sup>xvi</sup> [Mercola.com November 29, 2010](#)
  - <sup>xvii</sup> [Mercola Nutrition Plan](#)
  - <sup>xviii</sup> [Mercola.com November 29, 2010](#)
  - <sup>xix</sup> [Mercola.com November 29, 2010](#)
  - <sup>xx</sup> [Mercola.com June 23, 2014](#)
  - <sup>xxi</sup> [Mercola.com September 16, 2013](#)
  - <sup>xxii</sup> [Mercola.com April 1, 2011](#)
  - <sup>xxiii</sup> [Mercola.com January 28, 2013](#)
  - <sup>xxiv</sup> [Mercola.com May 21, 2014](#)
  - <sup>xxv</sup> [Mercola.com May 27, 2014](#)
  - <sup>xxvi</sup> [Mercola.com March 24, 2014](#)
  - <sup>xxvii</sup> [Mercola.com January 13, 2014](#)
  - <sup>xxviii</sup> [Mercola.com May 11, 2013](#)
  - <sup>xxix</sup> [Serious Eats February 6, 2010](#)

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- xxx [Mercola.com July 21, 2011](#)
  - xxxi [Mercola.com March 3, 2011](#)
  - xxxii [Mercola.com](#)
  - xxxiii [Mercola.com June 19, 2008](#)
  - xxxiv [Mercola.com December 10, 2012](#)