

5 WAYS TO SNEAK RAW FOODS INTO YOUR DIET

RAW FOODS MADE EASY



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There are countless benefits of incorporating raw foods into your diet. Raw foods are enzyme-rich foods that benefit your digestion, pack healthy fats into your diet, aid in healthy elimination and help alkalize the blood.

You may also experience improved immunity and more energy — who doesn't need that!? There are very simple ways to fit raw foods into your everyday life, and we will go over 5 simple ones today.



veggie pasta

Skip the traditional pasta and spiralize your veggies.

If nutritious and guilt-free wasn't enough to sell you on spiralizing your veggies — it's also incredibly easy and most importantly...delicious!

If you don't have one already, grab a vegetable spiralizer and start experimenting. If you want a simple start — zucchini noodles with marinara sauce is a classic. Add in some fresh herbs and you will be hooked. Enjoy!



DIFFERENT VEGGIES TO TRY SPIRALIZED

- Cucumber
- Beet
- Carrot
- Parsnip
- Broccoli
- Sweet Potato
- Squash
- Zucchini

start with salad

This is a great idea for several reasons.

Perk #1 of enjoying a salad as your first course is adding extra veggies into your diet that you may have been skipping otherwise.

Secondly, this will keep you from overeating your main course. All of the nutrition-packed goodness in your salad will fulfill you in a way that empty calories don't, and lower the amount of food you need to feel satisfied in your main course.





A TASTY RAW SALAD RECIPE

- Shredded Kale
- Roma tomato
- Red onion
- Sliced broccoli
- Diced cucumber
- Vinaigrette



fruit for dessert

Trade in the sweets and enjoy a small plate of fruit as dessert after your meal. Drizzle some apple slices with honey or dip it in your favorite nut butter, enjoy a bowl of colorful, fresh berries, or dive into a watermelon.

With so many different types of fruits to choose from, you have numerous options to enjoy before boredom sets in!



SUMMER FRUIT: WHAT'S IN SEASON

- Cantaloupe
- Plum
- Peach
- Blueberry
- Fig
- Grape
- Grapefruit
- Jackfruit
- Blackberry
- Apricot
- Strawberry
- Watermelon

green smoothie

Green smoothies are a fabulous way to get greens into your diet on a regular basis.

These are great to have in the mornings for a natural burst of energy without the caffeine jitters.

If you prefer green juice, fabulous. Both are great and beneficial.

Don't overdo it on the fruit — you will only need a small amount to have a tasty, healthy beverage.





SUMMER FRUIT: A GREEN SMOOTHIE RECIPE

- 1-cup spinach
- 1-cup coconut water
- 1/2-cup strawberries
- 1 kiwi
- 1/2 banana

Blend & enjoy!



snack smart

To avoid a processed, pre-packaged quick fix when you're in a pinch — prepare yourself.

Have raw nuts, raisins, dried fruits, or raw, cut veggies on hand to use as snacks throughout the day.

You will be far more satiated with a raw, healthy snack over a bag of potato chips — I guarantee it. The crucial factor is making sure you have these healthy snacks ready and nearby, so plan ahead!



QUICK RAW SNACK IDEAS

- Raw almonds
- Sliced fruit
- Celery & Nut butter
- Carrots & Hummus
- Kale chips
- Avocado
- Trail mix
- Bowl of berries

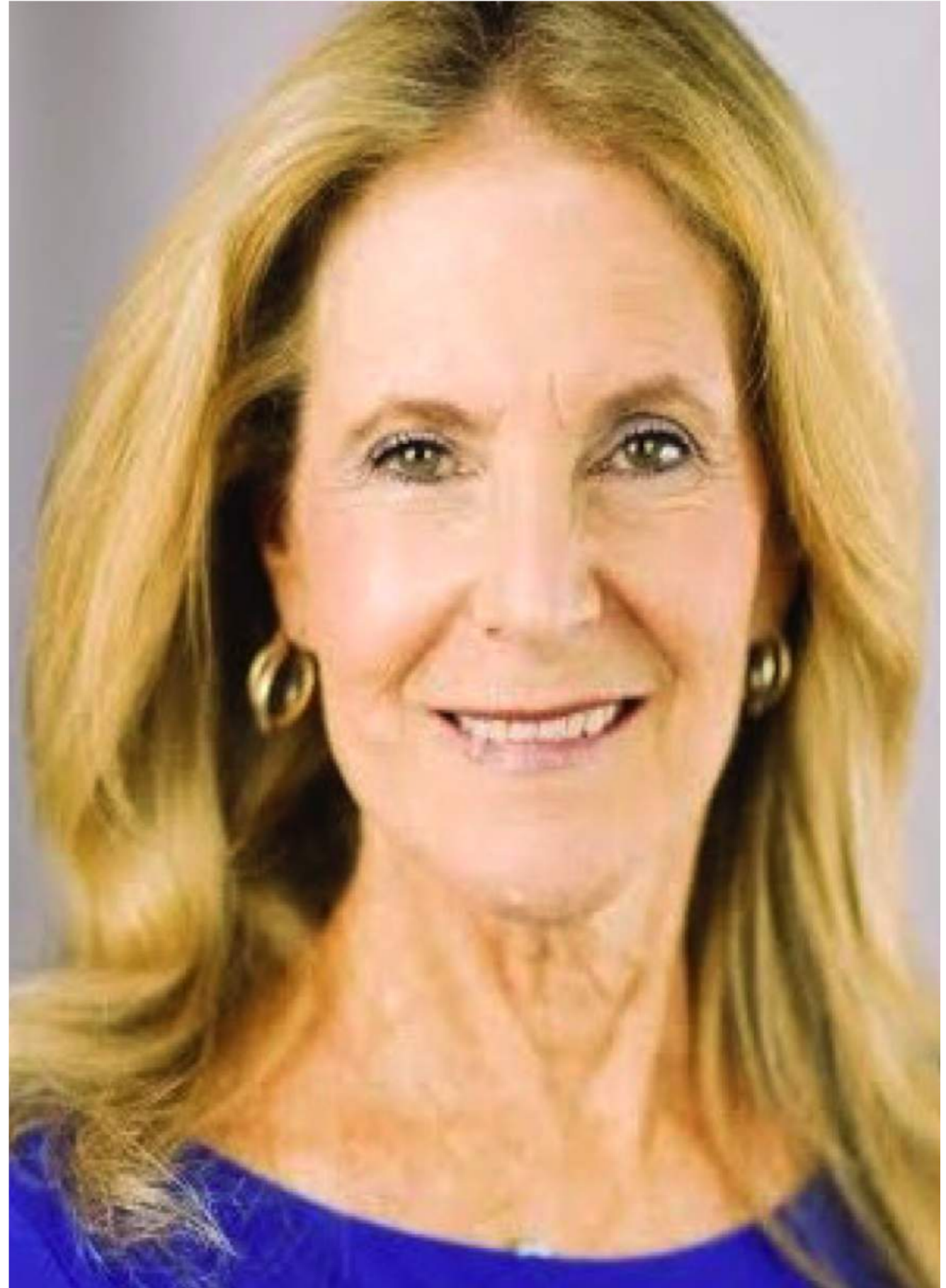
meet
your coach

Would you like some personal support in becoming the best version of yourself?

I'd love to chat with you about your health goals. Contact me today!

Elaine Gibson

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TAKE THE NEXT STEP

I know how crazy life can get and how easy it is to run out of gas at 3 pm. I have been there.

For me, in addition to the extra pounds, the overwhelm was the most frustrating.

Once I began making healthy choices, I lost 28 pounds, dropped 4 sizes without even trying and increased my energy.

If you are ready to let go of the frustration and overwhelm, let's talk. I offer a 15 minute Complimentary Find Your Extraordinary Call.

Click here: <http://www.meetme.so/FindYourExtraordinary>

To book your FIND YOUR EXTRAORDINARY SESSION.

WHAT OTHERS ARE SAYING

"I thought I didn't have time to introduce new concepts into my life... I was wrong."

It is never too late to make positive changes.

Open your mind and your heart and allow Elaine's inspiration and knowledge be the catalyst for the progression to a healthy you

**Marianne Baker, Annandale,
VA, Clinical Project Manager**



WHAT OTHERS ARE SAYING

"Thanks for the help, lost 78 pounds."



THANK YOU so much for the advice and information on green juicing and smoothies, which I am absolutely addicted to. Your raw food tips, coupled with simple steps to better health have helped me lose 78 pounds! I have not felt better in years.

Brian Ellsworth, Buffalo, NY, Business Owner