

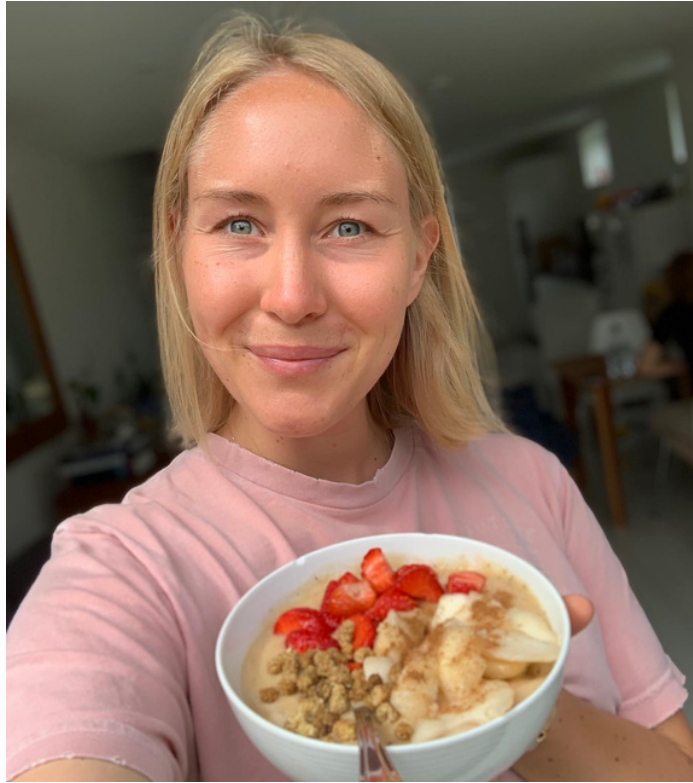
Raw Restart

# 3 DAY MEAL PLAN



BY PIA KAY  
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# Intro



**Let's start at the beginning and talk about my journey and who I am.**

Hi Fruit Fam,

Pia here. I am originally from Germany, but being a flight attendant and having the opportunity to travel for cheap, I'm at home in the world.

I love fruit, community, everything that has to do with a healthy lifestyle and finding vegan + raw vegan restaurants around the world.

I work part time as a cabin attendant and I'm a „part time“ business owner - well, let's face it.. when you run your own business, there's no „part time“.

In July 2020 I started to work with Enagic, and I now bring the (in my opinion) healthiest water on the planet - Kangen Water - into people's homes. I also help like-minded dreamers to live life on their terms & make their vision board goals come true.

### **How did I find out about the raw food diet?**

I had been vegan for about 4 years when I found some Instagram bloggers and youtubers talk about a high fruit diet, and ever since I felt drawn to this lifestyle. I was a somewhat healthy vegan, but my diet didn't consist of mostly raw food at all. I LOVED to cook and I couldn't even be raw for a day. Then I started a smoothie challenge and only had smoothies for 24 days. I felt so good and healthy, my skin cleared up, my digestion was on point.. There was no reason for me to go back to my previous way of eating, so I decided to give this raw thing a try.

This was over 2 years ago and I've had my ups and downs with this lifestyle. While I promote and mostly live 801010 (80% of your calories coming from carbs, 10% from protein and 10% from fat - check out Dr. Doug Graham's book „The 801010 Diet“), I don't follow it to a T, and I think everyone should decide for themselves if they want to do so or not.

I eat mostly raw food, always high fruit, many leafy greens and I supplement B12, D3 and K2. I know many people in this community have different opinions when it comes to supplementation, but I'd rather be safe than sorry. So do your research and then decide what works best for YOU.

If you're a newbie to this, start slowly. Don't put any pressure on yourself and enjoy the journey. There's so much to learn, so many things you may have never heard of before: food combining, not drinking while eating, don't eat fruit after your meal, don't mix fruits and fats...

I'd say: Take it slowly and adjust step by step. It's also okay to take a step back if something feels „too extreme“ for you. Remember: You're doing this to feel your best! Not to feel overwhelmed and frustrated.

**Are you ready? Let's get started with my 3 Day Meal Plan.**

DAY 1: BREAKFAST

# Chocolate Dream





# CHOCOLATE DREAM

# RECIPE

serves 1

## Ingredients

5 frozen bananas  
2 tbsp cocoa or carob powder  
1/2 tsp cinnamon  
1/2 tsp vanilla bean powder  
1-2 cups filtered water  
optional: 1 tbsp almond butter

## Instructions

Add all the ingredients to a blender and blend until smooth.

DAY 1: LUNCH

# Nice Cream Heaven



# NICE CREAM HEAVEN

# RECIPE

serves 1

## Ingredients

### BASE

4 frozen bananas

2 medjool dates

### TOPPINGS

1/2 small pear peeled and sliced

4 strawberries sliced

1 tbsp dried mulberries

1/2 tsp cinnamon

## Instructions

1. Add all the „base“ ingredients to a high speed blender or food processor and blend until smooth.
2. Add toppings to the bowl.



DAY 1: DINNER

# Pia's Kale Salad





# PIA'S KALE SALAD

# RECIPE

serves 2

## Ingredients

### BASE

3/4 lb kale  
3 cups shredded red cabbage  
1 cup sliced grapes  
1/4 cup raw raisins  
1/2 shredded zucchini

### SAUCE

3 tbsp tahini  
1 mango  
1/2 zucchini  
1 tbsp coconut aminos (or apple cider vinegar)  
spices: chili, garlic and onion powder

## Instructions

1. Put all the sauce ingredients in a blender and blend until smooth.
2. Place kale in a large bowl, add the sauce and massage it into the kale.
3. Add the grapes, shredded zucchini, red cabbage and raisins and stir.
4. Let it sit for 2 hours to let the sauce fully soak in.

Optional: Decorate the salad with a few walnuts and sunflower seeds.

DAY 2: BREAKFAST

# Spicy Beach Vibes



# SPICY BEACH VIBES

# RECIPE

serves 1

## Ingredients

4 frozen bananas  
1 cup frozen mango  
1/2 cup grapes  
1 thumb ginger  
1/2 tsp vanilla bean powder  
1-2 cups filtered water

## Instructions

Add all the ingredients to a blender and blend until smooth.



DAY 2: LUNCH

# Peach Bowl



# PEACH BOWL

# RECIPE

serves 1

## Ingredients

### BASE

4 frozen bananas  
2 flat peaches

### TOPPINGS

1 sliced flat peach  
1 tsp cacao nibs  
1 tsp coconut flakes

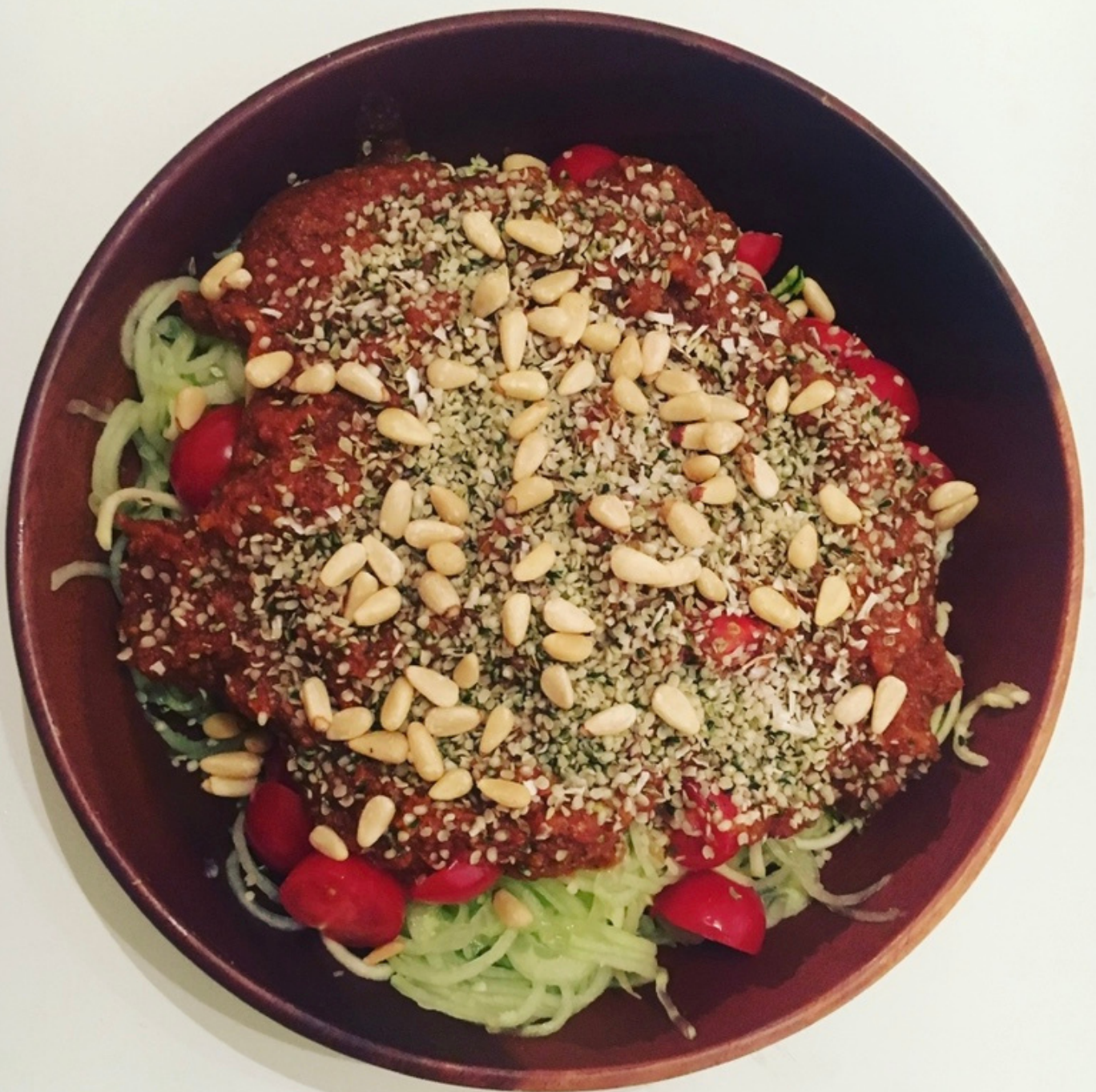
## Instructions

1. Add all the „base“ ingredients to a high speed blender or food processor and blend until smooth.
2. Add toppings to the bowl.



DAY 2: DINNER

# Zpaghetti Rawlognese





# Z P A G H E T T I R A W L O G N E S E

# RECIPE

serves 1

## Ingredients

### BASE

3 peeled and spiralized zucchinis

### SAUCE

2-3 big tomatoes

1/2 cup unsalted sundried tomatoes

3-4 medjool dates

ends of the zucchinis (from spiralizing them)

2 tbsp coconut aminos

spices: smoked paprika, chipotle powder, dried oregano, Italian herbs, garlic and onion powder

### TOPPINGS

10 sliced cherry tomatoes

1-2 tbsp pine nuts

1 tbsp hemp seeds

dried onion flakes

## Instructions

1. Soak the sundried tomatoes in warm water for at least 30 minutes.
2. Put all sauce ingredients in a blender and blend until chunky-smooth.
3. Let the sauce run through a strainer to get rid of some of the water.
4. Add the sauce to the zoodles, then add the toppings.

DAY 3: BREAKFAST

# Greeny in a jar



# GREENY IN A JAR

# RECIPE

serves 1

## Ingredients

4 frozen bananas  
1 cup frozen mango  
4 cups baby spinach  
1 thumb ginger  
1-2 cups filtered water

## Instructions

Add all the ingredients to a blender and blend until smooth.



DAY 3: LUNCH

# Choco Loco Bowl



# CHOCO LOCO BOWL

## RECIPE

serves 1

### Ingredients

#### BASE

4 frozen bananas  
2 tbsp cocoa or carob powder  
1/2 tsp vanilla bean powder

#### TOPPINGS

1 tbsp dried mulberries  
1 small date sliced  
1 tbsp chokeberries  
1 tsp cacao nibs  
1/2 tsp coconut flakes

### Instructions

1. Add 2 bananas + vanilla bean powder to a high speed blender or food processor and blend until smooth. Then place it in a bowl.
2. Do the same with the other 2 bananas and the cocoa or carob powder.
3. Add toppings to the bowl.



DAY 3: DINNER

# Raw Vegan Sushi





# RAW VEGAN SUSHI

# RECIPE

serves 1

## Ingredients

4 nori sheets

### CAULIFLOWER RICE

1 small head cauliflower  
handful cilantro or chives  
juice of 1 lime

### FILLING

2 cups arugula  
1/2 thinly sliced cucumber  
1/2 thinly sliced red bell pepper  
1/2 thinly sliced avocado  
1 thinly sliced spring onion  
\*optional: 1/3 thinly sliced mango

### DIPPING SAUCE

4 tbsp coconut aminos or raw tamari sauce  
1 tbsp tahini  
spices of your choice (chili, garlic+onion powder..)

## Instructions

1. Add cauliflower rice ingredients to a food processor and pulse until rice consistency is reached (add 1/2 avocado if you want it to be more sticky).
2. Lay the nori sheet on a cutting board. On the far end, spread 1 tsp of water.
3. At the end closest to you (approx. 1/3 of it), layer the "rice" and then the veggies.
4. Starting with the rice + veggie end, roll towards the water & slice rolls with a sharp knife.
5. Sauce: Stir all ingredients together in a small bowl.

Always make sure to eat enough. If you're hungry in between meals, have fruit as a snack. If the recipes are too high in calories for you, leave out 1 banana.



Alright my loves..

I hope you enjoy my recipes!  
Make sure to tag me if you re-create them. :)

**Instagram: piakay\_**  
**YouTube: Pia Kay**



If you're interested in Kangen Water or becoming a distributor, get in contact with me via Instagram @piakay\_ or watch my free web class [www.piakay.com](http://www.piakay.com)

## The K8

The K8 creates the strongest, most selective antioxidant on the planet:  
MOLECULAR HYDROGEN!

Meaning, you get the healthiest, most hydrating, and most healing water on earth for as long as these machines last - approx. 30 years if taken care of well.

The mighty K8 is a mighty producer of Kangen Water®!  
The K8 water ionizer generates a continuous stream of 5 versatile types of water to meet all your versatile commercial needs: Strong Kangen Water, Kangen Water®, Neutral Water, Beauty Water, and Strong Acidic Water.





# Kangen Water

Kangen Water is rich in molecular hydrogen, which basically means it's rich in antioxidants. Antioxidants neutralize free radicals which cause ageing and disease.

Kangen Water is micro-clustered, which makes it easy & efficient for the water molecules to penetrate the cell walls for quick hydration and efficient detox.

I think to be truly healthy, we need to start looking at what we put in our bodies. And what do we all consist of over 70%? - Yep! Water! So let's pay more attention to the quality of water we consume. It may change our lives.



Stay healthy and happy  
my friends. You got this!

**Love, Pia**