

START YOUR DAY **RAW**

Improve your health one meal at a time--starting with breakfast!

Rupinder Kaur

USING BASIC
EQUIPMENTS
AND
EVERYDAY
INGREDIENTS

WITH 3 DAY BREAKFAST MEAL PLAN

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www.rawrasoi.com

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“Begin your raw food journey today and live the way you were meant to. Let your body be nourished and cared for NATURALLY and see your energy, digestion, mood, skin, weight related issues and a lot more improve in no time.”

Rupinder Kaur

Hello

I am Rupinder Kaur, founder of 'Raw Rasoi'. I am writing with the mission to spread the unbelievable benefits and healing powers of raw food—based on my own life-changing transformation—to as many families as possible. Many people the world over follow a raw vegan lifestyle see the miraculous benefits in their overall health and well being, and if they can make the change then why not YOU?

When I switched to raw food my aim was to solve my chronic issues of acidity and the continuous pain in the soles of my feet. Both problems were solved within 3 days of my going fully raw but I never knew that in the long run this diet will also help me in reversing my asthma which is considered a hereditary problem along with curing a host of other problems like migraines, cervical spinal issues, insomnia, low blood pressure and many more, along with the added benefit of losing all my excess weight.

Being a raw vegan, I get a lot of questions about my diet. The first thing people want to know is 'What is Raw Food?' and once I give a brief introduction and talk about the benefits of going raw, the next question is always 'Where should I start from?' This e-book 'Start Your Day Raw' is my answer. This book helps you in not only learning about the benefits of a raw diet theoretically but actually experiencing them for yourself. Making the recipes and tasting them in your own kitchen will make it an indispensable part of your life.

I'm delighted that you have decided to take the plunge and start your morning with raw food and I will help you with the transition by giving you a 3 day meal plan. Whether you are completely new to raw food or simply want to make a fresh start, this 3 day breakfast guide will lead you step-by-step to everything that you need to know to make sure that your raw morning is as nutritionally dense, filling, simple to understand, easy to follow, doable, time saving and as delicious as possible.

Any reservations you might have had before are sure to change once you try my 3 day plan. I promise you will agree that raw food is the healthiest and easiest eating choice and you will want to keep your mornings raw from hereon. It will not be a surprise if feel like you want to go fully raw for day and seriously begin considering it as a lifestyle choice in the future.

I wish you have the most rewarding journey and achieve maximum results by simply uncooking in the morning hours!

Rupinder Kaur

Rupinder Kaur
(www.rawrasoi.com)



BASIC PLANT-BASED DIETS

FIRST LET US UNDERSTAND THE THREE PRIMARY PLANT BASED DIETS, SEE WHERE THEY ARE DERIVED FROM AND HOW THEY ARE DIFFERENT FROM EACH OTHER IN THEIR THEORY, PRACTICE AND BASIC BELIEF STRUCTURE.

First let us understand the three primary plant based diets, see where they are derived from and how they are different from each other in their theory, practice and basic belief structure. This will enable you to view them on a larger scale and a holistic way.

Vegetarianism

Vegetarians are people who consume a primarily plant based diet with no animal flesh for a variety of reasons from religious practices to personal code of ethics. There are several variations as some vegetarians consume milk, cheese, curd, ghee, and honey but no eggs or animal flesh. Some along with having dairy and dairy products also include eggs in their diet. While others along with eggs, might also choose to eat fish occasionally based on their personal choice and preference.

Veganism

Vegans follow a strict plant based diet. They are a subset of vegetarians who refrain themselves from consuming products which are derived from or involve animals in any way i.e. no milk and milk products like ghee, cheese, curd or eggs and honey etc. People follow a Vegan diet either because of health reasons or their ethical values. People on this 'progressive lifestyle' do not support animal cruelty and hence don't even use cosmetics tested on animals, clothes with fur, leather bags, belts and shoes, decorative items made from ivory etc. They eat only fruits, vegetables, grains, nuts, seeds, beans and legumes.

Raw Veganism

Raw vegans eat mostly the same foods as the vegans, like fruits, vegetables, sprouts, leafy greens, sprouted grains, seaweed, nuts and seeds in many creative ways. What makes them different is the fact that they do not cook them in any way i.e. they don't bake, blanch, boil, steam, braise, broil, fry, fricasse, roast, toast, grill, stew, simmer or sauté any of these food items. Their food is never heated above 110 degrees Fahrenheit i.e. the temperature above which the essential enzymes are destroyed. In short, raw vegans eat the way Mother Nature grows it. The idea behind not cooking the food is to make digestion and assimilation even more efficient, while safeguarding and reaping the benefits from all vitamins, minerals, phytonutrients, and enzymes as present in nature. Hence the food is nutritionally dense.

To know more about the raw vegan lifestyle, see our FAQs section on www.rawrasoi.com.



WHY START YOUR DAY RAW?

MORNINGS ARE THE MOST IMPORTANT TIME OF THE DAY.
HOW YOU BEGIN YOUR DAY HAS A HUGE IMPACT ON
HOW YOU FEEL THE REST OF THE DAY.

Mornings are the most important time of the day. How you begin your day has a huge impact on how you feel the rest of the day. The body wakes up in the morning for a fresh start after about 8-9 hours of sleep, so it is crucial to feed your body well at this time. Mornings are also when the body eliminates and detoxifies itself. It is important that the system is flushed properly every time. To help keep our bowel movements regular we need to eat food which aids in this process.

Until the discovery of fire, our ancestors survived using their instincts, by finding and consuming fruits and herbs that they gathered while they roamed the untamed outdoors. The advent of farming created abundance of food but brought with it the danger of repetitive food intake. Today, we are used to a diet that has created so many health issues in our society. It is important that we change the way we look at food and go back to the rich, nutrient dense, healthy, varied diet that our ancestors ate.

Drinking water first thing in the morning is the best way to start the day. It not only hydrates the body, but also helps wake up the digestive system to get things ‘moving’ in our body. It is important to always drink water on an empty stomach, and at least twenty minutes before meals because consuming liquid with your meal dilutes the digestive juices required to properly digest the food.

The most important reason to eat raw living plant foods is that they are rich in water content. Each fruit and vegetable contains all the water of that plant. This is the bio available water – not the tap or spring water. It is the water which the plant has received through both natural and manmade sources filtered through the roots and branches of the plants, trees, scrubs and vines over a period of time. Our bodies are reported to be approximately 72% water. Water is lost through the kidneys, bowels, lungs and skin so we need to constantly replenish that water.

Most people know they should be eating more fruits and veggies, but don’t know how to incorporate them into your diet. It is ideal to eat enough of fresh fruits at one time. When fruits are eaten alone, the stomach can more easily process all of the nutrients, fibre and the simple sugars present in it. This is the optimal and ‘proper way’ to benefit from the fruit you eat. The best time to eat a bounty of fruit is in the morning on an empty stomach. Fruits digest very easily and quickly, because of this when eaten with or after cooked food they ferment causing bloating, toxins, and a host of digestive problems.

When you switch to a raw breakfast, it is important to eat enough amounts of fruit at a single time- in the form of a fruit salad, smoothie or just plain fruit. You can prepare a large bowl of the fruit of our choice or even make a large serving of green smoothie consisting of fruits and green vegetables and fill yourself enough to keep you satisfied until lunch time. You will find that you are consuming more amount of food since fruit has a high water content and lots of fibre that fills you up fast but is also digested very quickly and hence, to remain full until lunch you will have to eat more quantity of fruits than you would have with cooked food which has more calorific density.

Food in its raw state is full of life force or what in Ayurveda is known as prana i.e. it still contains all the enzymes that can be planted to renew life. Vegetables and fruits have all the nutrients-micro as well as macro- we need in their highest quality and most easily digestible form. Apart from carbohydrates, proteins, fats, vitamins and minerals, they are the best source for electrolytes, enzymes, phyto-nutrients, and natural antioxidants. All these nutrients are active and make you feel energized and alive as experienced by people who switch to a predominantly or fully raw diet.

It is hence important to note that raw food not only provide sumptuous amounts of calories, proteins, fat, carbohydrates, fiber, and sodium but also provide abundant antioxidants, enzymes and phytonutrients, which are not measured in the standard data. Better nutrition not only helps prevent disease and achieve optimum health but also slows the aging process.

Raw food provides a wonderful opportunity to streamline your health as well as save a lot of time in food preparation- especially during the morning rush hours. Eating a nutritious breakfast should be top priority in our hectic lives. With all of us- men as well as women- becoming busier, with full time jobs with long working hours, travelling and family responsibilities, we can find solace in the fact that we've started our day on the right note with raw food. Eating an entire meal raw will leave you feeling satisfied, yet light.

I encourage raw foods because of their healing and health-promoting benefits and because they don't cause harm to animals or the environment.

WHAT IS FOOD COMBINATION AND SEQUENCING?

FOOD COMBINATION REFERS TO COMBINING VARIOUS FOODS FOR EATING IN AN OPTIMAL WAY IN ORDER TO DIGEST AND ASSIMILATE NUTRIENTS FROM THE FOOD IN THE MOST EFFICIENT MANNER.

Food combination refers to combining various foods for eating in an optimal way in order to digest and assimilate nutrients from the food in the most efficient manner. It is based on the belief that eating should not be complicated but as natural and simple for our body to digest food properly. Confusing the body by eating too many different types of food with different digesting times can be harmful and create many issues such as heartburn, gas, flatulence, abdominal pain and swelling. Knowing how to combine foods can help keep these digestive issues at bay.

The common misconception of eating a balanced diet has been to combine all kinds of foods on a single plate to create a balanced meal in which various foods exist in an ‘optimum’ proportion thought to provide the best nutritional value. Although in theory it covers all the bases of nutrition, it doesn’t lead to optimum digestion and assimilation of food.

On studying the numerous ancient cultures and civilizations of the world, it has been found that they kept their food intake very simple. A single food was consumed alone or in combination with one of two more foods. Such simple eating patterns have subsisted human beings for several thousands of years and hence have a huge impact on the evolution of our digestive systems. Eating in a similar way as our ancestors, especially for those of us who suffer from a disrupted digestive system is bound to be beneficial not only to heal but to stay healthy even in the later stages of life.

Furthermore, sequencing of food plays a major role in conservation of the body’s energy. Foods, when combined appropriately, are digested quickly and easily which saves a lot of energy that can otherwise be used for functions such as growth, healing and repair of body, mind and spirit. Successful healing can be directly related to reduction in digestive stress, as the body is then free to use the extra energy for other purposes. People often associate fruit with gas, constipation, or bad digestion in general, simply because they are eating fruit at the wrong time and in terrible combinations. Never eat fruit after you have ingested cooked food; eat fruit first. This is the most important food combining principle to follow. For optimal digestion, if you choose to eat cooked food, enjoy it later in the day, at least one and a half hours after eating fruit. Some people experience gas and bloating when transitioning to a low fat raw vegan diet simply because their body is not used to such large quantities of water-rich fruits loaded with fibre.

A lot of our food choices depend on their availability which might vary with the season, climate, soil factors, where you are located, and the market conditions. Once you know the guidelines of food combination, you will be able to choose compatible food combinations wherever you may be-at the restaurant, the store, at home or someone else's residence, or travelling. The more you apply these principles, the easier it becomes to continue applying them, making it a very beneficial and healthy habit. Not only will it help you in attaining optimum digestion and assimilation of nutrients but also help you design your own recipes and meal plans to create well balanced recipes independently.

Fruit Combination Chart

FUNDAMENTAL RULE: Simple meals digest most easily.
Space out your meals, allowing time for your system to assimilate and rest.



Liquids:

Water, Watermelon juice, Wheatgrass juice etc

Sweet Fruits:

Banana, Chikoo, Dates, Persimmons and all dry fruits

Sub-Acid Fruits:

Apple, Kiwi, Papaya, Grapes, Peach, Apricot, Cherries, Plums

Acid Fruits:

Pineapple, Tomatoes, Strawberries, Lemon, Orange

Melons:

Cantaloupe, Honeydew, Watermelon

Leafy Greens & Non Starchy Vegetables:

Coriander, Mint, Lettuce, Celery, Kale, Spinach, Cucumber

DIGESTION TIME OF VARIOUS FRUITS (APPROX. TIME SPENT IN STOMACH BEFORE EMPTYING).

WATER	0-15 MINS
JUICE	15-30 MINS
FRUIT	30-60 MINS
MELONS	30-60 MINS
WHEATGRASS JUICE	60-90 MINS
MOST VEGETABLES	1-2 HOURS

If you read the fruit combination chart given on the other page you can understand a lot of concepts. For easy understanding, I am listing some key points which one should always keep in mind while following a raw food diet. This will ensure that your efforts and time are being put in the right direction and you achieve your health related goals without any hurdles.

- Always consume all types of Melons on their own; they do not combine well with any other food.
- All other fruits can be eaten in combination with or without green neutral vegetables e.g. lettuce, kale, celery and/or cucumbers, on an empty stomach
- Acidic citrus fruits are not to be combined with sweet fruits.
- Small amounts of acidic fruits may be eaten with avocado.
- Tomatoes go well with avocado
- Avocado combines well with any kind of vegetable and non sweet fruit but should be eaten less until you have recovered from your conditions.

The above guidelines are the basis on which fruits can be combined in the best way for optimum digestion. And once you feel the difference in your health, you will never feel like resorting to your old eating habits!

Along with eating raw food in the morning you can also make some significant changes in your other meals for the rest of the day to stay healthy and fit.

To download Top 20 tips for refined eating habits, please click on the link below:

<http://www.rawrasoi.com/start-your-day-raw/img/tips.pdf>



WHAT TO EXPECT WHEN YOU EAT RAW IN THE MORNING?

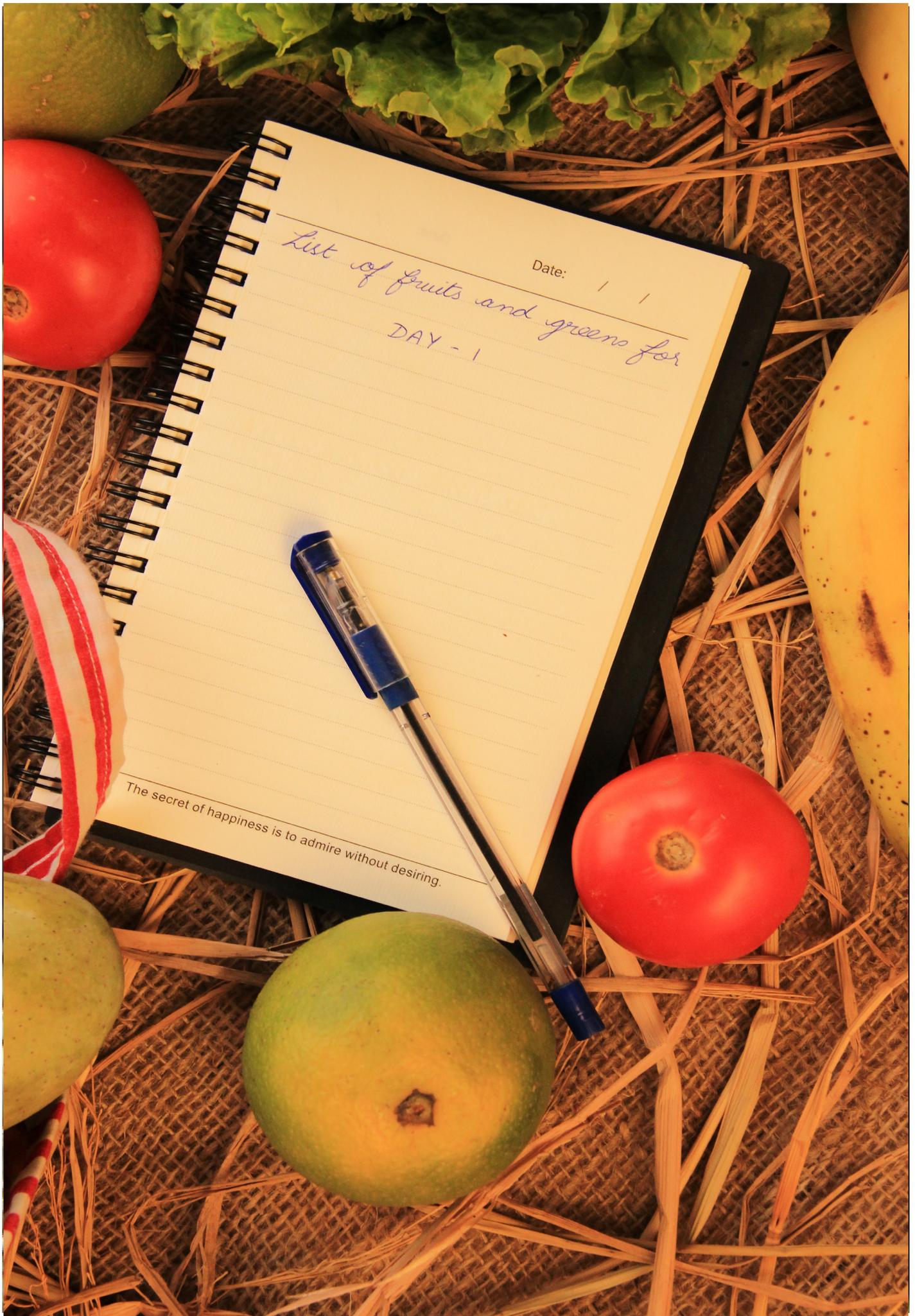
HAVING ONE RAW MEAL OBVIOUSLY ISN'T MUCH, SO JUST ABOUT ANYONE CAN DO IT, AND WHAT'S MORE, I'VE MADE THE WHOLE PROCESS SO RIDICULOUSLY SIMPLE IT WILL BE A WHOLE LOT EASIER THAN YOU MAY HAVE THOUGHT.

Having one raw meal obviously isn't much, so just about anyone can do it (although if you have any reason to doubt that, absolutely consult your health practitioner for professional advice first), and what's more, I've made the whole process so ridiculously simple it will be a whole lot easier than you may have thought.

As to what you can expect, well, that will depend on a few key factors like your previous and present diet and lifestyle, your previous and present overall health, how much physical work you do, how much stress you take and how closely you follow the plan. However, generally speaking, by the end of your three mornings on raw you can expect to see or feel any or all of the following:

- Increased energy level and attention span
- Clearer skin and eyes
- Improved sleep
- Lightness in your body and emotions
- A sense of peace in your mind
- Greater positivity
- Higher range of expressivity
- Less puffiness and bloating in your face and body
- Slight weight loss

I assure you that you will see an improvement in your health in more ways than one by the end of the 3 days as you will be detoxifying and clearing out your system, but you might experience certain symptoms of the toxins being released into your blood stream such as a mild headache Continue to drink plenty of water if possible with fresh lemon juice. I would suggest you not to worry about it as it will pass, leaving you feeling better than ever before. but if you have any doubts, you should consult your doctor first.



The secret of happiness is to admire without desiring.

HOW TO GO RAW IN THE MORNING?

NO BIG INVESTMENTS, TRAINING, EXPENSIVE EQUIPMENTS REQUIRED AT THIS STAGE.
JUST FOLLOW THESE ACTION STEPS ONE BY ONE AND YOU WILL BE
READY TO GO RAW IN THE MORNING IN NO TIME.

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No big investments, training or expensive equipments required at this stage to get started. Just follow these action steps one by one and you will be ready to go raw in the morning in no time.

1. Decide which three days you are going to go raw in the morning and mark them on your calendar.
2. Make your shopping list for your ingredients based on the season, geographical location and your own personal preferences.
3. If you buy organic or plan to buy organic only, plan according to when your next supply is delivered or until the next farmer's market in your area. Start the following day. If you are dependent on the local fruit shops, you can buy your produce a day before.
4. Make sure you have the basic equipment easily available and in working condition.
5. Before you actually start, ensure that your fruit is properly ripe and ready to eat. Unripe fruit does not digest well and will lead to discomfort.
6. Simply follow each recipe to the letter each day. If you don't have access to a blender or electricity for some reason, just skip the smoothie and have a salad.
7. If any fruit mentioned in the given recipes is not in season or available locally in your town or city, or is not your favourite, simply replace it with what you have or like.
8. If you are working, simply make yourself a smoothie in a bottle or pack your salad into a box. If you are running out of time or travelling, just have fruits that can be consumed directly after peeling or washing.
9. Make sure you eat sufficient quantities of whatever you have to avoid under-eating and feeling hungry and tired later.
10. Observe how you feel at the end of each day after going raw in mornings. Keep a diary throughout the 3-day regimen and record your observations for later comparisons.
11. Finally – hop over to <https://www.facebook.com/www.startyourdayraw/> and share your story, read other people's experiences and learn how to bag 'The raw rasoi Fruit Combination Screensaver' absolutely free!



YOUR 3 DAY BREAKFAST MEAL PLAN

THE PURPOSE OF THIS BOOK IS TO PROVIDE SIMPLE RAW FOOD RECIPES THAT WORK FOR FAMILIES ON A DAILY BASIS. THE RECIPES IN THIS BOOK SERVE TO BEGIN INCREASING FRESH PLANT FOODS IN YOUR DIET FOR A HEALTHIER LIFESTYLE.

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The purpose of this book is to provide simple raw food recipes that work for families on a daily basis. The recipes in this book serve to begin increasing fresh plant foods in your diet for a healthier lifestyle.

Some think they can't do raw foods because it's too complicated, but the healthiest way to eat raw foods is to do so most simply. The recipes are designed for those looking for quick, easy and tasty recipes. All the recipes reflect proper food combining, which I recommend on a daily basis for ease of digestion. As your palate becomes acclimated to these healthier natural foods, recipes will be needed less and less, and you will naturally get used to combining foods correctly.

The 3 day morning meal plan discussed in this book provides an easy and quick solution requiring minimum time and effort. The simplicity of the plan makes it the go-to option when looking to save time in the kitchen. Most of the recipes given in this book can be made in less than 15 minutes, and in just 3 days of raw eating you will be able to see and feel the difference in your health.

This 3 day breakfast plan is based on- "simplicity at mealtime, variety throughout the year." As you become accustomed to this concept you will discover the joy of eating seasonally and anticipating the taste sensations each new bounty of fruits that it brings every season. Feel free to experiment! Use this guide as a tool to help you discover your own favourite combinations.

Below, you will find two raw recipes for each day. One is a salad and the other is a juice or smoothie. You can have both or any one - It's up to you. Just remember you have to eat enough, whichever you choose to eat. To prepare the recipes all you will need is a knife, a chopping board and a blender! If you are determined to continue after 3 days you can make your own menu. Simply write your favourite fruit you plan to eat each day in your diary and make sure you buy them a day before. Do refer to the fruit combination and sequencing chart whenever required.

It's my sincere wish that these basic recipes will bring you and your family abundant health and well-being.

DAY 1

Papaya on a Platter
&
Banana and Corriander
Smoothie



Papaya on a Platter

A mono meal of sweet Papaya in the morning is a wonderful way to begin your day. Papayas are readily available all year round, rich in nutrition and help aid digestion.

1 medium peeled and sliced Papaya

Wash and peel the papaya. Cut it into slices and remove the seeds. Chop the pieces in a large platter and enjoy to your heartful!

Raw Rasoi Tip:

You can also have a mono meal of any fruit of your choice.



Banana and Coriander Smoothie

Green smoothies are a great way to add greens in your diet without even realising it. They are much more nutritious than a simple fruit smoothie and keep you energetic and satisfied for a longer duration.

4 small Bananas, peeled and chopped

1 1/2 cup Coriander

3 cups water or Coconut water

Put the Bananas and Coriander in a blender and start blending by adding water little by little until smooth and you get the desired thickness. Relish!!

Raw Rasoi Tip: Rotate your greens every day. Choose from what is available in the season.

DAY 2

Watermelon Delight
&
Mango Spinach Salad

The background of the page is a close-up photograph of two glasses filled with bright red watermelon juice. In the foreground, a slice of watermelon with its green rind and red flesh is visible on the left side. The lighting is soft, highlighting the texture of the juice and the freshness of the fruit.

Watermelon Delight

A hydrating drink of sweet, watery Watermelon early in the morning is the best thing to start your day with. It is so simple and tasty that you will love having it every day.

1 medium Watermelon peeled and sliced

Slice the Watermelon and put it in a blender. Process it on high speed until smooth. Strain through a mesh. Relish every sip.

Raw Rasoi Tip: Choose any melon of your choice.



Mango Spinach Salad

Sweet juicy Mangoes and fresh greens make a very fulfilling meal during any time of the day in the summer season. Having it in the morning keeps your taste buds satisfied and tummy full.

6 medium Chausa Mango, peeled and diced

2 cup chopped fresh Spinach

Put the Mango and Spinach in a medium bowl and toss gently. Have immediately or carry to work to eat later.

Raw Rasoi Tip: Choose any Mango of your choice, peeled and diced to your preference. Combine with any leafy green.

DAY 3

Raw Apple Burgers
&
Kesar Elaichi Milk



Raw Apple Burgers

If you want to be little creative with your raw mornings you and your family are going to simply love this delicious yet simple recipe.

6 medium apples

2 bananas, peeled and sliced

6 romaine lettuce leaves, stems removed

Cut two thick slice from an apple to make both sides of a burger. Place a romaine lettuce, some banana pieces on one apple slice and top it with the other slice.



Coco Elaichi Milk

This creamy non dairy milk will help you consume several servings of dates in one sitting and satisfy your sweet cravings.

1/2 green coconut cream, washed and cleaned

7-8 cup Mejdool Dates, seeds removed and chopped

4 cups water or Coconut water

1/2 teaspoon Elaichi

Put all the dry ingredients in a blender and start blending by adding water little by little until smooth and you get your desired thickness. Relish!!

Congratulations

for successfully completing the

START YOUR DAY RAW CHALLENGE!

If you'd like to meet like minded people, know how others felt about their raw mornings & to share your story, go to:

<https://www.facebook.com/www.startyourdayraw/>

BONUS: You will get a Free Fruit Combination and Sequencing screensaver for posting your Raw Morning Experience!!

Get started now!

About Rupinder Kaur

Rupinder Kaur is the creator of raw rasoï and author of her first e-book 'Start Your Day Raw'. A fully raw vegan she has not only become a living example of healing her innumerable health challenges but also inspiring and guiding many other people to follow this lifestyle and achieve fruitful results. Rupinder is a pioneer and visionary working meticulously on spreading the raw food movement in India.

Rupinder took it as a challenge to fight her health crisis with full dedication and turned to a high carb low fat raw vegan diet overnight in mid 2013 when modern medicines and doctors failed to diagnose her health issues post jaundice. Her magical experience of getting rid of her childhood asthma, low B/P, anemia, chronic digestion issues and pain under her feet etc. with just a change in diet and lifestyle has led her to believe that 'Food is our Medicine' and she took it as a divine message to guide and inspire others.

Hailing from the beautiful city of Patiala, she has deep roots in the Indian culture and heritage, for which she gives credit to her family; especially her mother Late Gunwant Kaur who inspired her creative pursuit since childhood. Rupinder is a gold medalist and University topper from Punjab University, Chandigarh in Art History as well as a topper in fashion designing. She combines her immense knowledge of Indian traditions and practices such as Ayurveda, her award-winning artistic talents garnered since she was a child, her experience in working in the publishing industry as an editor, in her new found love in raw food.

She lives in New Delhi and devotes her time between being a mother to a beautiful son and a wife to a doting husband. She is a part of Waldorf (Steiner) community and follows anthroposophy, a spiritual philosophy developed by Rudolf Steiner (1861-1925) aimed at the overall development of the children including their free will and spirit. Her commitment towards helping others live a healthy lifestyle without compromising on taste is remarkable. She has created raw vegan versions of many Indian delicacies like Dhokla, Khandvi, and sweets like Malpua, Halwa, Raw Malai, Kheer, Sevai etc. which she plans to include in her upcoming book.

Rupinder loves to share her knowledge and experience in the most easy and doable manner and hence she has written a free e-book 'Start Your Day Raw' on how to introduce fresh fruits and greens in your diet for better health and digestion. She gives personalised coaching and even offers raw food preparation classes in New Delhi where she teaches various living food recipes with love and reverence. Rupinder's mission is to simply reach people and spread the message of healing with a plant based diet. If you are ready to go raw, Rupinder is there to help you!

www.rawrasoi.com