

How To Live Raw Till 4

RawTill4Diet.com

- Eat Plant foods **Only. NO animal products**
- Raw fruits & greens **ONLY** till 4 pm
- 1,000+ calories from fruit for breakfast
- 1,000+ calories from fruit for lunch
- Big green banana smoothies perfect for Breakfast and Lunch
- High carb cooked dinner
- For cooked dinner eat potatoes, root veggies, rice, gluten-free pasta
- Daily **fat intake** $\leq 10\%$
- Salt intake $\leq 1000\text{mg}$ per day
- Eat **whole, unprocessed foods ONLY.**
- **Avoid all oils!**
- Big Green Salad With (Before) Every Dinner
- Eat Organic foods if possible
- NO sweets **or fruit** after cooked dinner
- Eat Fully Raw One Day Per Week
- **Unlimited calories** every meal, no restriction. Pound that fruit down!
- Avoid Chickpeas, beans, lentils if possible
- **Drink > 4 Litres of Water** Daily
- Exercise Daily (Walk, jog, bike, etc)

Photo from www.RawTill4Diet.com.

Original Raw Till 4 Principles created by Freelee at
<https://www.facebook.com/groups/rawtill4/>