

# THE RAW FOOD STARTER GUIDE

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Everything You Need to Eat Clean, Feel Amazing,  
and Get Started Today

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- ◆ Why Raw Food Actually Works — The Science
  - ◆ 10 Pantry Staples to Stock Right Now
    - ◆ 5 Beginner-Friendly Recipes
  - ◆ Your 7-Day Jumpstart Meal Plan

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**"Let food be thy medicine and medicine be thy food." — Hippocrates**

## CHAPTER 01

# Why Raw Food?

The real science behind eating closer to nature — and why it works.

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Raw food isn't a fad. It's a return to the way humans ate for most of history — whole, unprocessed,

## CHAPTER 02

# Your Raw Food Pantry

10 essentials to stock now — everything you need to get started.

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- 1 Medjool Dates**  
Nature's caramel. Use in smoothies, raw desserts, and energy balls. Packed with potassium, magnesium, and natural sugars that won't spike insulin the way refined sugar does.
  - 2 Raw Cashews**  
The base for raw cheeses, creamy sauces, and dessert fillings. Soak for 2–4 hours before using for optimal creaminess and digestibility.
  - 3 Hemp Seeds**  
A complete protein source — all nine essential amino acids — with an ideal 3:1 omega-6 to omega-3 ratio. Sprinkle on everything.
  - 4 Coconut Aminos**  
Your soy-sauce substitute. Salty, slightly sweet, and raw-friendly. Essential for raw Asian-inspired dishes like pad thai and sushi bowls.
  - 5 Cold-Pressed Olive Oil**  
High in anti-inflammatory oleocanthal. Use in dressings and marinades — never heat it past its smoke point.
  - 6 Raw Apple Cider Vinegar**  
Contains the "mother" — beneficial bacteria and enzymes. Aids digestion, balances pH, and brightens every dressing.
  - 7 Nutritional Yeast**  
Cheesy, nutty flavor with B12, zinc, and protein. Essential for raw cheese recipes and savory seasoning.
  - 8 Spirulina**  
Gram for gram, one of the most nutrient-dense foods on Earth. High in protein, iron, and chlorophyll. Add a teaspoon to smoothies.
  - 9 Raw Cacao Powder**  
Unprocessed chocolate with 40x the antioxidants of regular dark chocolate. Use in desserts, smoothies, and energy bites.
  - 10 Kelp Noodles**  
Zero-calorie, raw, and subtly crunchy. The perfect pasta substitute for raw pad thai, pesto noodles, and cold noodle salads.
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# Raw Chocolate Energy Bites

Prep: 10 min + 30 min chill | Food Processor | Makes: 16 bites | Raw ♦ Vegan

## INGREDIENTS

- 1 cup Medjool dates, pitted
- 1 cup raw cashews
- 3 tbsp raw cacao powder
- 2 tbsp hemp seeds
- 1 tbsp chia seeds
- 1 tsp vanilla extract
- Pinch of sea salt
- Coconut flakes or cacao to roll in

## INSTRUCTIONS

1. Process cashews in food processor until



