



WHAT EXACTLY IS A RAW FOOD DIET?

It's not "rabbit food."

It's raw food. Real Food.

I'm always getting asked about my lifestyle. As a woman who has converted her entire family to a high-raw diet, it is an incredible way to eat. Even my Italian-born, construction worker husband loves it. (I hesitate to use the word diet, because eating raw foods isn't really a diet, it's more of a "live-it.")

Nothing has had a greater impact on my family's health and happiness than what I serve them around the dinner table. Consider incorporating more raw foods into your diet and to help you do this, let's paint a clearer picture of what a raw food diet is.

1

Raw foods are plant foods in their natural state:

Raw Foods include fruits, vegetables, nuts, seeds, natural oils, herbs spices and flowers – broccoli

and artichokes are actually flowers – including garlic, squash and chive blossoms, roses, lilacs, rosehips, peonies, violets, pansies. Herbs – including oregano, mint, basil, lemon-tyme, lavender and sage – are also so tasty. Don't forget seaweeds – nori, popular in sushi restaurants – as well as mushrooms.

2

Raw foods contains both enzymes and energy:

Enzymes are the catalysts for all vitamins and minerals but can be destroyed by the heat you use when cooking. When a baby is born he or she has a 'bank account' of Enzymes. Unfortunately, due to stress, toxins, pollution and even eating cooked foods, the natural reserves of enzymes in the body can be depleted. I call this premature aging. Raw Foods contain their own enzymes which actually help to digest food. This means more energy is freed up for it to be used in other fun ways.

3

Raw foods tastes amazing:

This one is the hardest for most people to get – that is, at least until they actually try the food! Everyone knows raw foods can be eaten plain or mixed in a salad, but did you know you can also make GOURMET dishes such as pizza, pasta, ice cream, cookies, pies, burritos soups and other delicious dishes? Just



about any cooked favourite can be replaced by a raw dish that tastes just as good or better. Better still, raw foods are free of dairy, gluten and sugar, and require no cooking.

4

Did you know most people on the planet are eating the same food?

That is strange but true. The fact is, nearly everyone on the planet eats the same food as everyone else, and eats the same things over and over again. The top 13 foods include: soy, rice, corn, wheat, barley, orange, potato, chicken, coffee, beef, and dairy from cow and goat, coconut and chocolate. When you get on to raw food nutrition, it is something completely different! You start eating seaweed, algae, flowers, sprouts. You start eating fruits you never heard of before, like jackfruit (this is the flavor of JUICY FRUIT GUM) rambutan, lychee, durian, persimmon, starfruit, dragon fruit, mangosteen... There are over 500 different kinds of apples alone. Paradise!

And what happens next is that as your body clears out the goo and gunk of a SAD (Standard American Diet). A simple plant-based diet actually tastes DELICIOUS- more delish than a cardboard slice of greasy, mouldy, gastro-disastro pizza! The living ENZYMES in un-cooked food keep us young,

healthy and VITALLY ALIVE! Get ready and willing to feel good. All the time! To laugh. To have fun. To be in love with everything. To appreciate beauty, to live your purpose! To wake up pretty. ZING! Nature works. Only every time.

If you're clever or motivated, and salads are becoming boring you can even create GOURMET dishes that mimic your fave cooked versions such as, pasta, ice cream, cookies, pies, burritos, pizza, soups and even rice and meat dishes- ALL out of just FRUIT, VEGGIES, NUTS, SEEDS, SEAWEEDS, HERBS, FLOWERS. Just about any cooked favourite can be replaced by a raw dish that tastes just as good or better. Better still, raw foods are free of dairy, gluten and sugar, and require no cooking.

Here is a sample menu of a DAY-IN-THE-LIFE-OF-RAW:

Breakfast: Ultimate power smoothie, applesauce, berrilicious porridge, fresh fruit salad with cinnamon and lime and flowers, key-lime mousse, g'raw'nola with berries, etc
Lunch: raw soup, salad, avicadi/ tomatoe/cucumber sandwich, flax crackers with saurkraut, etc
Snack: candied pumpkin seeds, spicy lime-chili almonds, goji berries, trail mix, fresh fruit, etc

Dinner: burritos, pizza, pasta, stir-unfry, vegburgers (made from raw veggies) etc
Dessert: chocolate pudding, lemon-poppy seed cheesecake, bliss balls, peppermint fudge, ice-creem, etc
Bedtime Snack: almond milk and apple-raisin cookies



DOES THIS LOOK LIKE A DIET TO YOU?

So don't be afraid to try something new~ experimenting keeps you young! Switching to a raw food diet isn't about depriving yourself of taste of the foods you love or staying hungry. The raw food way is about ABUNDANCE, freshness and festivity. By adding more raw food to your diet you'll enjoy the side-effect of looking and feeling radiant!

FRUIT AND FLOWER FROLIC

Take any ripe fruit you have on hand and wash and peel and slice up pretty- unless it's berries which can be enjoyed whole. Toss with a splash of lemon juice and a pinch of cinnamon or cardomon spice Mmmmm. Then find a pretty bowl, some wild clover or other edible flower (never sprayed or treated) to sprinkle on top of fruit, and a sunny spot to. In-joy! 🌻

Shakaya Leone inspires women to take care of their exquisite body-temples and flower-faces. 'I help women RECLAIM their Health and Beauty. Food is a sacred gateway to activate that. Tell me how you eat and I'll tell you where you are sabotaging or cultivating your power as a woman.'
Learn more at www.EarthEmpress.com