

RAW FOOD MAGAZINE

Raw Food Starter Guide

7 Days of Simple Meals, a Shopping List
& the Essential Recipes Every Beginner Needs

Plant-Based

Unprocessed

Welcome to Raw Food Living

Congratulations on taking your first step toward eating more raw, whole, unprocessed food. This guide was built to make your first week feel easy — not overwhelming. You don't need to go 100% raw to feel the difference. Even shifting 50% of your meals to raw whole foods can boost your energy, sharpen your thinking, and reset your digestion within days.

Inside this guide you'll find:

- A complete 7-day meal plan with breakfast, lunch, and dinner
- A simple shopping list organized by category
- 5 essential starter recipes to get you confident in the kitchen
- Tips for making the transition without feeling deprived

How to Use This Guide

Start by scanning the 7-day plan. You'll see that most meals are simple — smoothies, big salads, grain bowls, and snack plates. Cook the shopping list on Sunday and you'll have most of what you need for the week. The recipes at the end are the ones that show up repeatedly in the plan, so learning those five will carry you far.

A note on "raw": The goal is 70-80% raw for this week, not perfection. Cooked whole foods (legumes, sweet potatoes, quinoa) are included on a few days to keep you full and satisfied. Listen to your body.

THE PLAN

7-Day Raw Food Meal Plan

Each day is designed around three simple meals. Prep Sunday for the week. Smoothies take 5 minutes. Salads take 10. Snack plates take 2.

Day	Breakfast	Lunch	Dinner
1 Mon	Green Smoothie (banana, spinach, mango)	Big Rainbow Salad (p. 12)	Zucchini Noodles with Raw Marinara
2 Tue	Acai Bowl (frozen acai, berries, hemp)	Collard Wraps with avocado & veggies	Raw Pad Thai (zucchini, almond sauce)
3 Wed	Berry Chia Pudding (prep night before)		

STOCK UP

Your Weekly Shopping List

This list covers the full 7-day plan. Buy what looks freshest. Organic when possible — especially the Dirty Dozen.

PRODUCE



5 Essential Starter Recipes

Master these five and you have everything you need for your first week and well beyond.

01 / Classic Green Smoothie

The cornerstone of any raw food morning. Takes 5 minutes, keeps you full for 3 hours, and tastes like a tropical vacation.

INGREDIENTS	METHOD
1 frozen banana 1 cup frozen mango chunks 2 big handfuls fresh spinach 1 cup unsweetened almond milk 1 tbsp hemp seeds 1 tsp fresh ginger (optional) Juice of 1/2 lime	1. Add liquid to blender first. 2. Add spinach and blend until smooth. 3. Add frozen fruit and blend again. 4. Taste — adjust with more banana (sweet) or lime (bright). 5. Pour into a tall glass. Drink immediately. Serves 1. Prep: 5 min.

02 / Big Rainbow Salad

This is your go-to lunch. Make a huge batch of the base on Sunday and dress it fresh each day.

INGREDIENTS	METHOD
4 cups mixed greens 1 cup shredded purple cabbage 1 cup cherry tomatoes (halved) 1 cup cucumber (diced) 1 carrot (shredded) 1/2 avocado (sliced) 2 tbsp sunflower seeds 2 tbsp hemp seeds --- Dressing --- 3 tbsp tahini 2 tbsp lemon juice 1 tbsp olive oil 1 tsp maple syrup Salt + pepper + garlic powder	1. Toss all salad ingredients in a large bowl. 2. Whisk dressing ingredients together. Add water 1 tsp at a time to thin to a pourable consistency. 3. Dress just before serving. Serves 2. Prep: 10 min. Tip: Keep dressing in a jar in the fridge for up to 5 days. Dress each portion fresh.

5 Essential Starter Recipes (continued)

INGREDIENTS	METHOD
<p>1 cup raw cashews (soaked 2-4 hrs, drained)</p> <p>1/2 cup filtered water (+ more)</p> <p>2 tbsp lemon juice</p> <p>1 clove garlic</p> <p>2 tbsp nutritional yeast</p> <p>1/2 tsp sea salt</p> <p>1 tsp apple cider vinegar</p> <p>Pinch of cayenne (optional)</p>	<ol style="list-style-type: none">1. Soak cashews in water 2-4 hours. Drain and rinse.2. Blend all ingredients on high until completely smooth (2-3 min).3. Add water 1 tbsp at a time to reach desired consistency.4. Taste — adjust lemon, salt, or garlic.5. Stores in fridge up to 5 days. <p>Makes ~1.5 cups. Prep: 5 min + soak.</p>

KEEP GOING

Tips for Your First Week

1. Prep once, eat all week