

# Raw Food Fast

## Carbohydrates

The main sources of carbohydrates are fruits, starches, and grains.

## Protein

The main sources of protein are germinated nuts (almonds are best), seeds, grains and green leafy vegetables. Hemp seed is an excellent source of protein. Also make sure you germinate your seeds and nuts, otherwise you're unlikely to absorb all the protein.

How do you germinate the seeds and nuts? Just before you go to bed, you put the seeds or nuts in a cup and add purified water. The next morning they're ready to eat. Hemp seeds are the only seeds you don't have to germinate.

## Fats

Nuts and seeds, as well as avocado and coconut butter are great sources of fats.

## Nutrients

It is important to eat nutrient dense foods. Raw green leafy vegetables and super foods are about the most nutrient dense foods (meaning that they have the most nutrients per calorie). So make sure you get enough of these. The easiest way to eat greens is to juice or blend them and mix them with fruits (like apples or bananas) or herbs (like parsley).

- **Fruits:** include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon
- **Vegetables:** include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini
- **Nuts and Seeds:** including but not limited to sunflower seeds, cashews, peanuts, and sesame.