

# RAW REBOOT



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# Welcome To Your Raw Reboot®

**REBOOT [rē-büt] meaning...** to start (something) anew : to refresh (something) by making a new start or creating a new version

Based on scientific principles for optimal Gut Microbiome health your RAW REBOOT provides a variety of FIBRE, Prebiotics, Resistant Starch and live enzymes along with macro and micronutrients, antioxidants and phytonutrients help to stimulate the richness, evenness, diversity and function of your beneficial gut flora. And... when your Gut Microbiome flourishes... YOU flourish!

Super delicious and nutritious plant-based prebiotic and fibre rich FOODS along with the core principles of INTERMITTENT FASTING combined with implementing LIFE-STYLE elements that support a flourishing Gut Microbiome... you will soon realize how nice it feels, for your mind and body, when YOU make yourself your priority!

All the INGREDIENTS in the RAW REBOOT have been carefully selected... along with the timing, duration and dosing... to upregulate and favourably support liver detoxification pathways and assist with toxin biotransformation to safely eliminate unwanted toxins from the body.

**When is the ideal time to RAW REBOOT?...** Anytime really, but it especially feels good after returning from travel, a period of over-indulgence, when experiencing a hectic work or homelife period, or just when you feel a little 'BLAH'.

**When to Start...** Ideally, the RAW REBOOT is best done in Spring, Summer or early Autumn where it is easy to source fresh produce and at a time where consuming cool foods compliment the weather. Start on any day of the week that suits you. All you have to do is shop with your shopping list, print off your menu plan, scroll the recipes on your device and you're ready to go!

Personally... I love to do the Raw Reboot as soon as nights start to get warm in December (Southern Hemisphere) and revisit my PHA, Me schedule etc. Then I book-end it with another one in March, allowing 3-mths to bring a greater awareness to my health.

**What to do After you Finish...** If you are up for it, you can repeat the RAW REBOOT for a further 2, 3, 4 or 5-Days, but NO MORE! Once you finish... start with lighter meals e.g. salads, smoothies, soups etc. for a few days then ease back into your healthy eating with a variety of whole foods.

The RAW REBOOT 'food' element is NOT a diet, nor is it a long-term way of eating, it is a way to reboot and get back on track with ALL you food and lifestyle elements that create a flourishing Microbiome and a flourishing YOU!

## The food... How it Works...

The RAW REBOOT follows the principles of balanced eating for Microbiome health, safe and supportive detoxification, and INTERMITTENT FASTING to support 'Autophagy', a natural process whereby the body operates a 'big clean' to get rid of damaged cells, eliminate toxins and create new healthy cells.

- 👉 You are required to fast for up to 16-hrs a day. However do NOT fast if you are Pregnant or breastfeeding, if you have Hypoglycaemia, suffer from a chronic disease, have an eating disorder or have a BMI of less than 19.5.
- 👉 During FASTING hours do NOT have anything except water, herbal teas or lemon blend. You CAN have your one daily black coffee and tea during this time if you wish.
- 👉 How to Intermittent fast... You must leave 16hrs between the end of Dinner and your next day Morning smoothie. *Example...*
  - Finish after dinner snack at 6pm, start breakfast Smoothie at 10am.
  - Finish after dinner snack at 7pm, start breakfast Smoothie at 11am.
- 👉 Eat/Drink ONLY what is on the RAW REBOOT Meal Plan in the order laid out, starting with Day 1 and ending on Day 5. You MUST eat every single meal on the meal plan.
- 👉 Approximate times for consuming meals are written on your Meal Plan.

## Food... Raw Reboot ...

- ✓ **ONLY eat the delicious RAW REBOOT food...** unless you cannot source a certain ingredient then you can substitute it for another e.g. *No Watercress? Substitute for a bitter green (see shopping list)*
- ✓ **Essential preparation...** is listed at the top of your Meal Plan is ESSENTIAL. Make sure you do it ALL as specified for OPTIMAL success.
- ✓ **Breakfasts...** are light and liquid to ease you into the day, after your intermittent fast. Most of the smoothies make one LARGE glass (*approx. 325ml, 11 fl.oz*), while others will make a glass and a half. If you are too full to have the extra 'amount' you can freeze into popsicles as they make a great 'anytime' snack post reboot.
- ✓ **Lunches...** are dinner leftovers from the night before (*as you will make a double dinner batch*), except for Day 1 lunch where you will have a smoothie. *Your shopping list caters for the doubling of ALL dinners.*
- ✓ Afternoon and After dinner **Snacks...** are non-negotiable *i.e. you MUST have them!* Your Chocolate is rich in Omega Fatty acids, Protein, Vitamins, A, B, C, E, & K. Raw cacao is an excellent prebiotic that helps to increase beneficial bacteria species such as Bifidobacteria & Lactobacilli. Rich in polyphenols, it's packed with natural antioxidants, is an excellent anti-inflammatory and is brimming with minerals such as magnesium, calcium, copper, iron, phosphorus, potassium and zinc. Don't snack outside of your 'snack' time, instead have water and herbal teas.
- ✓ **Dinners...** on your meal plan are best eaten in the order laid out however depending on availability of 'fresh' produce you can change the order if needed. Ensure you DOUBLE the recipe every evening for lunch leftovers the next day. *Shopping list caters for doubling of dinner, so no need to buy more.*
- ✓ **Herbal Teas...** Choose loose leaf non-caffeinated Organic teas such as Rooibos Peppermint, Dandelion, Lemongrass, Chamomile or your Plant Based Essentials Chai tea or Turmeric latte. Or [VOI](#) Relaxation tea, Ginger tea or Comfort tea.
- ✓ **Black Coffee or Tea...** is okay to have, limit to JUST one a day BEFORE midday. Drink at least 1-hr away from a meal or snack. If you REALLY can't stand it black... then add a splash of homemade 'nut, seed or oat milk'.

## Lifestyle... Raw Reboot ...

- ✓ **ME schedule...** Head to the GHL and search ... *Planning MY day so 'ME' is my Number One Priority.* Create a NEW 'Me Schedule' to ensure you are PRIORITIZING YOU! Use your Alumni ME Schedule template.
- ✓ **Share your journey in the VC...** hold yourself accountable to your commitment to your health. Share your journey using the hashtag #Rawreboot #accountability
- ✓ **Check in with your DD's...** Have you allowed eating in front of the TV, using or scrolling on your computer or smart phone? Eating while working? Instead of taking time for you AND your gut? Digestive Dominoes is a key factor in maintaining optimal health, and the health of your Microbiome. Re-read your DD handbook and re-listen to the DD podcast.
- ✓ **Movement...** Having done your ME schedule you have set aside each day for movement. During your #rawreboot focus on light movement as prescribed in your Meal plan.
- ✓ **Hydration...** to re-calculate your water intake head to the GHL and search... *How Much Water Should I Be Drinking?...* and while you're there re-familiarize yourself search... *The OPTIMUM way to hydrate the body...* read and then comment on the VC post, even if you have commented before. Remember #accountability
- ✓ **Stress ARM ...** how is your awareness, relief and management of stress? Stress is one of the biggest disruptors to your health and the health of your Microbiome. You need to consistently flex your STRESS ARM for optimal health.
- ✓ **Sleep Check...** Check your Optimal Sleep Practices. What has slipped? What do you need to pull back into line? What is your night-time bed routine?
- ✓ **Digital hygiene...** Where are you with this? Are you setting ALL electronic devices to DO NOT DISTURB from 8pm? How about the scrolling? Head to the Virtual Clinic and recommit by doing [THIS](#) activity. #accountability



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## What to AVOID during your Raw Reboot...

As you can imagine the list of AVOID foods is too extensive to write here. But basically... ONLY eat what is on your Raw Reboot Meal plan and ONLY use the Raw Reboot recipes, no extra snacking and AVOID everything else... that, of course, means no alcohol!

## Can I Expect Any Adverse Reactions?

Any change in dietary and lifestyle patterns may result in 'withdrawal symptoms'. Hydrate regularly, drink Ginger tea and REST. For more information search in the GHL... I'm experiencing uncomfortable and unusual symptoms. What's going on?

**I am confident you can do this...** Let's face it... it's JUST 5-days right? If you feel yourself wanting to give up then just focus on your 'WHY'.

**Share your journey...** in the Virtual Clinic and use the hashtag #RawReboot and #Alumni #Accountability

Nat 

## IMPORTANT...

**Medical Disclaimer:** Always speak with your physician/healthcare professional before making any dietary changes and ascertain if this plan is suitable for you. Information provided is for general purposes only, it is NOT intended to diagnose, treat, cure, or prevent any disease. Neither is it intended as a substitute for the advice provided by your physician or other healthcare professional. Do not use the information provided here for treating a health problem or disease. It is recommended to work alongside a health professional to individualize this plan to meet your energy needs. Do not disregard professional medical advice or delay in seeking professional advice because of something you have read here.

A lot of time has been spent in developing and perfecting the RAW REBOOT for YOU. Please respect the work, and how our team makes its living, and do NOT share, copy, reproduce, redistribute, any or part of the Gut Rebalancing Protocol Recipes and the REBOOT program to anyone, through any medium. © Raw Reboot 2022.

Please ensure you DOWNLOAD & SAVE the Raw Reboot program on your preferred device. An Administration Fee of \$30 is payable up front, per request, to email any duplicate documentation.

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♥ A lot of time has been spent in developing and perfecting the Raw Reboot for YOU. Please respect our work, and how our team makes its living, and do NOT share, copy, reproduce, redistribute, any of the Raw Reboot.

However... please feel free to post photos of your meals on Social Media using the hashtag **#rawreboot** so together, we can inspire people to take action and **Reboot their Health** too 😊

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# RAW REBOOT MEAL AND MOVEMENT PLAN

ESSENTIAL PREPARATION: Takes Approx. 3-hrs.

+ Lemon Blend *Plant Based Essentials*

+ Vanilla Macadamia Tots *make 24 Sweets 'n' Treats*

+ Peel and freeze Bananas *for Smoothies*

+ Divine Green Dressing *make 200ml/7 fl.oz*

+ LSB *make 160g/5.6oz Plant Based Essentials*

+ If SPROUTING Crunchy Combo Sprouts, start now *Plant Based Essentials*

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>ON WAKING</b>	Lemon Blend in a large mug of warm water then follow with a large glass of water				
<b>BREAKFAST</b> <i>approx. time 10-11am</i>	Antioxidant Surge Smoothie	Better-Carotene Smoothie	Heartbeat Smoothie	Gold Star Smoothie	Chocolate Brownie Smoothie
<b>LUNCH</b> <i>approx. time 12-1pm</i>	Berry Amazing Smoothie	<b>LEFTOVERS</b> Biome Booster Salad	<b>LEFTOVERS</b> Broccoboost Salad ≡ Divine Green Dressing	<b>LEFTOVERS</b> Super Sprout Salad ≡ Lime Drizzle	<b>LEFTOVERS</b> Tabouli Crunch Salad
<b>AFTERNOON SNACK</b> <i>approx. time 2-3pm</i>	Vanilla Macadamia Tots [2] <i>plus</i> whole Red Apple	Vanilla Macadamia Tots [2] <i>plus</i> a handful of Grapes	Vanilla Macadamia Tots [2] <i>plus</i> handful of Blueberries or Strawberries	Vanilla Macadamia Tots [2] <i>plus</i> whole Red Apple	Vanilla Macadamia Tots [2] <i>plus</i> handful of Blueberries or Strawberries
<b>DINNER</b> <i>approx. time 6-7pm</i>	Biome Booster Salad  <i>Double recipe for tomorrow's lunch</i>	Broccoboost Salad ≡ Divine Green Dressing  <i>Double recipe for tomorrow's lunch</i>	Super Sprout Salad ≡ Lime Drizzle  <i>Double recipe for tomorrow's lunch</i>	Tabouli Crunch Salad ≡ Citrus Drizzle  <i>Double recipe for tomorrow's lunch</i>	Cabbage and Celeriac Salad ≡ Lemon vinaigrette  <i>Double recipe for tomorrow's lunch</i>
<b>MOVEMENT</b>	20-min Barefoot walk at beach, park, woods or lake	20-min Yin Yoga daytime stretch PLUS 20-min Barefoot walk	20-min Barefoot walk at beach, park, woods or lake	20-min Yin Yoga daytime stretch PLUS 20-min Barefoot walk	20-min Barefoot walk at beach, park, woods or lake
<b>AFTER DINNER SNACK</b>	Vanilla Macadamia Tots [2] <i>plus</i> Herbal tea				
<b>YIN YOGA</b>	15-min Before Bed Yin Yoga session				

# ANTIOXIDANT SURGE





gluten free | dairy free | nut free | plant-based | raw

READY IN  
5 mins

Pomegranates pack two exceptional compounds – Punicalagins and Punicic Acid – together they provide potent antioxidant activity that provide powerful anti-inflammatory effects on the body



## YOU'LL NEED...

	1 	2 	3 	4 
Grapefruit – Red or pink	1 whole	2 whole	3 whole	4 whole
Pomegranate arils* <i>fresh or frozen</i>	½ cup	1 cup	1 ½ cups	2 cups
LSB	1 tbsp	2 tbsp	3 tbsp	¼ cup
Banana, unripe <i>fresh or frozen</i>	1 whole	2 whole	3 whole	4 whole
Ice <i>optional</i>	1 cup	2 cups	3 cups	4 cups

\*1 large fresh Pomegranate equals 1 cup of frozen arils

## LET'S GET STARTED...

- Peel grapefruit and add to blender with all other ingredients, blitz until smooth.
- Serve immediately.

## VARIATIONS (SERVES 1)

- *THINNER* – Depending on the juiciness of the Grapefruit, the consistency may be too thick. Add ¼ - ½ cup Coconut water to reach desired consistency.

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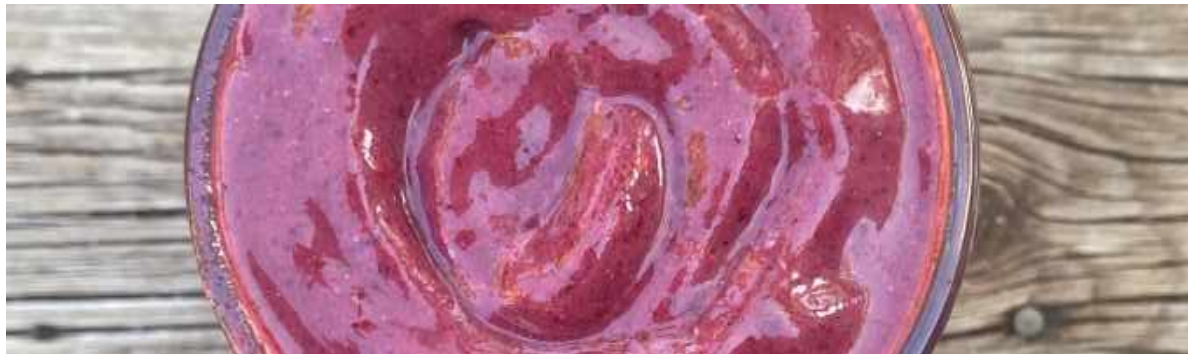


# BERRY AMAZING





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READY IN  
5 mins

Berries are AMAZING... they deliver a fabulous dose of fibre, protein, healthy fats, vitamins and minerals... but it is their BIOACTIVE phytonutrients that deliver exceptional nutritional and antioxidant properties... and add to this already IMPRESSIVE list... they also increase the production of Short Chain Fatty Acids (SCFA's) by beneficial bacteria in your microbiome creating a superior scaffolding for a healthy gut, body and mind



## YOU'LL NEED...

	1 	2 	3 	4 
Coconut water	1 cup	2 cups	3 cups	4 cups
Acai berries <i>frozen</i>	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
Strawberries <i>frozen</i>	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
Blackberries <i>frozen</i>	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
Blueberries <i>frozen</i>	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
Raspberries <i>frozen</i>	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
Cherries, sweet or sour <i>frozen</i>	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
Cranberries <i>frozen</i>	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
Hemp seeds	1 tbsp	2 tbsp	3 tbsp	$\frac{1}{4}$ cup

## LET'S GET STARTED...

- o Add all ingredients to blender, blitz until smooth.
- o Serve immediately.

## VARIATIONS (SERVES 1)

- o CREAMIER – Add 1 Banana, unripe fresh or frozen.

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# BETTER-CAROTENE





gluten free | dairy free | nut free | plant-based | raw

READY IN  
5 mins

Beta carotene, the red-orange / yellow-orange pigment found in colourful fruits and vegetables, is an antioxidant which is converted to active form of Vitamin A in the body. Vitamin A maintains eye health, supports a healthy reproductive and immune system... and maintains strong bones and healthy skin



## YOU'LL NEED...

	1 	2 	3 	4 
Persimmon* <i>medium</i>	1 whole	2 whole	3 whole	4 whole
Orange <i>medium</i>	1 whole	2 whole	3 whole	4 whole
Carrot	½ whole	1 whole	1 ½ whole	2 whole
Banana, unripe <i>fresh or frozen</i>	1 whole	2 whole	3 whole	4 whole
Coconut milk	½ cup	1 cup	1 ½ cups	2 cups
Ice <i>optional</i>	1 cup	2 cups	3 cups	4 cups

## LET'S GET STARTED...

- Peel persimmon, orange and carrot and add to blender.
- Add banana and coconut milk and optional ice, blitz until smooth.
- Serve immediately.

## VARIATIONS (SERVES 1)

- **OMEGA BURST** – Add 1-2 tsp of Chia and/or Hemp seeds
- **PERSIMMON SWAP** – Use Papaya/Paw Paw, Mango, Apricots or yellow Nectarines.
- **THINNER** – Depending on the juiciness of the Orange, the consistency may be too thick. Add ¼ - ½ cup Coconut water to reach desired consistency.
- **COCONUT MILK SWAP** – Add ½ - 1 cup of Coconut water PLUS 2 tbsp Hemp seeds

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# BIOME BOOSTER SALAD

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READY IN  
15 mins

This prebiotic rich salad is like 'super-grow fertilizer' for your microbiota, the beneficial bacteria living in your gut... while also providing a massive nutrient hit to the body... and did I mention... it is ridiculously delicious



Photo shows a mix of Watercress and Rocket/Arugula

## YOU'LL NEED...

	1 	2 	3 	4 
Green string beans	5 whole	10 whole	15 whole	20 whole
Watercress*	1 handful	2 handfuls	3 handfuls	4 handfuls
Rocket/Arugula	1 handful	2 handfuls	3 handfuls	4 handfuls
Fennel bulb	¼ whole	½ whole	¾ whole	1 whole
Pistachios, raw unsalted	30 g 1oz	60 g 2oz	90 g 3oz	120 g 4oz
Olive oil, extra virgin <i>optional</i>	1 tsp	2 tsp	3 tsp	1 tbsp
Apple Cider vinegar <i>with the mother</i>	1 tbsp	2 tbsp	3 tbsp	¼ cup
Pepper, Black cracked	¼ tsp	½ tsp	¾ tsp	1 tsp

## LET'S GET STARTED...

- Remove ends off green beans, cut into 5cm (2") lengths and steam for 3-5 mins until slightly tender. Rinse under cold water and then put in fridge while making salad.
- Remove watercress leaves from hard stems but include the softer stems. Wash well, rinse and add to salad bowl.
- Finely slice raw fennel and add to salad bowl, retain the green wispy leaves for salad garnish.
- Add cooled green beans.
- Sprinkle with pistachios and wispy fennel leaves.
- Combine *optional* oil, apple cider vinegar and pepper in a jar, shake well and pour over salad.
- Keeps in the fridge for 2-4 days.

## VARIATIONS (SERVES 1)

- **MORE HEALTHY FATS** – Add half an Avocado.
- **PURPLE SPLASH** – Add raw or lightly roasted slices of Beetroot.
- **HINT OF RED** – Add ½ small red Capsicum/Bell Pepper.
- **ONION** – Add ¼ sliced red Onion or 2 sprigs of Spring (green) Onions.
- **LIME SPLASH** – Replace dressing with freshly squeezed Lime juice.
- **\*WATERCRESS SWAP** – Hunt the shops for Watercress like your life depends on it, BUT if you can't find it then substitute with a mix of any of the following... Sunflower shoots, Snow Pea sprouts, Alfalfa sprouts, Endive, Radicchio, Chicory or Dandelion greens.

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# BROCCOBOOST SALAD





gluten free | dairy free | nut free | plant-based | raw

READY IN  
20 mins

Cruciferous vegetables contain powerful phytonutrients *Sulforaphane*, *Glucosinolates* and *Indole-3-carbinol* that protect the body against toxic damage during Phase I and II Liver detoxification pathways; and Parsley and Coriander assist with excretion of these 'toxins' ... A healthy supportive way to assist your body with what it does naturally



## YOU'LL NEED...

	1 	2 	3 	4 
Divine Green Dressing <i>see recipe</i>	100 ml 3.5fl.oz	200 ml 7fl.oz	300 ml 10fl.oz	200 ml 14fl.oz
Broccoli <i>small</i>	¼ whole	½ whole	¾ whole	1 whole
Cauliflower <i>small</i>	¼ whole	½ whole	¾ whole	1 whole
Parsley <i>fresh</i>	½ handful	1 handful	1 ½ handfuls	2 handfuls
Coriander/Cilantro <i>fresh</i>	½ handful	1 handful	1 ½ handfuls	2 handfuls
Sunflower seeds	¼ cup	½ cup	¾ cup	1 cup
Avocado <i>medium</i>	½ whole	1 whole	1 ½ whole	2 whole
Sprouts, Broccoli or Alfalfa	½ handful	1 handful	1 ½ handfuls	2 handfuls

## LET'S GET STARTED...

- Make Divine Green Dressing. Put in fridge to cool.
- Put broccoli florets in a food processor (*or see notes*) and *gently pulse* until it looks like rice. Put in a salad bowl.
- Put cauliflower florets in a food processor (*or see notes*) and *gently pulse* until it looks like rice. Put in a salad bowl.
- Roughly chop parsley and coriander, add to salad bowl
- Add sunflower seeds and mix through.
- Pour dressing over salad and mix well.
- Just before serving, top with sliced avocado and sprouts.
- Keeps in fridge for 3-4 days (without avocado on top).

**NOTES:** *Instead of a food processor you can use a grater to grate broccoli and cauliflower to make 'rice'.*

## VARIATIONS (SERVES 1)

- **MINERAL BOOST** – Mix 1 tsp. Dulse Flakes through salad.
- **CRUNCHY** – Top with Pumpkin or Sunflower seeds.

**TIP:** *Keep the Broccoli stems, slice them up, steam to make tender, then cool and freeze. Add to smoothies to green them up!*

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# CABBAGE AND CELERIAC SALAD





gluten free | dairy free | nut free | plant-based | raw

READY IN  
20 mins

This salad is so satisfying... a meal on its own. Eat as much as you like, even go back for seconds or thirds. Celeriac, is a relative of celery, an edible underground root. Along with Cabbage and Alfalfa, it contains a long list of phytonutrients that have impressive anti-inflammatory health benefits. Combined with Dill's volatile anti-bacterial oils this salad goes a long way to preventing disease



## YOU'LL NEED...

	1 	2 	3 	4 
Lemon <i>small</i>	1 whole	2 whole	3 whole	4 whole
Olive oil, extra virgin <i>optional</i>	1 tsp	2 tsp	3 tsp	1 tbsp
Salt, Pink Himalayan <i>ground</i>	¼ tsp	½ tsp	¾ tsp	1 tsp
Cabbage – White <i>large</i>	⅙ whole	¼ whole	⅓ whole	½ whole
Celeriac/Celery root*	¼ whole	½ whole	¾ whole	1 whole
Sprouts, Alfalfa	¼ handful	½ handful	¾ handful	1 handful
Dill leaves <i>dried or fresh</i>	1 tsp	2 tsp	3 tsp	1 tbsp

\* Celeriac can sometimes be hard to find, so substitute with any of the variations listed below.

## LET'S GET STARTED...

- Zest and juice lemon and combine in a jar with *optional* olive oil and salt, set aside.
- Finely dice cabbage into VERY thin strips, add to salad bowl.
- Using a mandolin or knife, finely slice celeriac (or variation) into VERY thin strips, add to bowl.
- Shake dressing and pour over salad, then with hands, firmly massage salad for 1-2 minutes to soften vegetables.
- Then add alfalfa sprouts and dill and mix through.
- Let cool in fridge for 5-10 mins then serve.
- Keeps in fridge for up to a week.

## VARIATIONS (SERVES 1)

- KOHLRABI\* – Use instead of Celeriac.
- FENNEL\* – Use instead of Celeriac and use Fennel leaves as a topping.
- BEAN SHOOTS\* – Use instead of Celeriac.
- SESAME – Sprinkle with Sesame seeds.
- OIL FREE – Use just lemon juice, however it doesn't have the same rich taste
- SALT SWAP – Use Sumac instead.

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Celeriac ↓

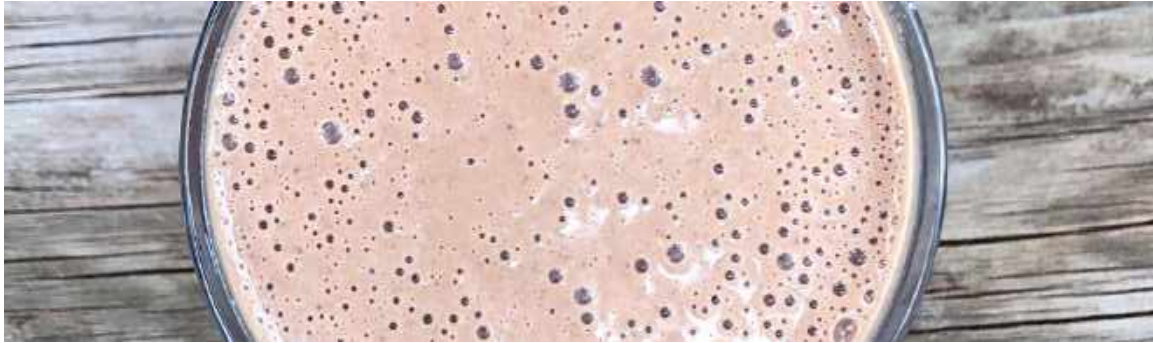


# CHOCOLATE BROWNIE





gluten free | dairy free | nut free options | plant-based | raw

READY IN  
5 mins

A chocolate brownie for breakfast? Absolutely... Because raw cacao promotes the growth of beneficial gut flora and also assists in reducing gut inflammation



## YOU'LL NEED...

	1 	2 	3 	4 
Coconut water	1 cup	2 cups	3 cups	4 cups
Coconut milk	½ cup	1 cup	1 ½ cups	2 cups
Cacao powder, raw <i>organic</i>	1 tbsp	2 tbsp	3 tbsp	¼ cup
Banana, unripe <i>fresh or frozen</i>	1 whole	2 whole	3 whole	4 whole
LSB	2 tbsp	¼ cup	¼ cup	½ cup
Hemp seeds	2 tbsp	¼ cup	¼ cup	½ cup
Ice <i>optional</i>	1 cup	2 cups	3 cups	4 cups

## LET'S GET STARTED...

- Add all ingredients to blender, blitz until smooth.
- Serve immediately.

## VARIATIONS (SERVES 1)

- *COCONUT SWAP* – Replace Coconut water with homemade Nut milk.
- *OMEGA BURST* – Add 2 tbsp Chia seeds.

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# DIVINE GREEN DRESSING

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READY IN  
10 mins

A divine dressing with the most amazing health benefits... here's just a few...

- 🌿 Parsley... high in protein, packed with Vitamin A and C, balances blood sugar levels and reduces water retention.
- 🌿 Coriander... helps to stimulates digestion and chelates heavy metals from the body.
- 🌿 Basil... powerful anti-inflammatory, packed full of flavonoids that protect cells and its volatile oils inhibit several species of pathogenic bacteria.



YOU'LL NEED...	100ml 3.5fl.oz	200ml 7fl.oz	300ml 10fl.oz	400ml 14fl.oz
Kiwi fruit	1 whole	2 whole	3 whole	4 whole
Garlic	1 clove	2 cloves	3 cloves	4 cloves
Apple cider vinegar <i>with the mother</i>	1 tbsp	2 tbsp	3 tbsp	¼ cup
Parsley <i>fresh</i>	½ handful	1 handful	1 ½ handfuls	2 handfuls
Coriander/Cilantro <i>fresh</i>	½ handful	1 handful	1 ½ handfuls	2 handfuls
Basil <i>fresh</i>	½ handful	1 handful	1 ½ handfuls	2 handfuls
Olive oil, extra virgin <i>optional</i>	2 tsp	1 tbsp	6 tsp	2 tbsp

## LET'S GET STARTED...

- Peel kiwi fruit and garlic, chop roughly and put in blender.
- Add all other ingredients to blender and blitz until smooth and creamy.
- Add a little water if too thick.
- Keeps in the fridge for approx. 1 week.

## VARIATIONS (SERVES 1)

- **OIL FREE** – Replace oil with filtered water.
- **RAW GARLIC** – If you're not a fan, just omit.

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# GOLD STAR

gluten free | dairy free | nut free | plant-based | raw

READY IN  
5 mins





This smoothie gets a ★ Gold Star ★ due it's gorgeous colour and its amazing health-supporting properties....

- ✓ Pineapple... has more than 100% of your daily Vitamin C requirements and Bromelain, an enzyme that helps reduce inflammation.
- ✓ Turmeric... with powerful anti-inflammatory curcuminoids, the most important of which is Curcumin; Black pepper (piperine) enhances Curcumin's anti-inflammatory bioavailability by 2000% and added 'fats' helps it to be more easily absorbed by your gut.
- ✓ Carrot... containing Beta Carotene a powerful phytonutrient antioxidant and 100% of your Vitamin A needs.
- ✓ Ginger... is an excellent carminative, relaxing and soothing the gastrointestinal tract with powerful anti-inflammatory properties.
- ✓ Orange... with Citrus flavanones, phytonutrients that have significant antioxidant properties and Hesperidin a bioflavonoid with strong anti-inflammatory properties.
- ✓ Hemp seeds... is a complete easily digestible Protein, has Omega 3, 6 & 9, 15 times as much Conjugated Linoleic Acid as fish oil plus Vitamins B, E and D<sup>3</sup>, Potassium, Niacin, Folate, Iron, Phosphorous and Zinc.
- ✓ LSB... packed with vitamins, minerals, Omega 3's and 6's and lignans.

AND... of course... ALL are packed with FIBRE for a healthy Gut Microbiome 😊



*NOTE: If you have white counter tops you may wish to protect them before peeling the Turmeric. The bright yellow-orange colouring stains everything in sight, even your hands (you may want to wear gloves)*

YOU'LL NEED...	1 	2 	3 	4 
Carrot	1 whole	2 whole	3 whole	4 whole
Pineapple <i>fresh</i>	1 cup	2 cups	3 cups	4 cups
Ginger <i>fresh</i>	25 g .9oz	50 g 1.8oz	75 g 2.6oz	100 g 3.5oz
Turmeric <i>fresh</i>	25 g .9oz	50 g 1.8oz	75 g 2.6oz	100 g 3.5oz
Orange <i>medium</i>	1 whole	2 whole	3 whole	4 whole
Coconut milk	¼ cup	½ cup	¾ cup	1 cup
Coconut water	¼ cup	½ cup	¾ cup	1 cup
Pepper, black cracked <i>plus topping</i>	½ tsp	1 tsp	1 ½ tsp	2 tsp
Hemp seeds	1 tbsp	2 tbsp	3 tbsp	¼ cup
LSB mix <i>see recipe</i>	1 tbsp	2 tbsp	3 tbsp	¼ cup
Ice <i>optional</i>	1 cup	2 cups	3 cups	4 cups

*Weight of both Ginger and Turmeric is when unpeeled*

## LET'S GET STARTED...

- Scrub carrot with water and brush, remove top but do NOT peel.
- Peel pineapple, ginger and turmeric.
- When peeling Orange keep as much as the white pith on.
- Add all ingredients to blender and blitz until smooth.
- Serve immediately with more black pepper sprinkled on top.

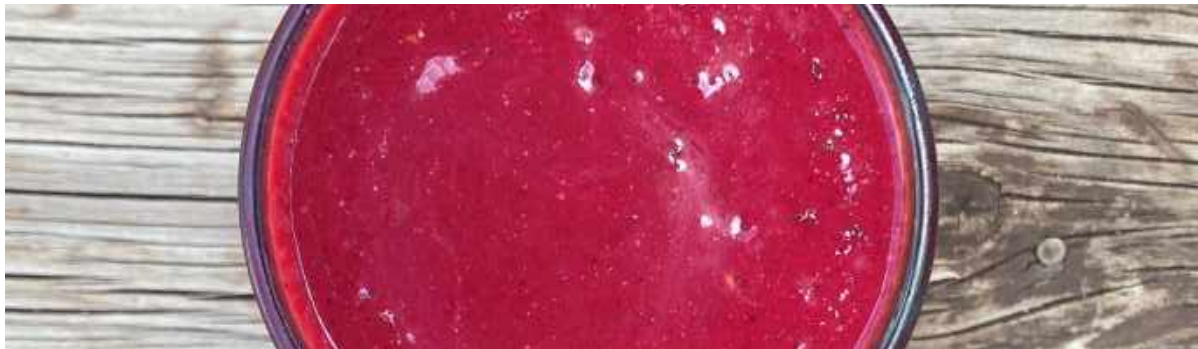
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# HEARTBEET





gluten free | dairy free | nut free | plant-based | raw

**READY IN**  
5 mins

Berries are rich in phenolic compounds that are broken down from complex polyphenols to smaller phenolic compounds in the gut by beneficial gut flora, and ... *“reciprocally polyphenols and their metabolites can also modulate the microbial populations. In healthy subjects, these modulations generally lead to an increase in Bifidobacterium, Lactobacillus and Akkermansia, therefore suggesting a prebiotic-like effect of the berries or their compounds”*<sup>[1]</sup> ... in plain speak... they are food for your beneficial gut flora and when combined with beetroot <sup>[2]</sup> have anti-inflammatory and antioxidant activity in the body



## YOU’LL NEED...

	1 	2 	3 	4 
Beetroot/beets <i>medium</i>	1 whole	2 whole	3 whole	4 whole
Apple – Green	1 whole	2 whole	3 whole	4 whole
Strawberries <i>fresh or frozen</i>	2 cups	4 cups	6 cups	8 cups
Raspberries <i>fresh or frozen</i>	1 cup	2 cups	3 cups	4 cups
Coconut water	1 cup	2 cups	3 cups	4 cups
Hemp seeds	1 tbsp	2 tbsp	3 tbsp	¼ cup
Ice <i>optional</i>	1 cup	2 cups	3 cups	4 cups

## LET’S GET STARTED...

- Peel beetroot and remove core from apple and add to blender with all other ingredients and blitz until smooth.
- Serve immediately.

## VARIATIONS (SERVES 1)

- **NUTTY** – Add 1 tbsp of LSA or LSB.

[1] 2019. Berry polyphenols metabolism and impact on human gut microbiota and health. Food and Function.

[2] Beetroot/beet’s purple-crimson colour is from ‘betacyanin’, a pigment. Some individuals cannot break down the pigment effectively, and while this doesn’t affect nutrient absorption, it may result in ‘red’ coloured urine or faeces. There is no cause for alarm as this goes away naturally once the pigment has gone through your system.

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READY IN  
15 mins





# SUPER SPROUT SALAD

gluten free | dairy free | nut free | plant-based | raw

Sprouts are a fantastic source of antioxidants, minerals and phytonutrients and provide a massive boost of live enzymes that assist with digestion. They're also packed with Protein, rich in fibre and provide a hit of Vitamins A, B-complex, C, and E



## YOU'LL NEED...

	1 	2 	3 	4 
Lime	1 whole	2 whole	3 whole	4 whole
Sprouts, Broccoli or Alfalfa	1 handful	2 handfuls	3 handfuls	4 handfuls
Sprouts, Snow pea	1 handful	2 handfuls	3 handfuls	4 handfuls
Sprouts, Crunchy combo*	1 handful	2 handfuls	3 handfuls	4 handfuls
Watercress**	1 handful	2 handfuls	3 handfuls	4 handfuls
Avocado <i>medium</i>	½ whole	1 whole	1 ½ whole	2 whole
Hemp seeds	1 tbsp	2 tbsp	3 tbsp	¼ cup

\*Crunchy Combo sprouts are a mix of Mung beans, Chickpeas and Lentils.

## LET'S GET STARTED...

- Juice lime, set aside.
- Put the all the washed and rinsed sprouts and watercress in a serving bowl and mix well.
- Slice avocado and lay on top of salad, sprinkle with hemp seeds and pour over lime juice.
- Serve immediately.
- Keeps in the fridge for 2-3 days.

## VARIATIONS (SERVES 1)

- **CITRUS** – Add sliced Orange, Mandarin or Grapefruit.
- **DRESSING SWAP** – This also tastes great with Divine green dressing.
- **\*\*WATERCRESS SWAP** – Hunt the shops for Watercress like your life depends on it, BUT if you can't find it then substitute with a mix of any of the following... Sunflower shoots, Snow Pea sprouts, Alfalfa sprouts, Endive, Radicchio, Chicory or Dandelion greens.

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# TABOULI CRUNCH

gluten free | dairy free | nut free | plant-based | raw





READY IN  
20 mins

This super yummy version of Tabouli will give your body a super boost of nutrients

- ✓ Sprouts are packed full of live enzymes, high in protein, fibre and Vitamins A, B-complex, C, and E.
- ✓ Parsley, also high in protein, is packed with Vitamin A and C, balances blood sugar levels, reduces water retention and helps support the removal of toxins from the body.
- ✓ Mint is a great antioxidant and helps stop cravings.
- ✓ Tomatoes are high in antioxidants, Vitamins C and E and beta-carotene.



## YOU'LL NEED...

	1 	2 	3 	4 
Lemon <i>small</i>	½ whole	1 whole	1 ½ whole	2 whole
Lime	1 whole	2 whole	3 whole	4 whole
Parsley <i>fresh</i>	1 handful	2 handfuls	3 handfuls	4 handfuls
Tomato <i>medium</i>	1 whole	2 whole	3 whole	4 whole
Mint leaves <i>fresh</i>	1 handful	2 handfuls	3 handfuls	4 handfuls
Onion – Red <i>small</i>	½ whole	1 whole	1 ½ whole	2 whole
Sprouts, Crunchy Combo*	1 handful	2 handfuls	3 handfuls	4 handfuls

\*Crunchy Combo sprouts are a mix of Mung beans, Chickpeas and Lentils.

## LET'S GET STARTED...

- Juice lemon and lime and set aside.
- Finely dice all ingredients and add to a salad bowl.
- Add the sprouts and mix through.
- Pour over lemon and lime juice and serve immediately.
- Keeps in the fridge for up to 1 week.

## VARIATIONS (SERVES 1)

- **ZESTY** – Add zest of Lime to juice.
- **LETTUCE WRAP** – Serve inside a Cos/Romaine lettuce leaf.
- **BUDDHA BOWL** – Arrange on one side of the bowl and then arrange Avocado, Snow peas and Cucumber next to it.
- **CUCUMBER BOAT** – Cut a cucumber in half lengthways, scoop out most of the flesh & fill with Tabouli (retain the cucumber flesh for smoothies).

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# RAW REBOOT SHOPPING LIST

Shop at home first, check off items on your list



<input checked="" type="checkbox"/> <b>FRUIT, VEGETABLES, FRESH HERBS</b>	<b>1 PERSON</b>	<b>2 PEOPLE</b>	<b>3 PEOPLE</b>	<b>4 PEOPLE</b>
<input type="checkbox"/> Apple – Green	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Apple – Red	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Avocado <i>medium</i>	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Banana <i>medium unripe</i> <i>see notes</i>	3 whole	6 whole	9 whole	12 whole
<input type="checkbox"/> Basil <i>fresh</i>	1 handful	2 handfuls	3 handfuls	4 handfuls
<input type="checkbox"/> Beetroot/Beet, raw <i>small</i>	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Blueberries or Strawberries	125 g 4.4oz	250 g 8.8oz	375 g 13oz	500 g 17oz
<input type="checkbox"/> Broccoli <i>small</i>	½ whole	1 whole	1 ½ whole	2 whole
<input type="checkbox"/> Cabbage – White <i>large</i>	¼ whole	½ whole	¾ whole	1 whole
<input type="checkbox"/> Carrot <i>organic if possible</i>	2 whole	3 whole	5 whole	6 whole
<input type="checkbox"/> Cauliflower <i>small</i>	½ whole	1 whole	1 ½ whole	2 whole
<input type="checkbox"/> Celeriac/Celery root <i>see notes</i>	½ whole	1 whole	1 ½ whole	2 whole
<input type="checkbox"/> Coriander/Cilantro <i>fresh</i>	2 handfuls	4 handfuls	6 handfuls	8 handfuls
<input type="checkbox"/> Fennel/Aniseed bulb	½ whole	1 whole	1 ½ whole	2 whole
<input type="checkbox"/> Garlic [1 bulb = approx 8 cloves]	2 cloves	4 cloves	6 cloves	8 cloves
<input type="checkbox"/> Ginger <i>fresh</i>	25 g .9oz	50 g 1.8oz	75 g 2.6oz	100 g 3.5oz
<input type="checkbox"/> Grapefruit – Red or Pink <i>medium</i>	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Grapes – White, Red or Black	1 handful	2 handfuls	3 handfuls	4 handfuls
<input type="checkbox"/> Green string beans	10 whole	20 whole	30 whole	40 whole
<input type="checkbox"/> Kiwi fruit	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Lemon <i>for lemon blend &amp; dressings</i>	5 whole	10 whole	15 whole	20 whole
<input type="checkbox"/> Lime	4 whole	8 whole	12 whole	16 whole
<input type="checkbox"/> Mint leaves <i>fresh</i>	2 handfuls	4 handfuls	6 handfuls	8 handfuls
<input type="checkbox"/> Onion – Red <i>small</i>	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Orange <i>medium</i>	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Parsley <i>fresh</i>	4 handfuls	8 handfuls	12 handfuls	16 handfuls
<input type="checkbox"/> Persimmon <i>medium</i> <i>see notes</i>	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Pineapple <i>fresh</i> <i>or buy frozen NOT canned</i>	½ whole	1 whole	1 ½ whole	2 whole
<input type="checkbox"/> Pomegranate large <i>or buy frozen arils</i>	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Rocket/Arugula	2 handfuls	4 handfuls	6 handfuls	8 handfuls
<input type="checkbox"/> Sprouts, Alfalfa	½ handful	1 handful	1 ½ handfuls	2 handfuls
<input type="checkbox"/> Sprouts, Broccoli or Alfalfa	3 handfuls	6 handfuls	9 handfuls	12 handfuls
<input type="checkbox"/> Sprouts, Crunchy combo <i>see notes</i>	4 handfuls	8 handfuls	12 handfuls	16 handfuls
<input type="checkbox"/> Sprouts, Snow pea	2 handfuls	4 handfuls	6 handfuls	8 handfuls
<input type="checkbox"/> Tomato – any type <i>medium</i>	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Turmeric <i>fresh</i> <i>see notes</i>	25 g .9oz	50 g 1.8oz	75 g 2.6oz	100 g 3.5oz
<input type="checkbox"/> Watercress <i>see notes</i>	4 handfuls	8 handfuls	12 handfuls	16 handfuls
<input checked="" type="checkbox"/> <b>GRAINS, BEANS AND LEGUMES</b>	<b>1 PERSON</b>	<b>2 PEOPLE</b>	<b>3 PEOPLE</b>	<b>4 PEOPLE</b>
<input type="checkbox"/> Chickpeas/Garbanzo beans <i>dry organic</i> <i>see notes</i>	½ cup	½ cup	1 cup	1 cup
<input type="checkbox"/> Lentils – Green or Brown <i>dry organic</i> <i>see notes</i>	2 tbsp	2 tbsp	¼ cup	¼ cup
<input type="checkbox"/> Mung beans <i>dry organic</i> <i>see notes</i>	2 tbsp	2 tbsp	¼ cup	¼ cup
<input checked="" type="checkbox"/> <b>NUTS AND SEEDS</b>	<b>1 PERSON</b>	<b>2 PEOPLE</b>	<b>3 PEOPLE</b>	<b>4 PEOPLE</b>
<input type="checkbox"/> Brazil nuts <i>raw unsalted</i>	80 g 2.8oz	160 g 5.6oz	240 g 8.4oz	320 g 11oz
<input type="checkbox"/> Chia seeds <i>optional to add to smoothies</i>	¼ cup	½ cup	¾ cup	1 cup
<input type="checkbox"/> Flaxseed/Linseed <i>whole not ground</i>	¼ cup	½ cup	¾ cup	1 cup
<input type="checkbox"/> Hemp seeds	¼ cup	½ cup	¾ cup	1 cup
<input type="checkbox"/> Macadamia nuts <i>raw unsalted</i>	24 whole	48 whole	72 whole	96 whole
<input type="checkbox"/> Nuts, seeds or oats <i>see notes</i>	½ cup	½ cup	1 cup	1 cup
<input type="checkbox"/> Pistachios <i>raw unsalted</i>	60 g 2oz	120 g 4.2oz	180 g 6oz	240 g 8.4oz
<input type="checkbox"/> Sunflower seeds	½ cup	½ cup	1 cup	1 cup
<input checked="" type="checkbox"/> <b>PANTRY GOODS</b> <i>buy organic if possible</i>	<b>1 PERSON</b>	<b>2 PEOPLE</b>	<b>3 PEOPLE</b>	<b>4 PEOPLE</b>
<input type="checkbox"/> Apple Cider Vinegar, <i>organic with the 'Mother'</i>	½ cup	½ cup	1 cup	1 cup
<input type="checkbox"/> Cacao butter, <i>raw organic</i>	80 g 2.8oz	160 g 5.6oz	240 g 8.4oz	320 g 11oz
<input type="checkbox"/> Cacao powder, <i>raw organic</i>	55 g 2oz	110 g 4oz	165 g 6oz	220 g 8oz

# RAW REBOOT SHOPPING LIST

Shop at home first, check off items on your list



<input checked="" type="checkbox"/> PANTRY GOODS <i>buy organic if possible</i>	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Coconut milk 400g (14oz) <i>see notes</i>	2 cans	3 cans	4 cans	5 cans
<input type="checkbox"/> Coconut water 1 litre = 33 fl.oz	1 litre	1 litre	2 litres	2 litres
<input type="checkbox"/> Maple syrup	2 tsp	1 tbsp	6 tsp	2 tbsp
<input type="checkbox"/> Olive oil, extra virgin <i>organic, optional</i>	¼ cup	½ cup	¾ cup	1 cup
<input type="checkbox"/> Vanilla bean paste	2 tsp	1 tbsp	6 tsp	2 tbsp
<input checked="" type="checkbox"/> FRIDGE / FREEZER ITEMS <i>buy organic if possible</i>	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Acai berries <i>frozen see notes</i>	¼ cup	½ cup	¾ cup	1 cup
<input type="checkbox"/> Blackberries <i>frozen</i>	¼ cup	½ cup	¾ cup	1 cup
<input type="checkbox"/> Blueberries <i>frozen</i>	¼ cup	½ cup	¾ cup	1 cup
<input type="checkbox"/> Cherries <i>frozen</i>	¼ cup	½ cup	¾ cup	1 cup
<input type="checkbox"/> Cranberries <i>frozen</i>	¼ cup	½ cup	¾ cup	1 cup
<input type="checkbox"/> Raspberries <i>frozen</i>	1 ¼ cups	2 ½ cups	3 ¾ cups	5 cups
<input type="checkbox"/> Strawberries <i>frozen</i>	2 ¼ cups	5 ½ cups	7 ¾ cups	11 cups
<input checked="" type="checkbox"/> HERBS & SPICES <i>dried</i>	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Dill leaves <i>dried or fresh</i>	2 tsp	1 tbsp	6 tsp	2 tbsp
<input type="checkbox"/> Pepper, Black cracked	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Salt, Pink Himalayan ground	¼ tsp	½ tsp	¾ tsp	1 tsp
<input checked="" type="checkbox"/> YOUR EXTRA SHOPPING ITEMS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/>				
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**BANANAS...** need to be bought unripe (*i.e. mostly green*) then peel and freeze straight away so they don't ripen. You will use these for smoothies. Unripe bananas are high in resistant starch which means the starch component is resistant to digestion so passes through to the large intestine, where it becomes food for your beneficial bacteria.

**CELERIAC/CELERY ROOT...** If you cannot find, substitute with raw Kohlrabi, Fennel/Aniseed bulb or Bean shoots

**PERSIMMON...** If not in season substitute for any of the following... Papaya/Pawpaw, Mango, Apricots or Yellow Nectarines

**SPROUTS, CRUNCHY COMBO...** Either buy already sprouted, or buy DRY Chickpeas, Lentils & Mung beans listed in this shopping list and sprout your own (*see Sprouting in Plant Based Essentials*)

**TURMERIC...** While fresh is best, it can be hard to source at times, therefore you can use frozen Turmeric or substitute with Organic Turmeric powder. 1 tsp powder = 25g (0.9oz) fresh.

**WATERCRESS...** Hunt the shops for Watercress like your life depends on it, BUT if you can't find it then substitute with a mix of any of the following... Sunflower shoots, Snow Pea sprouts, Alfalfa sprouts, Endive, Radicchio, Chicory or Dandelion greens.

**NUTS, SEEDS or OATS...** if you wish to make 'Nut, seed or Oat' milk for your coffee/tea (*see recipes in Plant Based Essentials*)

**COCONUT MILK...** Must be JUST Coconut extract (cream) minimum 60% PLUS water. NO preservatives, emulsifiers or additives. Ideally Organic. NOTE: You can buy 100% Organic Coconut Crème and dilute yourself to make Coconut milk

**ACAI BERRIES...** if you cannot source, then substitute with another berry. The same goes if you cannot source another type of the frozen berries on your shopping list.