



# RAW VEGAN

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## FREE 7-DAY CHALLENGE

# Welcome & thank you for participating in the Let's Be Vegan Free 7-Day Raw Vegan Challenge



When I first made my transition into veganism I opted for a raw vegan diet. I initially thought I would just go raw vegan for about a week, but that quickly changed and before I knew it an entire year passed and I was still eating a raw vegan diet. It was the best year of my life. It was the paradigm that completely shifted my life forever. Not only did I look better than ever. I was the healthiest that I had ever been. My hair was longer than ever. My skin was glowing. My weight was ideal and my waist was teeny. All those things were great but the one benefit that stood out to me the most was the mental clarity and spiritual alignment. Never in my life did I feel more in control and empowered. I began practicing meditation and yoga. I began the life long process of studying herbalism. I began foraging and wildcrafting wild food and medicine. Basically....I found myself and I sincerely hope that this 7-Day Raw Vegan Challenge helps you all in the same way. I encourage you all to try these recipes and really open yourself up to the challenge by becoming creative in the kitchen and come up with your own recipes as well. I also want to keep up with your progress so make sure you post your food pics tag me on social media and use the #LBVRAWVEGANCHALLENGE tag because I will be watching and giving away some amazing prizes at the end of the challenge.

XOXOX Good luck,  
Shantelle

# Win a Free Vitamix Blender



**For your chance to win simply post your food pics on Facebook and Instagram and tag me and use the #LBVRAWVEGANCHALLENGE hashtag.**

**A Winner will be announced on Instagram and Facebook at the end of the challenge.**

**Good Luck!**



Fresh cold pressed juice is one of the best things you can put into your body. The juicing process removes the fiber from whatever fruits or vegetables you decide to use. Therefore providing the body with an abundance of vitamins and minerals that are quickly available for absorption. Juicing is a great option for those that find it difficult to consume the appropriate amount of servings of daily fruits and vegetables each day. Below you will find a few juice recipes that will leave you feeling healthy and full of energy. ***\*Please note that a juicer is needed to make these juices.***

### **Super Green Juice**

- 1/2 a pineapple
- 4 kale leaves
- 1 inch nib of ginger
- 1/2 a lime
- 1 small handful of cilantro

### **Happy Apple Juice**

- 6 Granny Smith apples
- 6 honey crisp apples
- 1 lemon

# Overnight Oats with Fresh Fruit



**Preparation Time: 15 Minutes**

**Makes 2 Servings**

## Ingredients

2 cups of nut milk

3 tbs of maple syrup

1 tsp of vanilla extract

1-1/2 cups of quick oats

2 cups of fresh fruit chopped

## Preparation

Pour your nut milk into a medium size bowl and stir in the maple syrup and vanilla extract. Now stir in the oats and set aside. Next add a small amount of fruit into the bottom of 2 small jars or glasses. Now add equal amounts of the oatmeal into each jar or glass. Next add the remaining fruit into each jar or glass and cover with a lid or plastic wrap and refrigerate overnight. In the morning your oats will be soft and ready to eat.

# Summertime Fruit Bowls



One of the biggest mistakes people make when eating a raw vegan diet is not eating enough. Sounds crazy right? Usually we are all trying to figure out how to eat less but when you're eating a raw vegan diet it is super important that you eat more in volume. Simply because fresh fruits and veggies are lower in calories. So start your day off right and make sure you consume an abundance of fresh fruit in the morning or opt for a large smoothie to get your day going. Your body will instantly convert all of the natural sugar into energy for your body. It will also provide healthy stimulation for your digestive system.

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It is also a great time of year to explore exotic fruits. So think about heading to your local farmers market and trying something new. You should be able to find things like dragon fruit, guava, mango and passion fruit very easily right now so take advantage.

# Mango Strawberry Papaya Smoothie



**Preparation Time: 5 Minutes**

**Makes 1 Serving**

## **Ingredients**

- 1 cup of frozen peaches
- 1 cup of frozen strawberries
- 1 cup of fresh papaya chopped
- 2 tsp of lime juice
- 1-1/2 cup of spring water
- 2 tbs of agave nectar
- 1 tbs of hemp seeds (optional)

## **Preparation**

Add all of the ingredients to a blender and blend until smooth.

# The Green Monster



**Preparation Time: 5 Minutes**

**Makes 2 Servings**

## **Ingredients**

1 banana

4 cups of spinach

2 cup of almond milk

1 tsp of vanilla extract

1 tbs of hemp seeds (optional)

## **Preparation**

Add all of the ingredients to a blender and blend until smooth.

# Raw Vegan Blueberry Cobbler



**Preparation Time: 20 Minutes**

**Makes 2-4 Servings**

## Ingredients

1-1/2 pint of blueberries  
2 cups of pitted medjool  
dates divided in half  
1 cup of walnuts  
1 tsp of vanilla extract  
juice of 1 lemon

## Preparation

First make the crumb topping by adding 1 cup of the dates into a food processor with the walnuts and vanilla. Pulse the ingredients until it resembles crumbs and set aside. Next, make the blueberry filling by adding the blueberries and lemon juice into a blender and blend until smooth. Now, add the dates into the blender one by one and blend until the mixture is thick and smooth. To assemble, divide the remaining blueberries into 4 small ramekins or glasses. Now pour in equal amounts of the blueberry filling into each ramekin or glass and top with your desired amount of the the crumb topping. Enjoy chilled or at room temperature.

# Simple Salad Ideas



Try a simple all green salad with romaine, zucchini, alfalfa spouts, avocado and capers. Let the capers be the star of the show and use fresh lemon juice, extra virgin olive oil, sea salt and lots of cracked black pepper instead of a heavy salad dressing.



Get the best of both worlds by adding lots of fresh fruit into your salads. Fruits like mandarin oranges, pears and pomegranate seeds can add beautiful flavor to your ordinary salad.

# Hearts of Palm Salad



**Preparation Time: 10 Minutes**  
**Makes 2 Servings**

## Ingredients

1 5 oz. container of baby romaine lettuce  
1 cup of cherry tomatoes  
1/4 cup of thinly sliced red onion  
1 tbs of capers drained  
1/4 cup of sun-dried tomatoes (**I like the juilenned ones in oil**)  
2 tbs of fresh dill chopped  
1/4 a cup of olives (**use your favorite**)  
2 stalks of hearts of palms sliced (**I use the ones in glass jars. You can find them in the same area as olives.**)  
2 tbs of lemon juice  
1/4 cup of extra virgin olive oil  
1 tbs of maple syrup  
1 tbs of fresh dill chopped  
sea salt and pepper to taste

## Preparation

First make the salad dressing by adding the extra virgin olive oil, lemon juice, maple syrup, mustard and dill into a small bowl and mix well. Add salt and pepper to taste and set aside. Next combine all of the salad ingredients into a large bowl and add in your desired amount of salad dressing.

# Creamy Zucchini Noodles



**Preparation Time: 25 Minutes**

**Makes 2 Servings**

## Ingredients

1 cup of raw cashews, soaked for 20 minutes then rinsed and drained  
3/4 cup of water  
1 tbs of nutritional yeast  
juice of 1 lemon  
1/2 tsp of sea salt  
1/2 a 16 oz. container of zucchini noodles  
2 tbs of fresh basil chopped  
1/4 cup of thinly sliced red onion  
1 cup of cherry tomatoes  
1 avocado sliced  
sea salt and pepper to taste  
pinch of cayenne pepper

## Preparation

First make the creamy cashew sauce by combining the cashews, lemon juice, nutritional yeast, water and sea salt into a blender and blend until smooth and creamy and set aside. Next combine all of the remaining ingredients into a large bowl and add in your desired amount of the creamy cashew sauce. Top with the sliced avocado and sprinkle a dash of cayenne pepper on top for an extra kick.

# Grapefruit Arugula & Fennel Salad



**Preparation Time: 10 Minutes**

**Makes 2 Servings**

## Ingredients

1 bulb of fennel thinly sliced  
1/2 a 5 oz. container of arugula  
1 grapefruit peeled and cut into segments  
1 cup of walnuts

## Maple Mustard & Lemon Dressing

1/4 cup of extra virgin olive oil  
2 tbs of lemon juice  
1 tbs of maple syrup  
1 tbs of mustard  
1 tbs of fresh dill chopped  
Sea salt and pepper to taste

## Preparation

First make the salad dressing by adding the extra virgin olive oil, lemon juice, maple syrup, mustard and dill into a small bowl and mix well. Add salt and pepper to taste and set aside. Next combine all of the salad ingredients into a large bowl and add in your desired amount of salad dressing.

# Shiitake Mushroom Lettuce Wraps



**Preparation Time: 20 Minutes**

**Makes 4-6 Servings**

## Ingredients

4-6 Bibb lettuce leaves (pat them dry to remove any excess moisture)

1 5 oz. package of sliced shiitake mushrooms chopped small

1/2 cup of coconut aminos

1 tsp of lime juice

1 tsp of sesame oil

1/2 a red bell pepper diced

2 green onions chopped

1 tbs of fresh cilantro chopped

1/4 cup of chopped red cabbage

1 tsp of sesame seed

sea salt to taste

1 avocado (optional)

## Preparation

First mix together the coconut aminos, lime juice and sesame oil in a medium size bowl. Next add in the remaining ingredients except for the avocado and sesame seeds and mix well. Let the mixture sit for about 10 minutes. Then use a spoon to scoop out the mushrooms making sure to drain off as much excess liquid as possible before assembling your lettuce wraps. Sprinkle with sesame seeds before serving. Serve with fresh avocado with sriracha.

# Creamy Kale & Avocado Salad



**Preparation Time: 10 Minutes**

**Makes 2 Servings**

## Ingredients

1 bunch of kale chopped  
1/4 red onion thinly sliced  
1 cup of cherry tomatoes  
1 avocado sliced  
1 tbs of extra virgin olive oil  
1 tbs of fresh lemon juice  
pinch of sea salt

## Spicy Cashew Dressing

1 cup of cashews  
Juice of 1 lemon  
1 tbs of nutritional yeast  
2 tbs of Sriracha sauce  
salt and pepper to taste

## Preparation

First make the salad dressing by adding the cashews, lemon juice, nutritional yeast and Sriracha sauce into a blender and blend until smooth and set aside. Next prepare the kale by adding it to a large bowl and add in the fresh lemon juice, extra virgin olive oil and pinch of salt. Then massage the kale for at least 30 seconds to tenderize it. Now combine all of the remaining salad ingredients and add your desired amount of salad dressing.

# Crunchy Thai Bowl



**Preparation Time: 20 Minutes**

**Makes 2 Servings**

## Ingredients

- 1/2 a 16 oz. container of zucchini or squash noodles
- 1/2 a red bell pepper sliced
- 1/2 a green bell pepper sliced
- 1 cup of pea shoots
- 1/2 cup of green onion chopped
- 2 tsps of fresh cilantro chopped
- 3 tbs of fresh basil chopped
- 1 cup of thinly sliced red cabbage
- 1/2 cup natural peanut or almond butter
- 1 - 1/2 Tbsp soy sauce or coconut aminos
- 2-3 Tbsp of maple syrup (add to taste)
- 1/2 lime, juiced
- 1 tsp of Sriracha (optional)
- 1/2 to 1 tsp fresh grated ginger
- 3-4 tbs of water to thin out the sauce
- 1/4 cup of crushed peanuts or cashews for topping

## Preparation

First make the creamy peanut sauce by mixing together the peanut butter, lime juice, ginger and Sriracha and mix well. Now add in the water 1 tablespoon at a time until the sauce is thin enough pour. Now combine the remaining ingredients except the crushed nuts into a large bowl and stir in your desired amount of sauce. Then top with the crushed nuts.

# Pico Stuffed Avocados



**Preparation Time: 10 Minutes**

**Makes 4 Servings**

## Ingredients

2 avocados sliced in half  
3 plum tomatoes diced  
1/2 a cucumber diced  
1/3 a cup of finely diced red onion  
1 small handful of fresh cilantro chopped  
2 limes  
1-2 tbs of extra virgin olive oil  
pinch of cumin powder  
pinch of cayenne pepper  
sea salt and pepper to taste

## Preparation

First squeeze a generous amount of fresh lime juice on to each avocado drizzle with extra virgin olive oil and sprinkle with a pinch of cumin, pepper and sea salt and set aside. Next, in a medium size bowl combine the tomatoes, cucumber, red onion and cilantro and mix well. Stir in about 1-2 tbs of extra virgin olive oil and a generous amount of fresh lime juice. Season with sea salt and pepper then fill each avocado with a generous scoop of the mixture. Finally, sprinkle each avocado with your desired amount of cayenne pepper. That's it.

# Creamy Cucumber & Dill Salad



**Preparation Time: 10 Minutes**

**Makes 2 Servings**

## Ingredients

2 cucumbers thinly sliced

1 cup of pine nuts

$\frac{3}{4}$  cup of spring water

$\frac{1}{4}$  cup of extra virgin olive oil

2 tsp of lemon or lime juice

$\frac{1}{4}$  tsp of sea salt

2 tbs of fresh dill chopped

1 tsp of sesame oil additional

sea salt to taste

## Preparation

First make the creamy dill dressing by combining the pine nuts, water, extra virgin olive oil, sesame oil, salt and lemon or lime juice to a blender and blend until smooth and creamy. Next stir in the fresh dill and add salt to taste. Finally toss the sliced cucumber with your desired amount of dressing.



Thank you for  
participating.

Good luck!