



OWN YOUR ENERGY

# 7 DAY RAW VEGAN CHALLENGE

Starter Guide

Presented by

**OWN YOUR ENERGY**

# WELCOME

## ABOUT OUR TEAM

At O.Y.E., it excites us to live from the inside out! What we feed ourselves mentally and physically regularly sets the tone for our lifestyle. This guide was inspired by YOU! All of our friends and family with so many intriguing plant-based questions! Our 7 day raw vegan guide jumpstarts you to feeling and living your best life!



## PURPOSE

The purpose of this guide is to give you an introduction to mindful eating and to reboot your life from the inside out. Remember, this process has no right or wrong way—just lessons learned. The most important thing you'll need to extend yourself is **GRACE! LET'S GO!**

O.Y.E Team

# WHERE TO START?

## STEP 1.

WITH A DEEP BREATH. Breath in and Breath Out. This journey is not a sprint, it's a marathon with many hills and caves.

## STEP 2.

Say it with me. I extend myself grace. I extend myself grace. I extend myself grace. My health is my wealth.

## STEP 3.

Relieve Stress, Relax your shoulders, unclench your jaws and SMILE. You're already taking steps on your journey.

## GRACE

This page can serve as your "GO TO" page. During the challenge, there may be times when you feel overwhelmed or frustrated. That would be a great time to revisit pages 3-4! KNOW YOUR "WHY" AND EXTEND YOURSELF GRACE!

Knowing why you're choosing to do this challenge and clearly defining what grace will look like during this process will give you a central point to always come back to.

## WHAT ARE YOUR INTENTIONS FOR THIS 7 DAY RAW VEGAN CHALLENGE?

## WHAT DOES GRACE LOOK LIKE FOR YOU DURING THIS PROCESS?

# WHERE TO START?

- | 01. Get 1 friend to do the challenge with you as an accountability partner.
- | 02. Be aware of what triggers your emotional eating. Write your triggers out and your normal go-to unhealthy snack. If you must eat while triggered, write down a raw food you may consume.
- | 03. Schedule your next 7 days so that you can be in bed by 10pm and asleep by 10:30pm.
- | 04. Establish a 30-minute to 1-hour morning and night routine that's only geared towards being your best you.

## | EXAMPLE ROUTINE

- Prayer/ meditation or exercise
- Journaling
- Food prep
- Listen to inspirational music

# DEFINITIONS

## RAW LIVING FOODS/RAW VEGAN

Raw vegetables, fruits, nuts, and seeds that have not been broken down by cooking yet, so they are “alive.” They still contain enzymes that would be broken down during cooking.

## VEGAN

A way of living that attempts to exclude all forms of animal exploitation and cruelty, whether for food, clothing or any other purpose.

## PLANT BASED

Plant-based or plant-forward eating patterns focus on foods primarily from plants. This includes not only fruits and vegetables but also nuts, seeds, oils, whole grains, legumes, and beans. It doesn't mean that you are vegetarian or vegan and never eat meat or dairy.

## WHOLE FOODS

Foods that have not been processed, refined, or had ingredients added to them.

## DETOX

A process or period of time in which one abstains from or rids the body of toxic or unhealthy substances.

## DIET

Restrict oneself to small amounts or special kinds of food in order to lose weight.

## LIFE STYLE

Incorporating healthy habits and tools to sustain a certain way of life.

## DEHYDRATOR

A dehydrator is designed to preserve fresh fruit, vegetables, herbs, meat, and fish by removing their moisture. The fan circulates warm air around the trays of food.

## JUICING

Extract the juice from (fruit or vegetables).

# FAQS I

## WHAT SECTIONS OF THE GROCERY STORE SHOULD I SHOP IN?

**PRODUCE! PRODUCE! PRODUCE!** NUTS! NUTS! NUTS! (make sure they are raw and not roasted/toasted). If you buy anything that's in a bag, box, or container. It should say RAW and simply list each raw ingredient.

## CAN I WARM MY FOOD?

Foods are still considered raw when dehydrated or splashed in water 115' F. Heating food over 115'F is considered cooked and is no longer raw.

## WILL I BE ABLE TO HAVE RAW MEATS, EGGS, OR DAIRY?

No meat, no eggs, & no dairy

## CAN I DRINK ICE COFFEE?

No

## CAN I DRINK JUICE?

You can drink cold pressed juice. Stay away from Ocean spray, Simply Juice, or any juice made from concentrate. There should only be 1 to 2 REAL ingredients on the bottle. NO NATURAL FLAVORS

## HOW MUCH WATER SHOULD I DRINK A DAY?

You should drink half your body weight in ounces.

## WILL I BE ABLE TO WORK OUT DURING THE CHALLENGE?

YES! However, listen to your body.

## WHAT FOODS SHOULD I AVOID?

**EVERYTHING COOKED!** Cooked/baked veggies, meat, legumes, grains, etc., Toasted nuts and seeds, Pasta, Alcohol, Junk food, Coffee/tea, Refined flour and sugar, Pasteurized milk and juices, Table salt and refined oil

# FAQS II

## WHAT FOODS SHOULD I HAVE?

- Fresh, dried, juiced or dehydrated fruits, raw, juiced, or dehydrated vegetables.
- Raw nuts and seeds, Uncooked grains and legumes (sprouted or soaked).
- Raw nut milks, Raw nut butters, Cold-pressed oils, Seaweed.
- Fermented foods like miso, kimchi and sauerkraut.
- Some sweeteners, such as pure maple syrup and, unprocessed raw cacao powder, raw date syrup.
- Condiments, including vinegars and unpasteurized raw soy sauce, coconut aminos.

## WHAT CAN I DO TO MINIMIZE DETOXING SYMPTOMS?

- DO NOT BINGE EAT BEFORE DOING THE CHALLENGE! This will for sure make your detoxing symptoms harder.
- Cut back on eating meat, dairy, and eggs.
- Start to eat clean before you start the challenge.
- Try to eliminate as much processed sugar as possible.
- Drink lots of lime/lemon water to help flush toxins out of your body.
- Get a colonic if possible to also help flush toxins.

## WHAT ARE RAW VEGAN YOUTUBE CHANNELS?

- Blooming Raw
- Fully Raw Kristina
- Gillian Berry
- Google Raw vegan food recipes and sauces

# FAQS III

## WHAT ARE THE BENEFITS OF A 7 DAY RAW VEGAN CHALLENGE?

- Lowers inflammation
- Improves heart health
- Provides the body with energy
- Prevents vitamin deficiencies
- Helps maintain a healthy weight
- Clears up your skin
- Reboots your taste buds
- Heartburn, gas, indigestion, and constipation can become things of the past.
- A raw food diet can protect you from acute diseases
- Raw foods take very little preparation
- Raw, unprocessed foods are rich in nutrients and low in calories.
- Lower the risk of heart disease by lowering cholesterol levels and potentially reverse diabetes.

## WHAT ARE POSSIBLE SIDE EFFECTS?

- The first 1-3 days of the challenge are heavy detoxing days. At this time your body is getting rid of the necessary toxins to heal itself.
- Headaches, Dizziness, Chills
- Skin rashes and break outs. When you start to feed your body real food, the body starts to heal and cleanse itself. A lot of the side effects can come out through the skin.
- Back lash from family and friends
- Loss of Friends
- Your mental state of mind will change the more you eat REAL WHOLE FOODS.

# 7 DAY MEAL PREP

## DAY 1

- Wake up: 16oz lime or lemon water
- Breakfast: Smoothie or whole fruit
- Lunch: cucumber, tomato, red onion, avocado salad
- Snacks: raw nuts, fruits, dehydrated fruits, energy balls, raw granola
- Dinner: Kale Salad
- WATER

## DAY 2

- Wake up: 16oz lime or lemon water
- Breakfast: Smoothie or Whole Fruit
- Lunch: Spinach and Berry salad
- Snacks: raw nuts, fruits, dehydrated fruits
- Dinner: Lettuce wraps w/ walnut taco meat
- WATER

## DAY 3

- Wake up: 16oz lime or lemon water
- Breakfast: Whole fruit or Smoothie bowl
- Lunch: Celery sticks or apples w/ nut butter
- Snacks: raw nuts, fruits, dehydrated fruits, nut butter, raw granola
- Dinner: Broccoli, apple salad
- WATER

## DAY 4

- Wake up: 16oz lime or lemon water
- Breakfast: Green Smoothie
- Lunch: Smoothie
- Snacks: raw nuts, fruits, dehydrated fruits, raw granola
- Dinner: veggie salad w/ guacamole dressing
- WATER

# 7 DAY MEAL PREP

## DAY 5

- Wake up: 16oz lime or lemon water
- Breakfast: Smoothie Bowl
- Lunch: cucumber, tomato, red onion, avocado salad
- Snacks: raw nuts, fruits, dehydrated fruits, energy balls, raw granola
- Dinner: Zoodles w/ cashew curry sauce
- WATER

## DAY 6


- Wake up: 16oz lime or lemon water
- Breakfast: Whole Fruit
- Lunch: Tomato, cucumber salad
- Snacks: raw nuts, fruits, dehydrated fruits, raw granola, energy balls
- Dinner: Cucumber and kimchi
- WATER

## DAY 7

- Wake up: 16oz lime or lemon water
- Breakfast: Smoothie
- Lunch: Fruit Salad
- Snacks: raw nuts, fruits, dehydrated fruits, nut butter, raw granola
- Dinner: Broccoli, apple salad
- WATER



OWN YOUR ENERGY



LOVE  
YOUR  
MOTHER

## WANNA LEARN MORE?

To see if we can work together to find a path that works for your unique situation, click on the button below to apply for a free consultation.



[Schedule a Free Call](#)

[Our Website](#)

[ownyourenergy.org](http://ownyourenergy.org)