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8 Strategies to Starting a RAW Foods Diet Right Now

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Event Hosted By



Raw Foods on a Budget

The ultimate resource to enjoying raw foods while living on a tight budget

www.rawfoodsonabudget.com

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After the conference call today, the team and I realized that there are a number of people who would like some RAW 101 guidance in starting their raw food journey. So, I thought back to when I did when I first became a raw vegan...what were my obstacles, frustrations and fears? Well, there were a few strategies that I utilized that ultimately became my RAW foundation, and there are other strategies that I wished I would have done. Based on my experiences as a 2-time raw vegan (3 months the first time, 4+ years this time around), here are several simple steps that you can use to get started.

Steps to Get Your MIND Right!

1. Remember to keep it simple. This is the most important thing to remember. It's so easy to get lost in all of the information and recipes that are out there. Raw foods can range from simple to fancy and it is really up to you to determine what type of raw dishes you will prepare. And one kind really isn't any better than another...really, the best kind of raw foods is the one that fits your lifestyle. Also, keep in mind that the type of raw foods that you choose will influence the amount of money you spend on food and equipment, and how much time you spend preparing raw food. Therefore, it is a great idea to start simple and then slowly add in more complex recipes.
2. Give yourself the opportunity to succeed by giving yourself the time to learn how to prepare raw foods. Preparing raw food is not hard, but just like anything new, it requires time to learn. So, when planning your schedule for the day or week, be sure to incorporate 1-2 hours to prepare your raw foods. When I first became raw vegan, I would wake up at 4am and give myself 1.5 hours to prepare all of my meals for the day (I worked 2 jobs). Until this day, I still put food preparation into my schedule. And there is an added benefit...making time to prepare your meals is one of best strategies to prevent cravings and to help you stay raw.
3. Cultivate your motivation to do raw foods. When trying something new, the biggest hurdle is usually ourselves. It's like starting an exercise regime...it's easy in thought and but not in action. Simply, force yourself to do it. Take the plunge and don't look back. And remind yourself of all the benefits that you have to gain. Even envision what you live will look like as a raw vegan. Matter of fact, grab a piece of paper and write down what you want your life to look like. Be clear about your goals and dreams. Place this piece of paper in place where you can view it everyday to remind yourself why you are eating RAW.



Steps to Get Your FOOD Right!

4. Select your recipes. You may be thinking, well...what recipes should I choose??? The good news is that it's entirely up to you. The recipes that are provided in the 21 Day Raw Food Transformation Menu Plan are a great start, especially if you are new to raw foods. But these recipes will not get you through the week, so here is where you have to use YOUR OWN INITIATIVE. If you have raw food recipe books, this is a great place to locate new recipes. When I began eating raw foods, I would go through each recipe and highlight the ones that were simple to make and used ingredients that were easy for me to find locally. You can also find tons of free raw Get Set, GO!
5. Now that you have your recipes, create your menu plan for the week. Don't even think about going shopping until you have your menu plan in place. If you are short on time, then just create a menu plan for 3 days...whatever, just have a plan. This will prevent you from wasting food, time, and money. For guidance in



creating a menu plan, download chapter 3 from my book, Raw Foods on a Budget, for FREE at http://www.rawfoodsonabudget.com/?page_id=6.

6. Now that you have a menu plan, it's time to create a shopping list. This shopping list will be based on your menu plan and will prevent you from buying food that you don't need. You can find guidance and a template for creating your own shopping list in chapter 3 of my book, see link in step 5.

7. The next step is to shop! This is the fun part! If you budget conscious, like me, you can find strategies for locating high-quality, low-cost fruits, vegetables, nuts, and seeds in your area in my book, Raw Foods on a Budget.

8. The last thing you have to do is to prepare the food. You have made this much easier by first getting your mind straight, integrating food prep time into your schedule, and creating your personal menu plan. Making the recipes are really the easiest part!

If you have any questions about these strategies, please leave a comment at <http://www.facebook.com/livewellnow>.

-Brandi

P.S. In case you were wondering, all of the pictures are recipes in my book, Raw Foods on a Budget! Yummy!

