

5-DAY RAW FOOD RECHARGE CHALLENGE



WITH KYLE FROM RAWKYLE.COM

monday

breakfast

Sweet Berry Smoothie:

1 cup fresh almond milk, 2 tbs hemp seeds, 3 medjool dates, 2-3 bananas, ½ cup frozen blueberries, 1 cup frozen strawberries

Method: Blend until smooth & creamy and enjoy.

lunch

Raw Cereal Bowl:

1 sliced banana, 1 chopped apple, 1 tbs hemp seeds, ¼ cup chopped medjool dates, ¼ cup fresh raspberries, ¼ cup fresh blueberries, 2 tbs chopped cashews, ½ - 1 cup fresh almond milk

Method: Combine all ingredients in your favorite cereal bowl, top with fresh almond milk, and enjoy. If you're taking this for lunch, it's best to keep almond milk separate until you're ready to eat it.

dinner

Salad With Kyle's Favorite Salad Dressing:

4 cups greens (kale, spinach, or spring mix), ½ cup sliced grape tomatoes, ½ cup chopped red bell pepper, ½ cup chopped red onion, ½ of 1 avocado

Dressing: 3 tbs raw tahini, 3 tbs maple syrup, 3 tbs nutritional yeast, 2 teaspoons coconut aminos, 1 tsp garlic powder, 1 tsp onion powder, 1 tsp apple cider vinegar, 2-4 tbs water

Method: Combine salad ingredients into your favorite salad bowl. For the dressing, combine all ingredients one by one into a bowl or glass and stir together until well combined. Stir in little bits of water at a time until dressing reaches desired consistency. Dressing alone will last up to three days in the refrigerator.



tuesday

breakfast

Kyle's Favorite Chocolate Banana Shake:

1 cup fresh almond milk, 1 tbs raw coconut or almond butter, 3 medjool dates, 2 bananas, 3 tbs raw cacao powder, 1 ½ cups ice

Method: Blend until smooth & creamy. Feel free to use frozen bananas in place of ice if you prefer. Make it a chocolate covered strawberry smoothie by adding in ½ cup of frozen strawberries.

lunch

Zucchini Pasta With Raw Alfredo Sauce

Noodles: 2 large zucchini, peeled

Sauce: 1 cup peeled and chopped zucchini, ¼ cup water or non-dairy milk, 2 tbs fresh lemon juice, 2 cloves garlic, ½ tsp himalayan salt, ¼ tsp black pepper, ¼ tsp Italian seasoning, ¾ cup raw cashews

Method: For the sauce, combine all ingredients into a blender and blend until smooth and creamy. If you don't have a high-speed blender, soak your cashews in hot water for a couple of hours to soften them and make the blending process easier. You will need a tool called a spiralizer to make your zucchini noodles. If you don't have a spiralizer, you can also use a mandolin or simply use a julienne or vegetable peeler to make noodles. Store the sauce separate until you're ready to eat.

dinner

Green Smoothie Bowl:

¾ cup fresh almond milk, 1-2 cups spinach, 2 bananas, 2 medjool dates, 1 ½ cups frozen mango

Toppings: Fresh sliced strawberries, sliced banana, cacao nibs, raw almond or cashew butter, dried coconut

Method: Blend smoothie ingredients together until smooth. Pour into a bowl and add toppings. You want to use as little liquid as possible for your smoothie bowl so that it's thick. You don't want it to be soupy to where toppings sink to the bottom.



wednesday

breakfast

Creamy Raspberry Smoothie:

1 cup raw almond milk, 3 tbs hemp seeds, 3 medjool dates, 2-3 bananas, 2 cups frozen raspberries

Method: Blend until smooth & creamy and enjoy.

lunch

Raw Detox Soup: ½ cup chopped red bell pepper, ½ cup chopped tomato, ½ cup chopped celery, ½ cup peeled and chopped carrot, ¼ cup chopped yellow onion, 1 clove garlic, 1/8 tsp cayenne pepper, ¼ tsp himalayan salt, 1 tbs fresh lemon juice, 2 medjool dates, ¼ cup raw cashews, ¼ - ½ cup water

Method: Blend until smooth & creamy and enjoy. If you have a high-speed blender, you can blend for 3-5 minutes to make a warm (but still raw) soup. I love putting this soup in a glass jar and taking it with me on the go to sip during the day.

dinner

Rainbow Bell Pepper Salad With Spicy Mango Dressing:

4 cups greens (spinach, kale, spring mix), ½ of 1 avocado, ½ cup sliced grape tomatoes, ¼ cup chopped red bell pepper, ¼ cup chopped yellow bell pepper, ¼ cup chopped orange bell pepper, ¼ cup chopped red onion

Dressing: 1 ½ cups chopped mango, 2 teaspoons coconut aminos, ½ tbs minced jalapeño, 2 tbs hemp seeds

Method: Combine salad ingredients into a bowl. For the dressing, blend all ingredients together until smooth and creamy. Store dressing in a separate container until you're ready to eat your salad. Dressing alone will last up to two days in the refrigerator.



thursday

breakfast

Greens & Peanut Butter Smoothie:

1 ½ cups fresh almond milk, 2 medjool dates, 3 tbs powdered peanut butter, 1 cup chopped kale, 1 cup spinach, 2-3 frozen bananas

Method: Blend until smooth & creamy and enjoy. No, powdered peanut butter is not raw, but it adds a ton of flavor to this smoothie and will be a new obsession for all of you peanut butter lovers.

lunch

Raw Pad Thai:

1-12 ounce package kelp noodles, 1 lemon, 2 teaspoons baking soda

½ cup shredded purple cabbage, ½ cup peeled and shredded carrot, ½ of 1 thinly sliced red bell pepper, 1 finely chopped green onion, 2 tbs chopped raw almonds

Sauce: ½ cup fresh orange juice, 3 cloves garlic, ¼ cup raw (unhulled) sesame seeds, ¼ cup raw cashews, ¼ tsp cayenne pepper, 1 tbs fresh minced ginger, 2 medjool dates, 1 tbs coconut aminos

Method: On their own, kelp noodles are crunchy and not appetizing. You will first want to soften them. Add them to a bowl with the juice of one lemon, and sprinkle baking soda on top. Mix together. Within 30 seconds, the noodles will begin to soften and condense down. Rinse, dry well, and add into a bowl with fresh vegetables. Blend sauce ingredients together until smooth and then massage into kelp noodles and vegetables.

Dinner

Kale Caesar Salad:

4 cups curly kale, de-stemmed and chopped

Dressing: ½ cup raw cashews, 1/3 cup water, 1 tbs fresh lemon juice, 1 tsp maple syrup, 1 tsp yellow or dijon mustard, 1 clove garlic, ½ tsp himalayan salt, ¼ tsp black pepper, 1 tbs nutritional yeast

Method: Raw kale tends to be very rough. To help break it own, break it into small pieces and massage it with your hands. For the dressing, blend all ingredients together until smooth and creamy. Massage into kale and enjoy. This salad is simply delicious on its own but feel free to add fresh tomatoes, onion, and other vegetables if you would like to. Dressing on its own will last up to three days in the refrigerator.



breakfast

Chocolate Avocado Pudding:

1 cup fresh almond milk, 1 ripe avocado, 2 tbs maple syrup, 2-3 tbs raw cacao powder, 1 pinch himalayan salt, ½ tsp vanilla extract (optional)

Method: Blend until smooth & creamy and enjoy. This will make a smaller volume compared to my usual smoothie recipes, but it's higher in fat and will stick with you longer. I like to place this into a glass and eat it with a spoon. Stir in some raw cacao nibs for added crunch.

lunch

Sweet & Spicy Raw Red Pepper Pasta:

2 large zucchini, peeled

Sauce: 1 chopped and seeded red bell pepper, 2 tbs raw cashew butter, 1 tbs hemp seeds, 1 tsp coconut aminos, ½ tbs miso, 1/8 tsp cayenne pepper, 1 clove garlic, 2 medjool dates, 1 tsp apple cider vinegar

Method: For the sauce, combine all ingredients into a blender and blend until smooth and creamy. You will need a tool called a spiralizer to make your zucchini noodles. If you don't have a spiralizer, you can also use a mandolin or simply use a julienne or vegetable peeler to make noodles. Store the sauce separate until you're ready to eat.

Note: If you don't have raw cashew butter, you can also use up to ¼ cup raw cashews instead

Dinner

Orange Sesame Salad With Creamy Ginger Dressing:

4 cups greens (spinach, kale, spring mix), ½ cup chopped red bell pepper, ½ cup peeled and chopped oranges, ¼ cup chopped medjool dates, ¼ cup sliced green onion

Dressing: ½ cup fresh orange juice, 1 tbs fresh lime juice, 1 clove garlic, 1 tsp fresh minced ginger, 1-2 teaspoons coconut aminos, 3-4 tbs raw un-hulled sesame seeds, black pepper to taste

Method: Combine salad ingredients into a bowl. For the dressing, blend all ingredients together until smooth and creamy. Store dressing in a separate container until you're ready to eat your salad. Dressing alone will last up to two days in the refrigerator.



healthy snack options

- Fresh Fruit (as much as you care for)
- Nuts & Seeds
- Kale Chips
- Energy Balls/Bites
- Raw Cookie Dough Bites
- Sliced Apple and/or Banana with Nut or Seed Butter
- Chia Pudding (ask for my Cinnamon Vanilla Chia Pudding recipe)
- Fresh Vegetables with No-Bean Hummus
- Fresh Guacamole with Raw Crackers or Fresh Vegetables

For recipe ideas on any of the above options, post in the Facebook Group for support. That's what it's there for. Everyone will be more than happy to help and so will I. 😊

I recommend having 2-3 items like these in your refrigerator at all times to have in between meals.

