



# 7-DAY NATURAL RAW FOOD CHALLENGE

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## INTRODUCTION

### Congratulations and Welcome to the **7-Day Natural Raw Food Challenge!**

Prior to becoming a health coach, I struggled with high blood pressure, high cholesterol, obesity and was borderline diabetic. During Lent, my sacrificial offering was to give up eating all meat and animal by-products for 40 days.....only! My daily intake of food consisted of 85% raw food and 15% cooked food. I had absolutely no idea what I was doing.

However, something truly remarkable and amazing happened. After those 40 days, I had lost over thirty-three pounds! I was feeling so good about the weight loss but totally confused about what I was doing and eating.

This led me to do some research and what I found out was that food can be a weapon for the body or a weapon against the body. Therefore, I continued eating mostly raw foods. Within 3 months, I was taken off all prescription medications and lost over sixty-five pounds within 10 months.

It's been over 8 years since I started this journey of healthy eating. As a Certified Integrative Nutrition Health Coach, my goal is to inspire, encourage, motivate, and educate others to lead the charge for healthy eating and exercise.

Here's to Good Health,  
Dr. Brenda T. Bradley



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## What is the 7-Day Natural Raw Food Challenge?

Basically, this challenge is about eating unprocessed and uncooked foods (also known as living food) in order to get all the necessary nutrients. Consuming raw foods is not a “fad diet.” It’s been around since the beginning of time and is very beneficial for help in healing the body. What makes eating raw foods beneficial for healing are enzymes. Enzymes are considered the life force of food. Each food has its own perfect mix of enzymes which are needed because they bind molecules in our bodies and helps to digest and get rid of toxins.

For the next 7 days, your diet will consist of raw vegetables, fresh fruits, and healthy fats. Consider the following snapshot to help you understand and get started on the road for the next 7 days:

**Raw Vegetables.** In their raw and natural condition, vegetables are a great source of all minerals and vitamins. All kinds of vegetables can be used to create savory salads and main dishes. Leafy vegetables such as spinach and romaine lettuce are rich in folic acid and many other nutrients.

**Fresh Fruits.** When they are fully ripe, fruits provide vitamins and minerals and are cleansers that help keep the digestive tract clean. Many people find that fruits are go-to foods for snacks and smoothies. It’s important to not constitute more than 15 percent because of the sweetness.

**Healthy Fats.** Healthy fat, which can be found in nuts, seeds, avocados, and other similar sources are essential. They give the body the necessary energy and supports cell growth. Additionally, they help to protect your organs and keeps the body warm.



**The following is a list of natural food to be included in this challenge:**

- Whole unprocessed food
- Fresh ripe fruit
- Vegetables
- Raw nuts and seeds
- Frozen fruits or veggies are okay just make sure there are no added ingredients

**Foods *suitable* during this challenge:**

- Grains (sprouted, soaked)
- Seaweeds
- Purified or distilled water (no tap water)
- Nut milks
- Fermented foods (kimchi, sauerkraut, etc.)
- Nut butters (almond, cashew, etc.)
- Sun-dried fruits

**Foods to *avoid* during this challenge include:**

- Prepackaged processed foods
- Beans
- Dairy, eggs or any animal by-products
- Meat
- Alcohol
- Caffeine

## Benefits

*Research indicates many benefits of a raw food diet which includes the following:*

- ▶ *Increased energy*
- ▶ *Cancer prevention*
- ▶ *Lowering inflammation*
- ▶ *Weight Loss*
- ▶ *Improved digestion*
- ▶ *Better skin*
- ▶ *Greater stamina*
- ▶ *Enhanced mental clarity*
- ▶ *Less hot flashes*
- ▶ *Sinus infections gone*
- ▶ *No more migraines*
- ▶ *Insomnia gone*

*We can all benefit from eating raw foods because of the alkalizing effect which reduces acidity and have less a chance of fermenting in the gut thus causing disease. But some people who might benefit more include those who are dealing with:*

- ▶ *Joint pain*
- ▶ *Post-menstrual syndrome (PMS)*
- ▶ *Headaches*
- ▶ *Autoimmune disorders*
- ▶ *Food allergies*
- ▶ *Fatigue*
- ▶ *Kidney disease*
- ▶ *Osteoporosis*
- ▶ *Cancer*
- ▶ *Heart disease*
- ▶ *Muscle aches and pains*
- ▶ *Obesity*
- ▶ *High blood pressure*
- ▶ *Hormonal Imbalance*
- ▶ *Gallbladder disease*





## Where or How to Start?

Participating in this challenge may seem overwhelming, so I'll share with you how I plan to eat during the next 7 days:

- \* For most mornings, I will enjoy a tall glass of fresh-made juice.
- \* During lunch and because I love, love, love vegetables, I will have a colorful green salad and will snack on fruit in between.
- \* For Dinner, I will choose from the recipes that are included. One of my favorite recipes is the "No Cook" Stir Fry w/Cauliflower Rice.

For most mornings, I will have a tall glass of juice. For lunch and because I love, love, love veggies, I will have a colorful green salad and will snack on fruit in between. For dinner I will choose from the recipes that are included. One my favorite recipes is the raw cauliflower and veggie dish.

As stated, raw vegetables are the best source of mineral nutrients and fresh raw fruits are the best source of vitamins. By extracting the juice from veggies and fruits you can feed all your cells richly and you'll save lots of energy your body uses to separate the juices from the solids. No need to worry about getting enough fiber in your diet. Remember you'll still be getting the necessary fiber from eating natural raw foods.



## GUIDELINES

**Getting Started:** In order to succeed in anything, it's important to plan accordingly. This challenge is for 7 days and it might seem like a long time, but it will go faster than you think. Stay ahead by planning and preparing for the next day.

**Food Journal:** Use a daily food journal to help with recording your meals.

**Family Support:** Inform your family members of this challenge and ask them to help and support you or join you for the next 7 days.

**Exercise:** Limit yourself to light exercise, such as walks, yoga, and stretching. Your energy levels will change so pay attention to what your body needs before exercising. Try taking the stairs at work; park your car far away and walk to building.

**MEDICATION: Please do not taper or stop taking prescription medications without your physician's consent! This is very important.**

Upon rising and before breakfast, start each morning with a cup of warm water or room temperature water and  $\frac{1}{2}$  of a lemon – squeeze the juice in a cup and add water. If it is too bitter, you can add  $\frac{1}{2}$  teaspoon of agave nectar or honey. (Note: Lemon water helps to boost digestion and energy when consumed first thing in the morning).

For the next 7 days you will need to drink lots of water. Decaffeinated herbal teas, such as lemon ginger, green tea, etc. are okay.

The sample meal plan below provides an ideal example of a typical day for this challenge. To help with food choices and ideals, provided are a few recipes to help with getting you started.



## Sample Meal Plan

**Breakfast:** Fresh made juice

**Snack:** (2 hours after breakfast)

Fresh fruit or vegetable

8 -16 oz. of water to drink

**Lunch:**

Large Green Salad (romaine lettuce, tomato, celery, cucumber, red onions, red bell pepper, green bell pepper) Note: Chop in small pieces Balsamic Vinaigrette for salad or cold-pressed olive oil and lemon juice

8 -16 oz. of water to drink (no soda, tea or flavored water)

**Snack:** (2 hours after lunch)

Fresh fruit or vegetable

8 -16 oz. of water to drink

**Dinner:**

“No Cook” Stir Fry w/Cauliflower Rice

**Snack:**

1 to 2 hours after dinner (do not eat anything within 3 to 4 hours of going to sleep)

Herbal, hot tea



*Breakfast*  
**OPTIONS**

## Breakfast “Grab-n-Go” Chia Parfait

Prep time: 15 mins Serving Size: 2 servings

### Ingredients

1 large ripe mashed banana  
2 Tbsp Chia Seeds  
¼ tsp Cinnamon Spice  
½ cup Rolled Oats  
¾ cup Unsweetened Almond Milk  
¼ tsp Pure Vanilla Extract

### Toppings

Blueberries  
Strawberries  
Coconut Flakes  
Granola  
Nuts and Seeds

### Instructions

Prepare ingredients the night before. In a medium bowl, mash the banana until almost smooth. Stir in the chia seeds and cinnamon until mixed. Add in the oats, almond milk, and vanilla. Mix well and pour mixture evenly into 2 (10 to 12 oz) mason jars, cover and refrigerate overnight. In the morning, add your favorite toppings and enjoy.

## Banana Nut Muffins

This recipe is very easy to make. Just remember to soak the nuts overnight. Enjoy in the morning with a cup of hot herbal tea or in the evening for dessert.

### Ingredients

- 1 medium banana
- ½ cup raw walnuts, soak 5 to 6 hours
- 6 medijool dates, pitted
- 1 tablespoon cold-pressed organic coconut oil
- 2 teaspoons organic agave (maple syrup is okay)
- 1/3 cup unsweetened shredded coconut flakes
- ½ teaspoon pure vanilla extract
- 6 each cupcake holders or wrappers

### Instructions

Add soaked walnuts and dates in a food processor Blend well. Add in the banana, oil, coconut, agave, and vanilla. Blend well. Spoon mixture into cupcake holder or wrapper. Allow to sit in the refrigerator for several hours to solidify.

Enjoy!



## Pineapple Spinach Smoothie

Prep time: 5 mins

Serving Size: 1 serving

### Ingredients

- ½ medium banana, frozen
- 1 cup chopped pineapples, frozen
- 1 cup organic spinach
- 1 tablespoon flax seeds
- ½ cup almond milk
- ½ cup chopped ice

Place all in blender and process until smooth.

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## Chocolate Berry Smoothie

Prep time: 5 mins

Serving Size: 1 serving

### Ingredients

- 1 cup strawberries, frozen
- 1 medium banana, frozen
- 1 tablespoon cacao powder
- 2 tablespoons almond butter
- 1 ½ cups vanilla almond milk
- ½ teaspoon cinnamon spice

Place all in blender and process until smooth.



## Spinach Avocado Smoothie

Prep time: 5 mins

Serving Size: 1 serving

### Ingredients

- 1 cup spinach
- ½ cup cucumber, sliced
- ½ avocado, seeded
- 2 whole limes
- 1 ½ teaspoon agave
- ½ cup purified or distilled water
- ½ cup of ice

Place all ingredients in blender and process.

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## Call Me Pretty Red Juice

Prep time: 5 - 10 mins

Serving Size: 2 servings

### Ingredients

- 2 medium apples
- 1 beet root
- 4 medium carrots
- 1 cucumber, sliced
- 1 cup spinach
- Ginger root – 1 thumb
- 1 orange, peeled

This recipe calls for a juicer not a blender. Juice each vegetable and fruit. If you would like to save some for later, make sure to store in a mason jar with lid and fill it to the top.





*Lunch*  
**OPTIONS**



## Raw Nut Tacos

Prep time: 10 min;

Serving Size: 4

### Ingredients:

Savoy Cabbage or Romaine lettuce (whole, not in bag)

1 medium Avocado, sliced thin

### Nut Meat Ingredients:

1/3 cup raw Pecans

1/3 cup raw Sunflower Seeds

3/4 teaspoon Turmeric Powder

3/4 teaspoon Cumin Powder

1 1/2 teaspoon Tamari

### Salsa Ingredients:

1/2 cup diced cherry or roma tomatoes

1/2 cup organic yellow or blue

Corn (omit any juice)

1 Lime, squeezed

2 Basil leaves – finely chopped

1/4 cup of diced Red Onions

### Instructions:

Separate the romaine lettuce leaves or the savoy cabbage leave – they should look like shells For the nut meat – add all ingredients to a small food chopper and grind for less than a minute.

For the salsa – (in a separate bowl) mix all ingredients together. You are now ready to make “Tacos!” Enjoy!

## Raw Vegetable Spring Rolls

Prep time: 40 min;

Serving Size: 4

### Ingredients for Rolls

- 1 yellow or red bell pepper, cut into strips
- 2 leaves red cabbage, cut into strips
- 2 cups of spinach
- 1 to 2 carrots, julienned
- 1 cucumber, julienned
- 8 brown rice paper rounds

### Ingredients for Sauce

- ½ cup raw cashews, soaked (use enough water to cover cashews)
- 1 carrot, cut into slices
- 1 lemon or lime, juice only
- 1 teaspoon mild curry spice
- 1 teaspoon turmeric spice

### Instructions for Making Rolls

Soak cashews for 30 minutes to an hour. Do not discard water. Set all prepared vegetables aside. Next, in a medium-sized or large bowl add warm water. Dip the rice paper into the bowl of water until it softens. Remove and lay on a flat surface. Near the bottom of the paper, lay a small amount of spinach first. Then, top with bell pepper, cucumber, carrots, and red cabbage. Fold in the left and the right sides of the paper, then pull bottom edge over the vegetables and roll the paper tightly away from you until it's closed. Set aside and repeat with remaining paper and vegetables.

### Ingredients for Sauce

Add all ingredients, including water from soaked cashews and blend until creamy. Use sauce to dip vegetable spring rolls.



## Fulfilling Green Garden Salad

Prep time: 15 minutes

Serving Size: 4

I am a firm believer that the best garden salad is the one where all ingredients are sliced, diced, and chopped small. There's something about getting a mixture of ingredients on the fork at one time. Yummy!

### Ingredients

½ cup Romain Lettuce, chopped in small pieces

½ cup Spinach, chopped in small pieces

½ cup Kale, chopped in small pieces

½ cup Cherry Tomatoes, cut in halves

½ cup cucumbers, cut in slices

¼ cup Bella mushroom halves

¼ cup red onions, chopped

¼ cup green bell pepper, slices

¼ cup red bell pepper, slices

1 small carrot, julienned

Handful pine nuts - optional

### Instructions

Place all ingredients in a large bowl and toss well. For dressing, use vinegar and olive oil or your favorite organic balsamic vinaigrette dressing.



*Dinner*  
**OPTIONS**

## “No-Cook” Stir Fry w/Cauliflower Rice

Prep time: 15 min

Serving Size: 3

### Marinade Ingredients

- 1/2 cup grapeseed or olive oil
- 2 tsp sesame oil
- Juice of one lime
- 4 Tbsp Tamari
- 2 Tbsp garlic, minced
- 1/4 cup peanuts
- 2 Tbsp fresh ginger, finely chopped

### Vegetables:

- 2 cups broccoli florets, chopped
- 1 medium red bell pepper, seeded and sliced thin
- 1 cup carrots, julienned
- 1 cup bean sprouts
- 1/2 cup bok choy, shredded
- 1/2 cup savoy cabbage, shredded
- 1/2 medium red onion, diced

### Cauliflower Rice

- 3 cups Cauliflower Florets
- 1/4 cup unsweetened coconut flakes
- 1/2 tsp Himalayan Pink or Celtic Sea Salt (optional)

### Instructions

For the marinade, place all ingredients in a high-speed blender until well combined. Pour into a large bowl. For the vegetables, add all vegetables into the same bowl. Toss and allow to marinate while making cauliflower rice. For the cauliflower rice, pulse all ingredients in a food processor until cauliflower resembles texture of rice, don't over process. Serve veggie mixture over cauliflower rice. Enjoy!



## Raw Organic Zucchini Alfredo

Prep time: 10 min

Serving Size: 4

### Ingredients

- 1 large organic zucchini, spiralized
- ¼ cup red bell pepper, diced
- ¼ cup green bell pepper, diced
- ½ cup organic spinach, chopped (optional)

### Sauce Ingredients

- 1 cup unsalted raw cashews
- 1 ½ tbsp garlic, minced
- 2 to 3 basil leaves, fresh
- Juice of ½ lemon
- Himalayan pink salt, pinch
- ½ cup water

### Instructions

In a large bowl, mix zucchini, peppers, and spinach, set aside. Next, add all sauce ingredients in a blender and half of the water until desired consistency. Pour over zucchini noodles and enjoy.

## Kelp Noodles with Almond Butter Sauce

Prep time: 15 min

Serving Size: 2

### Ingredients for Kelp Noodles

- 1 (12 ounce) package kelp noodles
- 1 cup organic baby spinach, diced
- ½ cup red bell pepper, cut into strips
- ½ cup yellow bell pepper, cut into strips

### Ingredients for Sauce

- 1 can (15 to 16 ounces) coconut milk
- ½ cup of almond butter (can substitute peanut butter)
- 1 tablespoon extra-virgin cold-pressed olive oil
- 1 tablespoon cilantro
- 2 garlic cloves, minced
- 1 teaspoon sea salt
- 1 jalapeno, diced - optional

### Instructions:

Remove kelp noodles from package and rinse. Set aside.

After preparing vegetables. Set aside

Next, prepare the sauce. Using a blender, add all ingredients for the sauce, except jalapeno, and blend until creamy and smooth.

In a medium bowl, add kelp noodles and vegetables, then, pour the sauce over noodles and vegetables. Mix well and enjoy.





## CONGRATULATIONS You Did It!

I want to take this time to congratulate you on taking this amazing journey in an effort to take control of your health. The main reason for this challenge is to introduce you to raw eating and to show you that eating raw can be quite tasty and very interesting.

I am so proud of you and you should be especially proud as well. Now that you have experienced this challenge, be sure to share your positive testimony with others and help them to take control of their health as well.

Here's to good health.

*Dr. Bradley*