

## SMART TIPS

■ Look ahead at the menu plan and check whether you need to prepare for the following day!

■ Invest in a high quality blender, like my beloved Personal Blender from Tribest ([tribest.co.uk](http://tribest.co.uk)) which doubles up as a smoothie and spice grinding wonder.

■ If you don't have a cup measure (they're cheap and easily available), pour 240ml water into a teacup or an old beaker and mark the level of the water. This is your cup measure. It's much quicker than weighing when you're rustling up breakfast or lunch.

■ The best way to peel fresh ginger is with a spoon. Just scrape the side edge of a teaspoon along the length of the ginger and the skin should peel off.

■ A lot of recipes use fresh lemon or lime so always have some on hand, especially for hot water and lemon first thing. You may want to pre-squeeze and keep in a jar in the fridge to save on time.

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*“Improved digestion, better sleep, shinier skin, nails and hair and feeling more positive and lighter are just some of the fantastic benefits of eating more raw food”*

# The Ravishing Raw Plan

## DAYS 1&8



### BREAKFAST

#### Blueberry Yoghurt:

Blend 1 avocado with ½ cup fresh orange juice until smooth. Now add ½ cup frozen blueberries, 1 tsp vanilla extract, 1 tbsp ground cinnamon and 1 tbsp maple syrup or raw honey, and process until everything is broken down. Serve as is or pour the yoghurt on top of other fresh fruit. Sprinkle with coconut chips, goji berries, nuts or linseeds

### LUNCH

#### Popeye Salad:

Wash 1½ cups tightly packed spinach leaves and pat or spin dry. Place in a bowl and add 6 halved baby tomatoes, 1 tbsp sunflower seeds, ¼ cup cashew nuts, a chopped spring onion and ½ a ripe avocado, sliced. Mix together 2 tbsp olive oil, 1 tbsp lemon juice, 1 tsp apple cider vinegar and ½ tsp salt. Pour over the salad to serve

### DINNER

#### Spinach Pesto Lasagne:

See recipe p9. Serve half tonight, saving the other half for lunch tomorrow

## DAYS 2&9



### BREAKFAST

#### Fruit Salad:

Use any fresh fruits you have, peel and chop as necessary, and mix together. Try ¼ pineapple, with a small handful each of blueberries and cherries, the juice of ½ orange and 1 tbsp ground linseed sprinkled on top

### LUNCH

#### Spinach Pesto Lasagne:

See recipe p9. Serve half the recipe, which should be left over from yesterday

### DINNER

#### Mini Avo Boats:

Place the the flesh of two avocados, ¼ cucumber, 2 tbsp lemon juice and a little lemon rind in the food processor and blend until smooth. Add ½ yellow pepper (deseeded) and a small handful of coriander and pulse in, leaving the texture slightly chunky. Cut off the end of 1-2 little gem lettuces and separate the leaves. Lay them on a plate with their spine touching the plate. Spoon the mixture onto the leaves and serve, scattered with nuts, seeds or raisins

## DAYS 3&10



### BREAKFAST

#### Berry Sweet Smoothie:

Put ¼ pineapple (with the skin removed), 1 peeled banana, 3 romaine lettuce leaves, the seeds of a passion fruit, ½ cup frozen blueberries and ¼ cup water into a blender. Combine the ingredients until smooth. Decant the smoothie into a glass to serve

### LUNCH

#### Caesar Salad:

Blend together ¼ cup cashews, ¼ cup pine nuts, 3 tbsp lemon juice, ½ tsp sea salt, black pepper (to taste), 1 garlic clove, 1 tsp light miso, 1 tsp maple syrup and 1 tbsp cold-pressed olive oil until smooth. (You may want to pre-soak your nuts for 20 minutes to make easier to blend.) Place 2 cups chopped romaine lettuce, 6 halved baby tomatoes, ¼ cup cashew nuts and 2 tsp nutritional yeast in a bowl, pour over the dressing and serve.

### DINNER

#### Vegetable Pad Thai:

See recipe p9