

Challenge Starts Monday

GREEN DETOX

RAW WEEK

3
DAY
CHALLENGE

SIMPLE
TO SHOP
SIMPLE TO
FOLLOW

5 RECIPES

Experience three delightful days
focused on fresh greens, colorful
produce, and simple meals.



SIMPLE
DOESN'T
MEAN
BORING

welcome to raw week's green detox

A simple way to refresh your routine with more greens, whole foods, and plant based recipes. For the next three days, the focus is on keeping things fresh, light, and easy while giving your body more of the foods that can help you feel your best.

How to follow:

- Review Menu + Recipes.
- See what you have to start with.
- Decide exactly what you will be eating.
- Create shopping list using the ingredients in the recipes.
- Meal prep Sunday.
- Take pictures and send them over for accountability and to encourage others to continue.

@imkandiss

@rawweek





[click here to learn more about the full raw week experience.](#)



SHOT GLASSES



FRUIT JARS



SMOOTHIE BOWLS



JUICE BOTTLES



GLASSWARE



GLASS CUPS

meal prep essentials

Sometimes a fresh set for meal prep is the motivation you need.

[Click Here To Browse All](#)



SPIRULINA



POPSICLE MOLDS



DISPOSABLE CUPS

here's your 3 day
menu



breakfast
green goddess smoothie



lunch
a big cucumber salad



dinner
a big spicy kale salad



snack
green fruit salad

GROCERY LIST

use the ingredients listed
in the recipes to create
your grocery list.

fruits

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veggies

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dressings

Choose your dressings and add ingredients. If buying, make sure there's no added sugar.

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fruits

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pantry

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misc

If you want to add toppings to your smoothie bowls add to list.

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of course my favorite smoothie ever!

green goddess smoothie

featured in both raw week + smoothie series



ingredients

- 1 Large Orange
- 2 Handfuls of Spinach
- 1 Ripe Frozen Banana
- 1/2 Cup Ice
- 1-2 tsp Sweetener (optional)
- 1-2 tb Yogurt (optional)
- 1 tsp Blue or Green Spirulina (optional)

Yes you can add protein powder

instructions

Peel + add orange to blender.

Add spinach, blend.

Add banana + blend until smooth.

Add sweetener.

Add ice + blend until smooth.

how to marble the cup

Using a spoon, add yogurt to a cup and make swirls.

Add powder and swirl into the yogurt.

Pour in smoothie.

[click here for powders](#)



be sure to send me a pic!

@rawweek

cucumber salad



ingredients

- cucumber
- cherry tomatoes
- red onion
- avocado
- fresh cilantro (optional)
- red pepper flakes

dressing

- ¼ cup olive oil
- 2-3 tsp dijon mustard
- 1 tsp garlic powder
- 2-3 tb lemon juice
- salt to taste

instructions

Dice and slice everything up.

Add dressing ingredients to a jar and shake it up really well.

Mix everything together.

If you want this to be fresh every single day, store all ingredients separately.

be sure to send me a pic!

Join The Full Reset.

Don't have time to figure it out as you go? Raw Week eliminates the guesswork and keeps things very simple. Just follow the **meal charts, grocery lists, and recipes** so you can stay consistent without overthinking. AND it's **budget friendly.**

click here and enjoy \$5 off

USE CODE: RAWWEATS

offer valid thru 10.9 for raw week + starter series only



@rawweek

spicy kale salad



ingredients

- red onion
- chopped kale
- avocado
- sun dried tomatoes
- 1 tsp olive oil
- 1-2 tsp oil from tomatoes

You can add sprouted chickpeas. If you're not doing fully raw you can add canned chickpeas or your choice of protein.

dressing

- ¼ cup olive oil
- 2-3 tsp dijon mustard
- 1 tsp garlic powder
- 2-3 tb lemon juice
- salt to taste
- red pepper flakes

instructions

Wash, dry, and chop the kale.

Dice the red onion and sun dried tomatoes.

Add the dressing ingredients to a jar and shake well. Adjust ingredients to taste.

Add oils to kale and massage for about a minute.

Add onion, tomatoes, avocado, and dressing to the kale and mix until evenly coated.

be sure to send me a pic!

@rawweek

green fruit salad



ingredients

- green grapes
- honeydew
- pineapple
- kiwi (skin on or off)
- raw honey (optional)

You can use any green fruit for this salad.

dressing

You could add a little lemon or lime juice but there's enough juice from the pineapple.

instructions

Chop everything up.
Pour into a bowl.
Drizzle raw honey.

be sure to send me a pic!

Raw Week

lautumnco RAW WEEK RECAP – I Did That. 🌱 ✨
7 days. -8.7lbs. -2.3% body fat.
Less bloat. Less inflammation. More movement. More motivation.

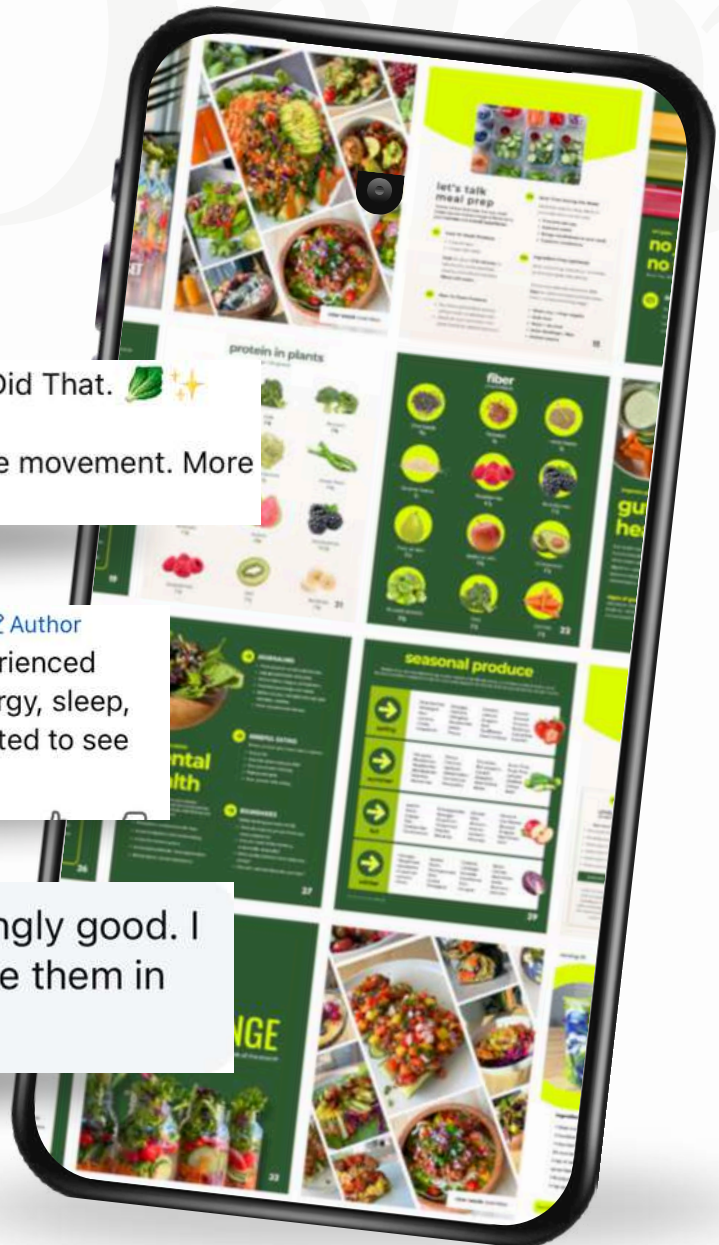


Britney Johnson-Crawford · 4h · [Author](#)

[Raw Week](#) Incredible. I've experienced noticeable improvement in energy, sleep, and mental clarity already. Excited to see how it continues to improve.



The meals were surprisingly good. I can definitely incorporate them in my rotation



Learn more about raw week

[click here](#)

Where are all of my smoothie lovers?

[click here](#)

@rawweek

green goddess

smoothie bowl

ingredients

toppings

1/2 large orange

1 handful of spinach

1-2 cups frozen mango

1 very ripe frozen banana

Strawberries, Blueberries,
Shredded Coconut (or your
favorite toppings).

instructions

Add ingredients one at a time as listed.

Depending on the power of your blender you may need to use a spoon or spatula to move things around (please power off the blender with doing this).

Try not to add extra liquid.

For a thicker smoothie, use more frozen fruits.

Add your toppings + enjoy!



be sure to send me a pic!