

7 Days Eating Raw Foods Plan – Recipes to make 1 to 2 Days Before

At this point you have made your dehydrated items and now it is just a few days before your jump into eating raw foods completely. The day before, or just a few days before, it is time to start preparing many of the raw recipes that you will be eating. While they can all be made in one day, it will mean a lot of time in the kitchen. If you prefer to split it up into 2 days, I will suggest the following:

Saturday: Make the cashew cheese, marinara sauce and/or beet salad.

Sunday: make the almond milk, herbed couscous and broccoli salad.

The chia pudding will be made Monday evening. [Chocolate Avocado Pudding](#). It is super easy to make and you may like to try it during the week, or after, or anytime. It is delicious!

Recipes to make 1 to 2 Days Before

Make the following amounts of each:

[Almond Milk](#) – make 1 batch, and another batch Thursday. Ingredients for 2 batches in grocery list

[Cashew Cheese](#) – 2 batches

[Marinara Sauce](#) – 1 batch

Herbed Couscous – 1 batch

[Broccoli Salad](#) – 1 batch

[Beet Salad](#) – 1 batch

[Chia Pudding](#) – 2 batches

You will have extra salad. Increase portions if you are hungry, or share with a friend.

Almond Milk

1 c **Almonds**

4 c **Water**

Soak almonds for at least 4 hours, this is for nutritional benefit and worth it for that, but not necessary to make milk. Rinse and drain almonds and then blend well in blender with water. Strain in mesh nut milk bag. The leftover almond pulp can be used to make Chocolate Protein or Rawlicious cookies. Milk will keep in the fridge for 3-5 days. Pulp will keep for up to a week.

Makes aprox 4 cups

For more info click the link to go to the [Almond Milk](#) post, or see recipe in [The Joy of Living Foods](#).

Cashew Cheese

2 c **Cashews** – soaked 2 to 4 hours

2 T **Nutritional Yeast**

1 T **Lemon juice**

1 t **Salt**

Drain the cashews and process them in a food processor with the rest of ingredients until creamy and smooth. This cheese can be stored in a covered container in the refrigerator for a week.

For more info click the link to go to the [Cashew Cheese](#) post, or see recipe in [The Joy of Living Foods](#).

Tomato Marinara Sauce

3 to 4 **Tomatoes**

½ c **Sun-dried Tomatoes**

½ **Red Pepper**

¼ **Onion**

1 **Jalapeno**

1 T **Olive Oil**

1 **Garlic** clove

1 T **Agave**

1 T **Apple Cider Vinegar**

1 T fresh **Oregano & Basil** (1 to 2 t dried)

1 t **Salt**

Dash **Cayenne** (to taste)

Blend sun-dried tomatoes with all of the ingredients except tomatoes, red pepper and onions in the blender and puree. Process the tomatoes, red pepper and onion in processor until chunky-fine consistency and mix all ingredients together. Sauce will keep for 1-2 weeks refrigerated.

Serve over spiralized zucchini noodles.

For more info click the link to go to the [Tomato Marinara Sauce](#) post, or see recipe in [The Joy of Living Foods](#).

Herbed Couscous

1 small head **Cauliflower**

½ c **Pine nuts**

2 **Green Onions**

½ c fresh **Herbs** – chopped

1 bunch **Parsley**

½ **Lemon** – juiced

1 **Garlic** clove

1 T **Tamari**

¼ c **Olive Oil**

1 t **Paprika, Cumin** and **Salt**

½ t **Black Pepper**

Process all together in food processor until cauliflower is in little couscous sized bits. This may need to be done in 2 batches, unless you have an extra large processor. For more info click the link to go to the Herbed Couscous post (coming soon), or see recipe in [The Joy of Living Foods](#).

Broccoli Salad

1 bunch **Broccoli** – chopped small

1 **Carrot** – grated

½ **Red Pepper** – chopped small

2 **Celery** Stalks – chopped small

3 **Green Onions** – chopped

½ c **Parsley** – chopped

Dressing:

1/3 c **Olive Oil**

¼ c **Water**

2 T **Apple Cider Vinegar** (or **Balsamic Vinegar**, which is not raw)

½ t **Dijon Mustard**

2 **Garlic** cloves- chopped

½ t **Natural Herbal Seasoning** blend (or mixed Herbs)

½ t **Salt**

dash **Cayenne**

Put all salad ingredients in bowl. Pour dressing on top and mix together well.

For more info click the link to go to the [Broccoli Salad](#) post, or see recipe in [The Joy of Living Foods](#).

Beet Salad

5 medium **Beets**, peeled

4 **Celery** stalks, finely chopped

2 **Apples**, peeled and cored

3 **Green Onions**, finely chopped

3 T **Parsley**, finely chopped

3 T **Olive Oil**

2 T **Apple Cider Vinegar**

½ t **Salt**

Dash **Cayenne**

Grate or process beets in food processor with S-blade until small chunks. Transfer to bowl.

Likewise, grate or process apples. Add to bowl. Add the rest of ingredients and mix well. Let this sit for 1 hour before serving. Keeps well refrigerated for up to a week.

For more info click the link to go to the [Beet Salad](#) post, or see recipe in [The Joy of Living Foods](#).

Chia Pudding

¼ c Chia seeds

1 c Almond Milk

2 T Agave

½ t Vanilla

Mix together on lowest speed in the blender or stir or whisk by hand in a bowl and pour into glasses or containers. Place in the refrigerator to set. Will keep for 4 days refrigerated.

For more info, and a recipe for Chocolate Chia Pudding click the link to go to the [Chia Pudding](#) post, or see recipe in [The Joy of Living Foods](#). See another great variation, the [Pumpkin Pie Chia Pudding](#).

Zesty Lemon House Dressing

½ c **Olive Oil**

1 **Lemon** – juiced

1 T **Apple Cider Vinegar**

3 T **Agave**

1 t **Salt**

1 t **Natural Herbal Seasoning** blend

½ t **Pepper**

2 T **Water**

Whisk all ingredients together in a bowl or blend in a blender. This dressing will keep for a month in a glass jar in the refrigerator.

For more info, click the link to go to the [Zesty Lemon House Dressing](#) post, or see recipe in [The Joy of Living Foods](#).

Pine Nut Parmesan

1 c **Pine Nuts**

1 T **Nutritional Yeast**

1 t **Salt**

Process ingredients together in a food processor. Transfer and spread out onto teflex sheets and dehydrate several hours until dry. Store in glass jar. parmesan is incredibly quick and easy to make and delicious on the pizza, the zucchetti and on salads For more info, click the link to go to the [Pine Nut Parmesan](#) post, or see recipe in [The Joy of Living Foods](#).

Chocolate Avocado Pudding

1 ripe Avocado

¼ cup Cacao powder

¼ cup Maple Syrup, or Honey or Agave

6 Tbsp Almond milk

1 tsp Vanilla

dash of Cinnamon

Directions

Put all of the ingredients in a blender and blend.

I started with a quarter of a cup of almond milk but had to add 2 more Tbsps (making it 6 Tbsps) so that it would blend steadily. Slowly add more milk if you need so that the blender will blend. The key is to have it as thick as possible by adding as little liquid as you can but just enough so that it blends and gives you a creamy finished pudding.