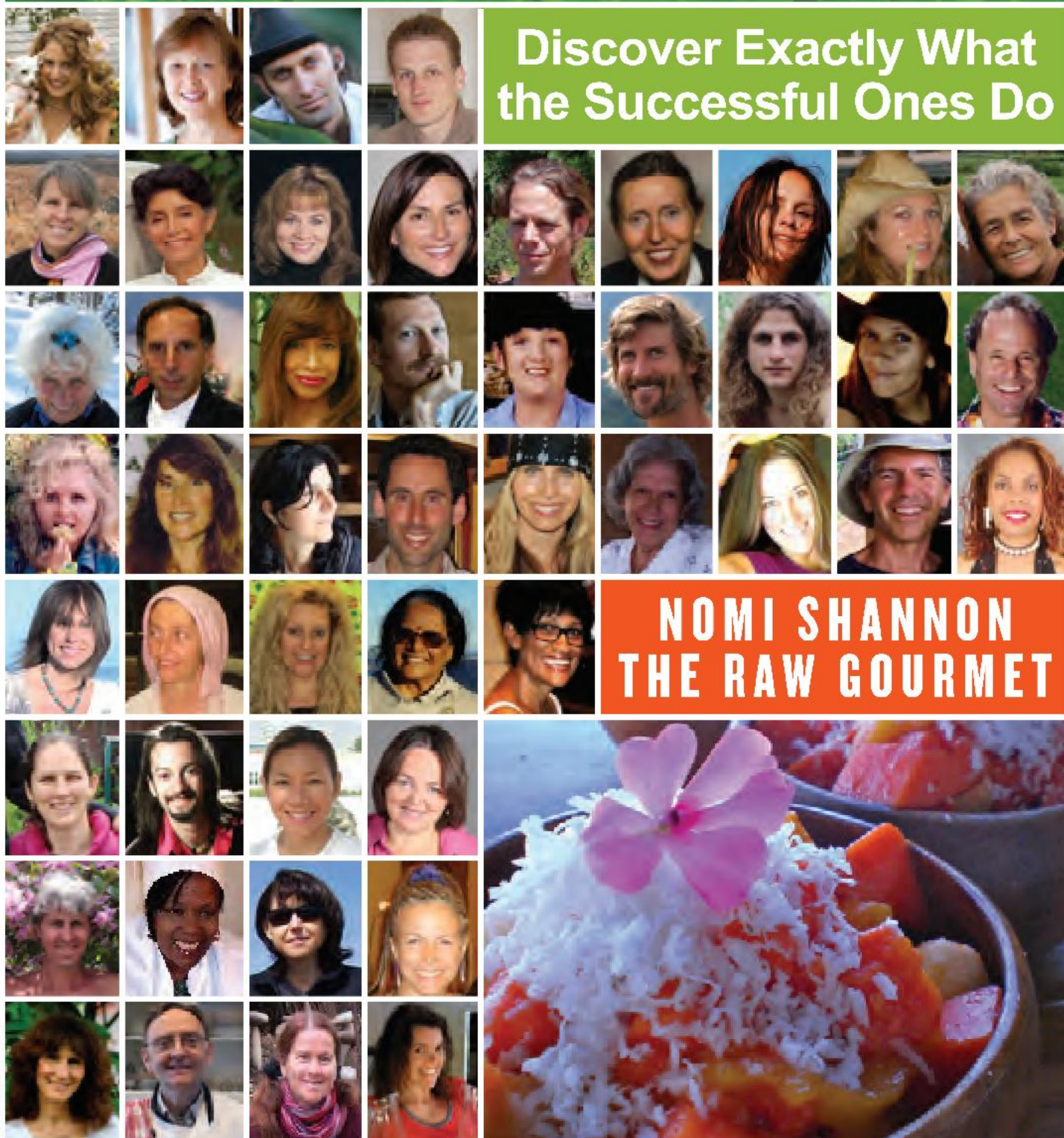


WHAT DO RAW FOODERS EAT?

Discover Exactly What
the Successful Ones Do



**NOMI SHANNON
THE RAW GOURMET**



I have always been a fan of food! My mother had a cake decorating business and taught me a lot about how to be proficient in the kitchen from a young age. When I was seven I won my first culinary competition and I continued to compete every year, eventually earning over 70 awards in various categories.



As a teenager, my family did wildlife rehabilitation. After caretaking baby birds and squirrels and opossums for many years, one day I announced to my family that I wanted to be



vegetarian. I wasn't a healthy vegetarian though, eating mostly processed foods and not really getting the minerals and nutrition my young body needed.

It wasn't until I was in my 20's that I started to realize that what you eat actually impacts your being and consciousness and that high quality food creates a better quality of life.

After graduating from Business School at Georgetown University, I moved to England where I embraced "whole" foods and local, natural foods. Shopping almost daily at the small specialty shops and markets was fun and a highlight of the day.

Eventually I moved to Colorado where I got into organic food and experimenting with different ways of eating. One day I walked into my local health food store while a

demonstration was going on with Doug Walsh who had been a chef at Gabriel Cousens' Tree of Life Rejuvenation Center. He was showing people how to make raw pizza and talking about the benefits of a raw food diet. When they passed around samples, I was blown away with how great it tasted—and on top of the taste, it was raw and healthy!

Fifteen years ago when I was introduced to raw food, there

weren't a lot of recipes around for transitional raw food. I started a binder of recipes which were like gold to me and which I still use to this day. Creating healthy food that was "gourmet" and even more delicious than their cooked food counterparts was beyond anything I had experienced. Over time I noticed I started to feel more clear mentally. I felt more connected and my intuition and energy increased. I just wanted to keep going on this path...

At one of the original raw food festivals in Oregon I had learned about the Living Light Culinary Institute. It seemed to be "THE" place to go to learn how to make gourmet



raw food. Little did I know that one day I would actually become Cherie Soria's personal assistant. In 2008 I moved to Fort Bragg and stayed at Living Light for two years, helping with marketing, classes, and events.

When I was working at Living Light I had a little cabin in the redwoods with little access to civilization: no phone, no TV, and a very dark and beautiful starry sky at night. I spent evenings sitting on the rocks looking at the ocean and time off hiking through the forest. Over time I melted into the oneness of all life and never felt lonely, even though I was not around a lot of people.



I spent a lot of time on the Internet, learning and watching videos of David Wolfe, Truth Calkins, and others. I started creating

my own superfood concoctions: smoothies and teas that were supercharged with nutrition and tonic herbs. The spacious awareness that I found in the woods and with the ocean began to translate into the food I made and people started to feel it! I entered the Best of Raw Cacao contest in Los Angeles, competing against 26 well known chefs from the raw food world so imagine my surprise when I won not only my category, but also was named Overall Show Favorite for my Superfood Pyramid Truffles!

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I heard later that it wasn't just the taste of my raw chocolates that made the grade, but also how the chocolates made the judges feel when they ate them. I was thrilled that people could actually consciously receive the energy of the intentions I had put into the food.

Subsequently I entered the Low Glycemic category in the next Best of Raw Cacao contest, held in New York City and I won in my category there too. I was happy to place third for the Best Raw Chocolatier of 2010 in the Best of Raw Awards.

In time, I felt like I wanted to be around a larger community and I decided to move south to the LA area.



Lately I've been increasingly aware of the importance of good quality living water and also interested in

cutting sugar completely out of my diet and increasing the type and amount of fermented and cultured foods I consume. Even though I moved to southern CA I still drive all the way to Mount Shasta to get my living spring water - it's the best ever!

I'm now living in Orange County, California and working as a raw food chef. I'm a featured Pastry Chef at Euphoria Loves Rawvolution in Santa Monica where I create new desserts. As a Consultant at Erewhon Natural Foods Market in Los Angeles, I develop new raw food recipes for the Erewhon brand and I work part-time at the amazing Tonic Bar. I also do energy work which supports expanding consciousness.

Wishing you many blessings on your journey!



WEB SITES

www.BestRawChef.com

www.AccessEnergyTransformation.com

rawfood4me@att.net

Sunday

- 7:30AM Super Shot of Adya Clarity (1 teaspoon Adya Clarity in 1 ounce of water)
- 8:30AM **Protein Drink:** Ice, Sun Warrior Chocolate Protein Powder, Surthrival Colostrum, Dragon Herbs Pearl Powder, Tocotrienols, MSM, Sweet Leaf Vanilla Stevia, coconut oil, Marine Phytoplankton, Omica Super Ionic, Medicine Flower's Coconut Extract. One ounce Orgono Living Silica.
- 10:30AM 2 small unpeeled Persian cucumbers
- 11:30AM 1 organic apple
- 1:15PM **Salad:** Organic mixed greens: ½ organic tomato, ½ avocado, ½ cup sauerkraut (recipe included), ½ carrot grated, ½ beet grated, handful of alfalfa sprouts, 1 tablespoon nutritional yeast, 1 tsp dulse. Approx 6 tablespoons lemon tahini dressing.
- 3:00PM 1 low glycemic superfood dark chocolate almond butter cup



- 5:00PM 1 bunch mixed garden greens (kale, chard, collards) steamed lightly with just a little water, 1 clove garlic minced, 1 squeeze lemon, pinch of salt. Followed by: ½ cup coconut chia pudding (blend coconut meat and water and add chia seeds, vanilla and salt)
- 7:00PM Homemade herbal tea (dried lemon balm and spearmint with a little stevia)
- 10:00PM 2 capsules HealthForce Nutritionals ZeoForce Zeolites
- 11:00PM Super Shot of Adya Clarity, 2 capsules CP-1 (Custom Probiotics)

Monday

- 7:30AM Super Shot of Adya Clarity
- 8:00AM 1 ounce Body Balance liquid minerals. 1 ounce Orgono Living Silica
- 8:30AM ½ large papaya, cut into chunks
- 9:00AM 12 ounces watermelon juice
- 9:30AM 1 tablespoon liquid E3 Live, 1 ounce wheatgrass juice
- 10:30AM 2 stalks organic celery
- 11:00AM 16 ounces organic **green juice:** kale, cucumber, lemon, spinach, apple, parsley with 1 tablespoon HealthForce Nutritionals Vitamineral Greens
- 1:00PM **Salad:** Organic mixed greens (approx. 2 cups), handful of sunflower sprouts, 8 olives, ¾ cup sauerkraut, 2 tablespoons sprouted sunflower seeds seasoned with tamari, 1 tablespoon nutritional yeast, 1 teaspoon dulse, 6 tablespoons avocado dressing.
- 4:00PM 1 organic pear
- 6:00PM 2 cups Gazpacho soup (recipe included), with **raw crackers:** dehydrated mixture of grated carrot, grated red bell pepper, nutritional yeast, flax seed, sprouted buckwheat, scallions, olive oil, garlic, cayenne, salt. 2 chocolate covered fresh figs
- 7:45PM 1 cup plain coconut water kefir (recipe included)
- 10:00PM 2 capsules ZeoForce Zeolites
- 11:00PM Super Shot of Adya Clarity, 2 capsules CP-1 (Custom Probiotics), 4 ounces coconut kefir

Tuesday

- 7:30AM Super Shot of Adya Clarity
- 8:00AM 1 ounce Body Balance (liquid minerals), 1 ounce Orgono Living Silica

WHAT COLLEEN ATE...

- 8:15AM 1 grapefruit
- 9:00AM 16 ounces mango blackberry lassi (recipe included)
- 10:00AM 1 tablespoon liquid E3 Live, 2 ounces wheatgrass juice
- 11:00AM 12 ounces organic **juice**: apple, carrot, celery, cucumber, parsley with 1 tablespoon Vitamineral Greens
- 1:00PM ½ cup Mock Tuna (recipe included) wrapped in an organic collard green
- 6:00PM 1 cup sauerkraut (recipe included) mixed with ½ avocado and a pinch of bamboo salt



- 10:00PM 2 capsules ZeoForce Zeolites
- 11:00PM Super Shot of Adya Clarity, 2 capsules CP-1 (Custom Probiotics)

Wednesday

- 7:30AM Super Shot of Adya Clarity
- 8:00AM 1 ounce Body Balance liquid minerals
- 8:30AM 16 ounces **coconut kefir margarita**
- 9:30AM ¼ cup coconut yogurt topped with ½ cup fresh organic blueberries, 1 tablespoon yacon syrup, 1 tablespoon goji berries, 1 tablespoon chlorella tabs, 1 tablespoon bee pollen, 1 teaspoon Surthrival colostrum
- 10:00AM 1 tablespoon liquid E3 Live, 1 ounce wheatgrass juice

- 11:00AM 1 organic apple
- 1:00PM **Wrap**: 2 cups organic spinach slightly steamed, handful of mixed alfalfa, radish and broccoli sprouts, ¼ cup sauerkraut, ½ avocado, ½ cup chopped tomato, wrapped in a sprouted grain tortilla with about 3 tablespoons creamy cucumber dressing.
- 5:30PM 2 teaspoons fresh rosemary (straight from the garden)
- 6:00PM 12 ounces miso soup with seaweed and ½ diced avocado added. 1 cup steamed broccoli with 1 clove garlic minced, 1 teaspoon olive oil, pinch of salt
- 8:00PM 1 cup reishi tea
- 10:00PM 2 capsules ZeoForce Zeolites
- 11:00PM Super Shot of Adya Clarity, 2 capsules CP-1 (Custom Probiotics)

Thursday

- 7:30AM Super Shot of Adya Clarity
- 8:00AM 1 ounce Body Balance liquid minerals
- 8:30AM 1 tablespoon liquid E3 Live, 1 ounce wheatgrass juice
- 9:30AM **Smoothie**: 1 small container blackberries, 1 banana, ½ cup organic strawberries, ½ coconut yogurt, 1 tablespoon Billy's Infinity Greens with probiotic, 1 cup water.
- 10:00AM 2 stalks organic celery
- 11:00AM 1 organic apple stuffed with ¼ cup raw almond butter mixed with about 15 goji berries and 6 chopped cashews
- 1:00PM **Large salad**: Mixed greens, 1 tomato, ½ cucumber sliced, 6 black olives, ½ avocado diced, 1 handful alfalfa sprouts, 1 teaspoon Living Intentions Superfood Salad Booster, lightly dressed with Bariani olive oil, fresh lemon juice and a pinch of salt
- 3:15PM Small handful raw pistachio nuts

WHAT COLLEEN ATE...

5:45PM 2 teaspoons fresh rosemary (straight from the garden)

6:00PM 12 ounces **spinach avocado soup** (recipe in Nomi Shannon's "The Raw Gourmet") Note: I add about 2 tablespoons diced red onion to the recipe: spinach, cucumber, avocado, tamari, lemon juice, parsley, garlic, basil and onion

8:30PM 1 cup herbal tea (Chamomile)

10:00PM 2 capsules ZeoForce Zeolites

11:00PM Super Shot of Adya Clarity, 2 capsules CP-1 (Custom Probiotics), 4 ounces coconut kefir

Friday

7:30AM Super Shot of Adya Clarity

8:00AM 1 ounce Body Balance (liquid minerals), 2 ounces Organo Living Silica

8:30AM 16 ounces coconut kefir margarita with raspberry

9:30AM 1 ounce wheatgrass juice

10:00AM ¼ cup coconut yogurt topped with ½ cup fresh organic raspberries, 1 tablespoon yacon syrup, 1 tablespoon goji berries, 1 tablespoon chlorella tabs, 1 tablespoon bee pollen, 1 teaspoon Surthrival colostrum

11:45AM 20 sprouted dehydrated raw almonds

1:00PM 12 ounces **Garden Blend Soup**: (recipe from Cherie Soria on www.RawFoodChef.com): kale, parsley, lemon, orange juice, cucumber, avocado, cilantro, green onion, garlic, miso, cayenne, salt and water

6:00PM Dining out Ethiopian: Misir wot: Lentil stew with onions, garlic, turmeric and herbs, Atakilt: cabbage, onions, and carrots in a tomato sauce and Gomen wot: Collard greens, onions and potatoes with garlic in a sauce with Injera (Ethiopian flat bread made from fermented Teff). 3 capsules enzymes

10:00PM 2 capsules ZeoForce Zeolites

11:00PM Super Shot of Adya Clarity, 2 capsules CP-1 (Custom Probiotics)

Saturday

7:30AM Super Shot of Adya Clarity

8:00AM 1 ounce Body Balance (liquid minerals)

8:30AM 12 ounces **medicinal mushroom cappuccino elixir**. Recipe from Elaina Love: cacao powder, maca powder, coconut milk powder, soaked chia seeds, Reishi mushroom powder, Chaga mushroom powder, coconut oil, Xylitol, liquid stevia, high mineral salt, hot water, plus I add almond milk

10:30AM 16 ounces **green juice**: kale, apple, celery, cucumber, lemon. 1 tablespoon Vitamineral Greens

11:30AM 1 free range egg, over easy, lightly salted, with 3 Ryvita crackers

1:30PM **Sea Vegetable Salad**: Arame, wakame, carrot, daikon, avocado, ginger and sesame vinaigrette

3:00PM 16 ounces mango lassi (recipe included, minus the berries)

6:00PM Dining out: Cooked edamame seasoned with chili oil, garlic and salt, Mushroom Farinata: Chickpea rosemary crepe, caramelized onion, mushroom, cherry tomatoes, aioli served with salad

10:00PM 2 capsules ZeoForce Zeolites

11:00PM Super Shot of Adya Clarity, 4 caps CP-1

I typically eat small portions more frequently through the day. I like to focus on high water content and high mineral content food, lots of greens, low sugar and cultured foods.



Fermented Coconut-Based RECIPES

Start with:

- 3 young Thai coconuts
- 4 capsules good quality probiotic
(I use CP-1 from Custom Probiotics) or
other starter culture
- 2 quart size Mason jars or other glass container

Open up the young coconuts and separate the meat from the water. Make sure you have very clean glass containers for the fermenting. You will need one glass container for the yogurt and one for the water.

Coconut Yogurt:

Blend the coconut meat in a VitaMix until smooth like yogurt. Add a little coconut water if needed to make a smooth consistency. Stir in 2 capsules probiotic powder to the mixture, and let ferment on the counter for 20-24 hours. The yogurt will appear slightly bubbly and taste slightly tart on its own after fermenting. Store in a refrigerator where it will continue to ferment, but at a slower pace. Use like yogurt or add to a smoothie and consume within 4 days.

Coconut Kefir:

Mix 2 capsules of probiotic powder with 1 quart coconut water at room temperature and leave out on the counter for 24 hours to ferment. The kefir should look a little cloudy and the beneficial bacteria will have eaten the sugar in the coconut water, leaving you with a slightly tangy flavor. After 24 hours refrigerate the kefir which you can drink straight or mix to make a flavored beverage like the margarita recipe below. Consume within 4 days.

Mango Berry Lassi

- 1 cup coconut **yogurt**
 - 1-2 mangos (Ataulfo preferred)
 - ½-1 cup fresh or frozen blackberries
 - 1 tsp vanilla extract
 - Pinch of salt
 - Sweetener of choice
- Blend 1 cup coconut yogurt with 1 mango (minus

the pit) and add 1/2-1 cup berries in a VitaMix or blender. You can use any berries you prefer. I like using blackberries. Add about 1 tsp vanilla and a pinch of salt and blend until smooth. If you like the drink sweeter, you can add some low glycemic sweetener like yacon, coconut nectar or stevia.

Kefir Margarita

Blend 1-2 cups coconut water **kefir** (recipe above) with the following in a VitaMix:

- 1 lemon
- 1 TBS mixed tocopherols (Vitamin E)
- 1 TBS MSM powder
- 3-4 inches aloe leaf fillet
- 1-2 tsp acai (optional)
- 1 tsp vanilla extract
- 1 dropper Oceans Alive Marine Phytoplankton
- Pinch of salt
- Sweetener of choice
- Ice (optional)

This drink is incredible because it is low in sugar, rich in antioxidants, minerals, electrolytes, beneficial bacteria and is very hydrating. After a few days of regular consumption your body will ask for it!

Sauerkraut

- 2-3 heads cabbage (hold a few whole leaves out from shredding for topping the jars)
- 1 head napa cabbage
- 1-2 cups fresh seaweed, chopped
(I harvest my own, but you can use dried seaweed and rehydrate it)
- 5-6 kale leaves
- 2 carrots
- 1" piece of organic ginger, grated with a microplane
- 2 cloves garlic, grated with a microplane
- 3 drops Young Living Lemon Essential oil
- 2 drops Young Living Dill Essential oil
- 1 packet Body Ecology starter culture
(Combine packet of starter with 1 TBS honey and warm water)

Shred the cabbage, carrots and kale leaves in a food processor. Add a little salt and massage the cabbage until it start to release water. It takes about 15 minutes of massaging to make the cabbage moist enough. Add chopped seaweed and seasonings to taste. Take a little of the mixture and blend in a VitaMix with a little water to create a brine. Add the brine to the cabbage to make sure there is enough liquid to cover all the solids. Add the cultured vegetable starter to give the sauerkraut an added boost of beneficial bacteria. (This step is not necessary but it makes a stronger sauerkraut.) Make sure you have very clean glass jars to store the sauerkraut in while it is culturing. Fill the glass container tightly almost to the top, making sure there is enough liquid to cover the vegetables and top with a whole cabbage leaf. Seal the container tightly. Store in a dish in a dark, temperate area for about a week. Depending on the temperature the sauerkraut will be ready in about 5-10 days, so check it somewhat regularly. When it tastes how you want it to, put the jars in the refrigerator and enjoy for up to 6 months.

Gazpacho

Blend the following ingredients together in a blender just until almost smooth, leaving some texture in the liquid:

- 4-6 ripe organic tomatoes
- 1 cucumber, chopped
- 1 bunch fresh basil
- 3 stalks celery, diced
- ½ small onion or 1-2 shallots
- ½ cup cold water
- ¼ cup Bariani olive oil
- 3-4 TBS lemon juice
- 2-3 TBS apple cider vinegar
- 1 TBS raw honey or 1 medjool date
- 1 tsp mineral salt
- 2 cloves garlic
- ¼ tsp pepper

After blending add the following:

- 1 avocado, diced
- 2 stalks celery, finely minced

Serve in bowls and sprinkle with fresh chopped parsley.

Mock Tuna Salad

Tuna:

- 2 cups raw organic almonds, soaked
- 3 stalks celery, diced
- 3 green onions, sliced thinly
- ¼ cup lemon juice
- 1-2 TBS parsley, minced
- 1 small clove garlic, minced
- 1 tsp Celtic sea salt
- 1 sheet nori seaweed, chopped
- 1 dash cayenne pepper

Process almonds in a food processor until finely ground. Add the other ingredients.

Set aside while you prepare the avocado mayo

Avocado Mayo:

- 1 cup pine nuts
- 1 large avocado
- 5-6 medjool dates
- 2 TBS apple cider vinegar
- 1 TBS lemon juice
- ½ clove garlic
- 1 tsp salt

Blend Mayo ingredients together in a VitaMix until creamy.

Add the mayo to the almond mixture and combine.

Serve a scoop of mock tuna wrapped in a collard green.