



Meal Plan  
& Recipes  
Shopping list

7 DAY RAW FOOD PLAN





# Introduction

## *Here is your 7 Day Raw Food Meal Plan!*

Please read this before you get started for the week and get familiar with the recipes. Look at what can be made ahead and pre-prepped to save you time in the kitchen during the week. We give you hints where we can for you during the week.

We recommend making your breakfasts in advance so they are ready to go in the morning. If you prepare anything in advance it should last a week in the fridge. Note: Any dressings you make for your salads or dinners keep separate until just before serving.

Our recipes are generous serves so you can have enough to take for leftovers to work for lunch or take a breakfast on the run. This also helps you in the kitchen with the amount of preparation time required.

If you need a nut milk bag don't forget to head to our online store at [www.therawfoodkitchen.com](http://www.therawfoodkitchen.com) and pick up one today!

*Have a rawsome week!*

*Amanda*







# 7 Day Meal Plan

**Note:** Dessert suggestions are optional and their ingredients are not included in the shopping list. If you wish to make a dessert or two from the bonus recipe booklet please add the ingredients to your shopping list. We have provided some extra blank lines on the shopping list for you to do so.

## breakfast

## lunch

## dinner

Day 1

**Apple Pecan Dream with Almond Milk**  
**Reminder:** Leftovers of this meal with be tomorrow's breakfast.  
**Hint:** Soak almonds for milk day prior.

**Rocket Almond Salad with Minted Broccoli**

**Spicy Chilli Bowl - a cooked / raw fusion!**  
**Reminder:** Leftovers of this meal with be tomorrow's lunch.  
**Optional Dessert:** Chunky Choc Mousse!

Day 2

**Apple Pecan Dream Leftovers with Almond Milk**

**Spicy Chili Bowl Leftovers**

**Avocado & Sun Dried Tomato Pesto Pasta**  
**Reminder:** Leftovers of this meal with be tomorrow's lunch.  
**Hint:** Make the Mango Chia Pudding tonight for breakfast.

Day 3

**Mango Chia Pudding**

**Avocado & Sun Dried Tomato Pesto Pasta Leftovers**

**Pomegranate Slaw Salad**  
**Reminder:** Leftovers of this meal with be tomorrow's lunch.  
**Optional Dessert:** Chunky Choc Mousse, leftover from Monday  
**Hint:** Make Bliss balls for tomorrow!

Day 4

**Green Dream Smoothie & Bliss Ball**

**Leftover Pomegranate Slaw Salad**

**Cheesy Mushroom Burger**  
**Reminder:** Leftovers of this meal with be tomorrow's lunch.

Day 5

**Coconut Buckwheat Crunchies**  
**Reminder:** Leftovers of this meal with be tomorrow's breakfast.

**Leftover Cheesy Mushroom Burger**

**Carrot & Turmeric Salad**  
**Reminder:** Leftovers of this meal with be tomorrow's lunch.  
**Optional Dessert:** Leftover Bliss Ball

Day 6

**Coconut Buckwheat Crunchies Leftovers**

**Carrot & Turmeric Salad Leftovers**

**Cabbage Cup Tacos**  
**Reminder:** Leftovers of this meal with be tomorrow's lunch.  
**Optional Dessert:** Raspberry Coconut Slice

Day 7

**Blueberry Butter Smoothie & Bliss Ball**

**Leftover Cabbage Cup Tacos**

**Rocket Almond Salad with Minted Broccoli**  
**Optional Dessert:** Raspberry Coconut Slice



# Day 1



## Breakfast

### *Apple Pecan Dream: serves 2*

#### Ingredients:

- 1/4C sunflower seeds
- 6T walnuts
- 1/2C pecans
- 1/4C almonds
- 1/2T chia
- 1 green apples, diced
- 1/4C raisins + extra 1/4C raisins to stir in
- 1/4C dried figs, chopped
- 1/4C maple syrup
- 1/2T cinnamon
- pinch of sea salt
- shredded coconut to garnish
- fresh fruit of your choice to garnish

#### Method:

Soak nuts and seeds in a separate bowl, drain. Soak dried fruit to soften, reserving their soaking water. Process the nuts in food processor, until just combined. Add to a big bowl. In a blender, blend the soaked fruit (reserve the extra 1/4C raisins) with just enough of the soaked water to cover to create a paste. Add to bowl. Add sunflower seeds, chia, cinnamon, chopped apple, figs, salt, extra raisins and maple syrup. Stir. Adjust to taste.

Store in airtight container in fridge. To serve, place in bowls, and top with fresh fruit of your choice and shredded coconut, and fresh almond milk.

### *Almond Milk (makes approx 1 liter)*

#### Ingredients:

- 1C almonds, soaked overnight, drained
- 3C water
- 1/2 dropperful vanilla stevia (optional)
- pinch mineral salt

#### Method:

Combine all ingredients in a blender and blend until combined. Strain through a nut milk bag - any almond pulp leftover keep in freezer (you can use to make bliss balls etc with). Milk will last for 4-5 days in fridge.



## Lunch

### *Rocket Almond Salad with Minted Broccoli: serves 2*

#### Ingredients for the salad:

- 1/4 head broccoli, broken into florets - marinated in 1/2T ACV, 1/2T raw honey, 1/2T olive oil, 1t tamari and 2T chopped mint
- 1/4C cranberries, rough chop
- 1/2C green cabbage, finely shredded
- 1/4C chopped almonds
- 1/8 red onion, finely sliced
- 75g rocket

#### Method:

Combine all in a bowl and set aside while you make the dressing.



# Day 1

## Lemon Mint Dressing

### Ingredients:

- 1/4C cashews, soaked 20 mins to soften, drained
- 1/2T miso paste
- 1T mint
- juice of half a lemon
- zest of half a lemon
- 5 drops lemon oil (optional)
- 1/2 clove garlic
- pinch salt
- 1T raw honey

### Extra's

- 2t Pumpkin Seeds
- 2t Goji Berries

### Method:

Combine all ingredients in a high speed blender. Adjust to taste. Pour over salad and serve with extra pumpkin seeds, goji berries to garnish.



## Dinner

### Spicy Chilli Bowl - a cooked / raw fusion: serves 2

### Ingredients for the base:

- 1C cooked quinoa
- 1/2C baby spinach
- 1/2C yellow capsicum chopped
- 1/2C red capsicum chopped
- 1C carrot grated
- 2T grated beetroot to garnish
- 1/2C mushrooms - sliced
- 1C cherry tomatoes, quartered
- 1C walnuts, soaked, drained, small chop
- 1/4C red onion, finely sliced
- handful torn coriander

### To Garnish

- 1 avocado, mashed and extra sprigs of coriander

### Method:

Combine all in a bowl and set aside while you make the chill dressing.

## Chili Dressing

### Ingredients:

- 1/2C sun-dried tomatoes, soaked to soften, drained
- 1 stalk celery finely chopped
- 1/4 red onion
- Juice of 1 lime
- 4 tomatoes, de-seeded
- 1 jalapeño pepper
- 1t mexican chill powder
- 1/4t smoked paprika
- 1 clove garlic
- 2 medjool dates
- 2t cacao powder
- 2T tamari
- 1T ACV
- 2T olive oil
- 2T fresh coriander
- pinch salt

### Method:

Combine all in a food processor and process until just combined. The chili dressing should be fairly firm and still a little chunky. Adjust to taste, stir into base ingredients and serve with coriander to garnish and smashed avocado.

*Dessert Option:  
We recommend the Chunky Choc Mousse!*



# Day 2



## Breakfast

### *Apple Pecan Dream Leftovers with Almond Milk*



## Lunch

### *Spicy Chili Bowl Leftovers*



## Dinner

### *Avocado & Sun Dried Tomato Pesto Pasta: serves 2*

#### Pesto Sauce Ingredients:

- 1/2 bunch basil
- 1/4C sun dried tomatoes
- 1 cloves garlic
- 2T filtered water - more if needed
- 1/4C baby spinach
- pinch salt
- 1/4C cashews
- 2T pine nuts
- 1/2T lemon juice
- 1/2T ACV
- 1T nutritional yeast
- 1/2T coconut nectar
- 2T extra virgin olive oil - more if needed

#### To Garnish

- 1/4 sliced avocado
- 2T pine nuts
- fresh basil sprigs
- 1/4t salt

#### Keep separate until serving

- 4 zucchinis - spiralsed
- 1/2t salt

#### Method:

Soak sun dried tomatoes for 30 minutes in hot water. Drain and rinse. In a blender add rest of ingredients. Blend slowly. Try to leave the pesto consistency a little chunky. Stir in salt. Keep pesto separate from zucchini until right before serving.

*Hint: Make your mango chia pudding tonight so you can have for breakfast tomorrow!*





# Day 3



## Breakfast

### *Mango Chia Pudding: serves 2*

#### Ingredients:

- 1/4C chia seeds
- zest of one lemon + extra for garnish
- juice of 1 lemon
- 1 mango, + 1 extra for slicing or dicing
- 1t cinnamon
- 1t vanilla extract
- 5 drops lemon oil (optional)
- 1/4C rough chopped almonds
- 1C almond milk
- 2T coconut nectar or raw agave
- pinch salt

#### To Garnish

- Goji berries
- handful blueberries
- sprig of mint

#### Method:

Blend all ingredients except for 1 mango, chia seeds, and chopped almonds. Whisk Chia seeds into mix. Stir in almonds. Adjust to taste. Set aside overnight in fridge to set. To serve, place sliced or diced mango in bottom of glass jar. Pour chia mix into serving bowls and top with lemon zest and garnish with a few goji berries, blueberries and mint leaf.



## Lunch

### *Avocado & Sun Dried Tomato Pesto Pasta Leftovers*

*Hint: Make Bliss Balls for breakfast tomorrow!*



## Dinner

### *Pomegranate Slaw Salad: serves 2*

#### Ingredients:

- 1/4 head green cabbage finely sliced
- 1/4 head red cabbage, finely sliced
- 1 spring onion finely sliced
- 2 carrots julienned
- 1 red capsicum julienned
- handful chopped flat leaf parsley
- handful chopped coriander
- 1/2C pomegranate seeds
- 1/4C goji berries
- 1/4C sunflower seeds
- 1/2C cherry tomatoes, quartered

#### Method:

Combine all ingredients in a bowl and toss to combine.

### *Zesty Dressing:*

#### Ingredients:

- 2T lemon juice
- zest of 1/2 lemon
- zest of 1/2 orange
- 1/2C orange juice
- 1/2C cashews - soaked 20 minutes and drained
- 1T shiro miso
- 2T tahini
- pinch salt
- 4T olive oil
- 2T sweetener - if needed
- Water - if needed

#### Method:

Combine all ingredients in a blender and blend until smooth. Add water to needed to thin. Adjust to taste. Serve on the side.



# Day 4



## Breakfast

### *Green Dream Smoothie: serves 2*

#### Ingredients:

- 1C baby spinach
- 1 celery stalk
- 1 cucumber
- 1 zucchini
- 1/4 avocado
- 2 frozen bananas
- 1 green apple
- 1t cinnamon
- 2C coconut water
- pinch salt
- 1t spirulina (optional)

Place all in a blender and blend until smooth. Add water if needed to thin. Adjust to taste. Add ice at end and blitz until just combined. Serve.

### *Tahini Sesame Honey Bliss Balls: Makes approx 16*

#### Ingredients:

- 2T chia seeds
- 4T tahini
- 2T hemp seeds
- 1/4C sesame seeds + seeds for rolling in
- Juice of half a lemon
- Zest of a lemon
- 1C coconut flour or almond pulp
- 1/2t cinnamon
- 1/2C shredded coconut
- 2T melted coconut oil
- 1/2C sunflower seeds, rough chop
- 1/2C raw honey
- 1/4C chopped dates

- 1/4C raisins – chopped
- pinch salt

#### Method:

Whisk chia with the lemon juice and zest and set aside. Mix rest of ingredients in a bowl (except for ingredients for rolling the balls in) and mix thoroughly. Add the chia and lemon mix and mix again. It's a good idea to work the mixture with your hands to get a nice consistency, ready for rolling. Roll into ball shapes using your hand and then roll in sesame seeds. Pop in freezer or fridge and allow to set before eating.



## Lunch

### *Leftover Pomegranate Slaw Salad*





# Day 4



## Dinner

### Cheesy Mushroom Burger: Serves 2

#### Ingredients:

- 2 large flat mushrooms
- 1/2T tamari
- 1/2T olive oil
- 1/2T ACV

#### Method:

De-stem mushrooms and in a bowl combine ingredients and toss to coat mushrooms. Marinate for 20 minutes.

#### Cheese Layer:

#### Ingredients:

- 1/4C soaked cashews, drained
- 1T nutritional yeast
- Juice of half a lemon
- 1/2 pinch salt
- 1/2T olive oil
- 1/2t garlic powder
- 2T filtered water
- 1T basil leaves

#### Method:

Combine all in a blender and blend until smooth. Add more water if needed to get a smooth consistency. Not too runny though!

#### Topping for mushroom burger:

#### Ingredients:

- Handful baby spinach leaves
- 1/4 sliced zucchini
- 1/2 sliced tomato
- 1/8 sliced red onion (half a quarter)

- 1/4 sliced cucumber
- 1/4 avocado sliced
- Top with handful grated carrot

#### Dressing to pour over once burger assembled:

- Splash olive oil
- Splash apple cider vinegar

#### Method:

To assemble place one flat mushroom in middle of plate and spread with cheese, then layer up veges and sprinkle with dressing. Serve with extra leafy greens of your choice.

*Note: Don't forget to soak your buckwheat overnight so its ready for breakfast tomorrow!*





# Day 5



## Breakfast

### *Coconut Buckwheat Crunchies: makes 2 cups*

*Note: Make sure you have made your almond milk to serve with this dish.*

#### Ingredients:

- 1C buckwheat soaked for 8 hours in a nut milk bag, submerged in filtered water, drained, rinsed.
- 1/2C dried desiccated coconut
- 1/4C medjool dates pitted
- 2T organic goji berries soaked 20 mins
- 1/2C coconut flakes
- Zest of one lemon
- Juice of one lemon
- pinch salt
- 2T coconut nectar
- 1T cinnamon
- 1t vanilla extract

#### To Garnish

- 2t goji berries
- 1/2 sliced banana
- 2t cacao nibs
- 1/4t cinnamon

#### Method:

To a bowl add the sprouted buckwheat, desiccated coconut, goji berries, coconut flakes, lemon zest, lemon juice, salt, vanilla, cinnamon.

In a blender add the dates with 2T water. Blend until paste is smooth.

Stir through the buckwheat mix until well combined. Adjust to taste. Place in an airtight container and keep in fridge until ready to use for breakfast. Will last about a week in the fridge. Will also freeze well.

When ready to eat, serve with almond milk and some extra goji berries and sliced banana, cacao nibs and a sprinkling of cinnamon.



## Lunch

### *Leftover Cheesy Mushroom Burger*



## Dinner

### *Carrot & Turmeric Salad: serves 2*

#### Ingredients:

- 3 carrots - shredded
- 1/2C pumpkin, spiralized or grated
- 2 leaves kale shredded
- 1/2C pumpkin seeds
- 2 spring onions, finely sliced
- 1/4 C basil - torn
- 1C cherry tomatoes, quartered
- 1/4C raisins
- Extra pumpkin seeds

#### To Garnish

- 1T pumpkin seeds

#### Method:

Combine all ingredients in a large bowl and toss to combine.



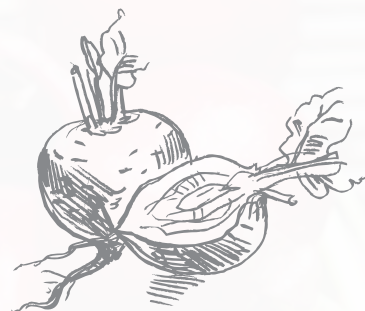


# Day 5

## Turmeric Dressing:

### Ingredients:

- 2cm piece fresh turmeric
- 1t turmeric powder
- 1/4C cashews, soaked 20 mins, drained
- 2T coconut nectar or raw agave
- 1T ACV
- 1T shiro miso paste
- 1t onion powder
- 1t garlic powder
- 1t dried basil
- 1cm piece ginger
- 1/4C olive oil
- 1/2C water + extra water to thin if needed
- pinch salt
- cracked black pepper



### Method:

Mix all ingredients together in a high powered blender. Adjust to taste and use water to thin out if necessary.

Serve salad with dressing on the side and extra pumpkin seeds on top.

*Dessert Option:  
Leftover Bliss Balls*





# Day 6



## Breakfast

### Coconut Buckwheat Crunchies Leftovers

#### Method:

Place walnuts in food processor and process until crumbly. Place in a bowl. Add all other ingredients to the bowl except shredded lettuce and toss to combine. Adjust to taste. Set aside. **Guacamole**



## Lunch

### Carrot & Turmeric Salad Leftovers

Mash 1 avocado with 1T lime juice, 2t olive oil, 1/8t pinch cayenne pepper, 2T chopped coriander, sprinkle of salt and pepper.



## Dinner

### Cabbage Cup Tacos: serves 2-4

Dessert Option:  
Raspberry Coconut Slice

#### Ingredients:

2 small savoy cabbages to use as "cups" to serve the tacos in.

#### Ingredients for meat:

- 1/2C walnuts (soaked 2 hours and processed in a food processor until crumbly)
- 1 tomatoe, de-seeded and diced
- 1/4C cherry tomatoes, quartered
- 1/4C corn kernals
- 1/2C diced mushrooms
- 1/2C diced avocado
- 1T chopped coriander
- 1T chopped basil
- 1T chopped dates
- 1/2C shredded lettuce
- 2T diced red onion
- 1T tamari
- 1T lemon juice
- 1t garlic power
- 1t mexican chilli powder (adjust to your level of spiciness!)
- 1t of chili flakes
- 1t salt





# Day 7



## Breakfast

*Blueberry Butter Smoothie: serves 2  
and leftover Bliss Ball*

### Ingredients:

- 1C almond milk
- 2C blueberries
- 1/2C dates - pitted
- 1T almond nut butter
- 1t cinnamon
- 1t maqui or acai powder
- pinch salt

Place all in a blender and blend until smooth. Add water if needed to thin. Adjust to taste. Serve.



## Lunch

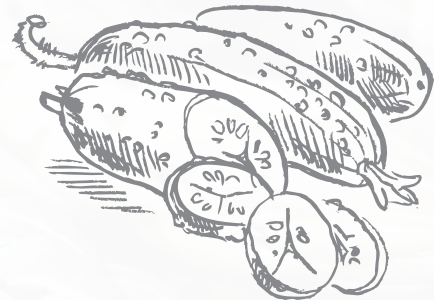
*Leftover Cabbage Cup Tacos*



## Dinner

*Rocket Almond Salad with Minted  
Broccoli (same as Monday Lunch  
recipe)*

*Dessert Option:  
Raspberry Coconut Slice*





# Shopping list

Ingredients	Unit	Quantity
<input type="checkbox"/> ACV (Apple Cider Vinegar)	T	4.5
<input type="checkbox"/> Almonds	C	4.5
<input type="checkbox"/> Almond Nut Butter	T	4
<input type="checkbox"/> Avocado	med	4
<input type="checkbox"/> Baby Spinach	C	3
<input type="checkbox"/> Banana	med	3
<input type="checkbox"/> Basil	bunch	2
<input type="checkbox"/> Blueberries	C	2.5
<input type="checkbox"/> Broccoli	head	2.5
<input type="checkbox"/> Buckwheat	C	0.5
<input type="checkbox"/> Cacao Nibs	t	2
<input type="checkbox"/> Cacao Powder	t	2
<input type="checkbox"/> Carrot	med	7
<input type="checkbox"/> Cashews	C	1.75
<input type="checkbox"/> Cayenne Pepper	pinch	1
<input type="checkbox"/> Celery	stalk	2
<input type="checkbox"/> Cherry Tomatos	C	2.75
<input type="checkbox"/> Chia	C	3/4
<input type="checkbox"/> Chill Flakes	t	1
<input type="checkbox"/> Cinnamon	T	4
<input type="checkbox"/> Coconut flour	C	1
<input type="checkbox"/> Coconut water	C	2
<input type="checkbox"/> Coconut nectar	T	8
<input type="checkbox"/> Coconut oil	T	2
<input type="checkbox"/> Coconut, Shredded	C	2
<input type="checkbox"/> Cooked Quinoa	C	1
<input type="checkbox"/> Coriander	handful	4
<input type="checkbox"/> Corn Kernels	C	0.25
<input type="checkbox"/> Cracked Black Pepper	T	1
<input type="checkbox"/> Cranberries	C	0.5
<input type="checkbox"/> Cucumber	med	2
<input type="checkbox"/> Dried Basil	t	1
<input type="checkbox"/> Dried flgs	C	0.25



# Shopping list

Ingredients	Unit	Quantity
<input type="checkbox"/> Flat Leaf Parsley	handful	1
<input type="checkbox"/> Flat Mushrooms	large	2
<input type="checkbox"/> Fresh Fruit (of your choice)	C	0.5
<input type="checkbox"/> Garlic	cloves	3
<input type="checkbox"/> Garlic Powder	t	2.5
<input type="checkbox"/> Ginger	cm	1
<input type="checkbox"/> Goji Berries	C	1
<input type="checkbox"/> Green Apples	med	2
<input type="checkbox"/> Green Cabbage, finely shredded	C	1.25
<input type="checkbox"/> Himalayan Crystal Salt	t	8
<input type="checkbox"/> Hemp seeds	T	2
<input type="checkbox"/> Jalapeno Pepper	med	1
<input type="checkbox"/> Kale	leaves	2
<input type="checkbox"/> Lemon	med	7
<input type="checkbox"/> Lemon Oil (optional)	drop	20
<input type="checkbox"/> Lettuce, Shredded	C	0.5
<input type="checkbox"/> Lime	med	2
<input type="checkbox"/> Mango	med	2
<input type="checkbox"/> Maqui powder (or Acai)	t	1
<input type="checkbox"/> Medjool Dates	C	1.5
<input type="checkbox"/> Mexican Chilli Powder	C	2
<input type="checkbox"/> Mint, Chopped	T	6
<input type="checkbox"/> Miso Paste	T	1
<input type="checkbox"/> Mushroom, sliced	C	1
<input type="checkbox"/> Nutritional Yeast	T	2
<input type="checkbox"/> Olive Oil	C	1.25
<input type="checkbox"/> Onion Powder	t	1
<input type="checkbox"/> Orange	med	2
<input type="checkbox"/> Pecans	C	0.5
<input type="checkbox"/> Pine Nuts	C	0.25
<input type="checkbox"/> Pomegranate Seeds	C	0.5
<input type="checkbox"/> Pumpkin	C	0.5
<input type="checkbox"/> Pumpkin Seeds	C	0.75



# Shopping list

Ingredients	Unit	Quantity
<input type="checkbox"/> Raisins	C	1
<input type="checkbox"/> Raw Honey	C	3/4
<input type="checkbox"/> Red Cabbage, finely shredded	head	0.25
<input type="checkbox"/> Red Capsicum	med	1.5
<input type="checkbox"/> Red Onion	C	1
<input type="checkbox"/> Rocket	g	150
<input type="checkbox"/> Savoy Cabbages	small	2
<input type="checkbox"/> Sesame seeds	C	1/2
<input type="checkbox"/> Shiro Miso	T	2
<input type="checkbox"/> Smoked Paprika	t	0.25
<input type="checkbox"/> Spring Onion	med	3
<input type="checkbox"/> Spirulina (optional)	t	1
<input type="checkbox"/> Sun Dried Tomato	C	0.75
<input type="checkbox"/> Sunflower Seeds	C	1
<input type="checkbox"/> Sweetener	T	2
<input type="checkbox"/> Tahini	T	6
<input type="checkbox"/> Tamari	T	4
<input type="checkbox"/> Tomatoes	med	6
<input type="checkbox"/> Turmeric	cm	2
<input type="checkbox"/> Turmeric Powder	t	1
<input type="checkbox"/> Vanilla Extract	t	2
<input type="checkbox"/> Vanilla Stevia	drop	0.5
<input type="checkbox"/> Walnuts	C	2
<input type="checkbox"/> Water (filtered)	C	2
<input type="checkbox"/> Yellow Capsicum	med	0.5
<input type="checkbox"/> Zucchini	med	6

## Other

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