



# 7-Day Raw Vegan Challenge

by [Oceanica Wellness](#)

and [Lotus Garden Spa and Wellness Community](#)



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With special thanks to our friend,  
“[FullyRaw](#)” Kristina Carrillo-Bucaram,  
for the amazing video recipes





Welcome to our **7-day Raw Vegan Challenge!** We are so happy you joined us! It is time to try a beautiful healthy way of eating! This challenge will help you to start developing the habit of eating more fruits and vegetables, to avoid toxins and to reduce inflammation. The raw vegan lifestyle can help you with skin problems, digestion, weight management and it will definitely give you more energy!

“Vegan” means absolutely no animal product (meat, fish, eggs, and dairy). And “Raw” means uncooked. So you'll be eating the foods that nature intended for human consumption... foods that are delicious in their natural form, and the easiest to digest.

During this challenge you can follow our 7-day meal plan. But don't stress over following it exactly. You can add, subtract or substitute any raw fruit or vegetable that you choose. You can also modify the quantities to suit your appetite. Feel free to create your own recipes too!

While participating in this challenge, please take pictures and videos of your meals and post them here... It's wonderful to share with and support the entire community.

Make sure to fill up your fridge before the challenge!

Remember, you are stronger than this challenge and this challenge will make you stronger!

Peace & Love,

**Natalia Star**  
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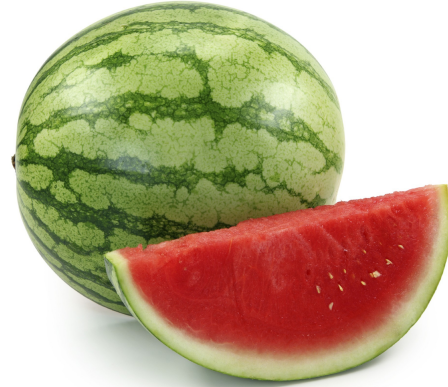


## Monday

### Morning:

### ½ – 1 Watermelon

More than 90% water, plus many important nutrients including several B-vitamins, vitamin C, lycopene, amino acids, calcium, iron, magnesium and many more.



### Noon:

### 1 kg of Grapes

Grapes are high in antioxidants such as resveratrol, flavanols, flavonols, phenolic acids and carotenoids, as well as vitamins K and B2, and copper. Please choose organic grapes as conventionally-grown grapes are unusually-high in pesticides.



### Evening:

## FullyRaw Deep-Dish Lasagna!

<http://www.michaelducharme.com/raw-deep-dish-lasagna/>

- Zucchini
- Swiss Chard
- Spinach
- Arugala
- Parsley
- Cilantro
- Green Onion
- Garlic
- Cherry Tomatoes
- Pine Nuts or Sunflower Seeds

## Tuesday

### Morning:

### ½ - 1 Pineapple!

Loaded with manganese and vitamin C, plus several B-vitamins and many other vitamins and minerals.



### Noon:

### 4-5 Pears!

Vitamins B, C, E and K, plus calcium, iron, magnesium, phosphorus, potassium, sodium and zinc.



### Evening:

### FullyRaw Tabouli!

<http://www.michaelducharme.com/raw-tabouli/>

- Curly Parsley (or Italian Parsley)
- Tomatoes
- Juice of lemons
- Cucumbers (optional)
- Green Onions

## Wednesday

Morning:

### 1 Cantaloupe!

Vitamin C, vitamin A, beta-carotene, manganese, and lots more nutrients.



Noon:

### 3-4 Apples!

Choose any kind of apple that you like, and even feel free to mix and match, or even substitute a similar fruit if you can't find any fresh apples.



Evening:

### Rainbow Salad & Guacamole!

<https://www.youtube.com/watch?v=-JRO3mExhW0>

- Romaine
- Spinach or Kale
- Purple/green cabbage
- Shredded carrots
- Sliced pineapple
- Sliced cucumbers
- Mango
- Diced celery
- Rainbow bell peppers
- Chopped carrots
- Berries of your choice
- Chopped cilantro
- Cherry tomatoes
- Red or green onions
- Avocado
- Zucchini
- Onion
- Cilantro
- Lemons or limes
- 2-3 Roma tomatoes

## Thursday

### Morning:

### 1 Kg of Strawberries!

Lots of vitamin C, manganese, and essential unsaturated fatty acids. Strawberries also contain anti-inflammatory phytochemicals (such as polyphenols, flavonoids and phenolic acids) that help prevent both cancer and heart disease.



### Noon:

### 4-5 Avocados!

Avocados provide nearly 20 essential nutrients, including fiber, potassium, Vitamin E, B-vitamins such as folic acid. Avocados are high in *healthy* fats such as oleic acid, palmitic acid and linoleic acid, and studies have shown that consuming avocados regulates blood cholesterol (increasing HDL “good” cholesterol while decreasing LDL “bad” cholesterol)



### Evening:

### Megan’s Raw Vegan Falafel!

<http://www.michaelducharme.com/raw-vegan-falafel/>

- Raw Sunflower seeds (soaked)
- 2 cups of carrots
- 1/2 cup Cilantro
- Chopped green onions
- 1 tsp. lime juice
- 1/2 tsp. coriander seeds
- 1/2 tsp. cumin seeds
- 1/4 cup sesame seeds
- Purple cabbage / Romaine
- Tomatoes
- Cilantro
- 1/2 Tbsp. sesame tahini
- 1 Tbsp. lime juice

## Friday

### Morning:

### ½ – 1 Papaya!

Loaded with vitamin C, plus vitamin A, potassium, magnesium and lots of other nutrients. Papayas are alkalizing and extremely easy to digest.



### Noon:



### 6-7 Kiwis!

Also high in vitamin C, plus vitamins E and K, potassium and magnesium, and the carotenoids beta-carotene, lutein and zeaxanthin. Kiwis have been shown to [prevent blood clotting](#) as effectively as aspirin, with no side effects. The skin is edible and nutrient-dense.

### Evening:

## Kristina's Raw Holiday Salad

<http://www.michaelducharme.com/kristinas-raw-holiday-salad/>

- 2 large cauliflower
- 2-3 small cucumbers
- 1 head of celery
- Green onions
- Chopped chives
- A few radishes
- 1/2 red onion
- 1 jicama
- 3 rainbow bell peppers
- Cherry tomatoes
- 2-3 zucchinis
- 1-2 avocados
- 1/4 cup of pine nuts
- Lemons
- Fresh dill
- Cumin
- 1 garlic clove

## Saturday

### Morning:

### Dragonfruit!

Or substitute *any* exotic fruit... buy something that you barely recognize! Usually it's best to consume local fruits, but occasionally try some beautiful exotic imported fruit... for a different mix of nutrients than you are used to. Dragonfruits contain polyphenols and a variety of healthful fatty acids including Linolenic acid, Linoleic acid, Palmitoleic acid, Stearic acid and Myristic acid.



### Noon:

### FullyRaw Ice Cream Dream!

<http://www.michaelducharme.com/vanilla-and-strawberry-ice-cream/>

### Evening:

### FullyRaw Minestrone Soup!

<http://www.michaelducharme.com/raw-minestrone-soup/>

- 10-15 ripe tomatoes
- 1 red bell pepper
- 1-2 zucchinis
- Carrots
- Mushrooms
- 1 cup of baby spinach
- Leeks or green onions
- 1 cup of chopped celery
- 1 cup of sliced cherry tomatoes
- 1/2-1 cup of cilantro & italian leaf parsley
- Fresh sage, oregano, thyme
- Optional: Cayenne pepper



## Sunday

Morning:

### 6-7 bananas!

Plenty of vitamin B6 and soluble fiber, plus vitamin C, manganese, potassium and the amino acid tyrosine, a dopamine precursor.



Noon:

### 5-6 peaches or nectarines!

Vitamins A, B, C, E, K, plus potassium, magnesium, manganese, zinc, iron, and calcium...



Evening:

### Raw Vegan Pizza!

<https://www.youtube.com/watch?v=kviL2EBxtmw>

- 2 Zucchini
- 1 Red Bell Pepper
- 1/3 cup of flax seeds
- 5 tomatoes
- 3 stalks of celery
- 1 cup of sundried tomatoes
- Cauliflower
- Mushrooms
- Arugula
- Basil

## Desserts Supplement

Treat yourself to a healthy dessert any day that you like... celebrate life in a way that won't shorten it!

### Berry Rhubarb Pie!

<http://www.michaelducharme.com/berry-rhubarb-pie/>

- Rhubarb
- Blueberries, blackberries
- Almonds, pecans
- Coconut oil, cashews
- Mango, lemons



### FullyRaw Jelly Donuts!



<https://www.youtube.com/watch?v=kDGKEiKZxdw>

- |                        |                         |  |
|------------------------|-------------------------|--|
| • Little donut peaches | coconuts                | • Pinch of vanilla bean                  |
| • Donut nectarines     | • 1/4 cup coconut water | • Zest from beet, orange, lemon and lime |
| • Ripe figs            | • 3 Dates               | • Jelly from the fig                     |
| • Jelly from 1-2 young | • 1/4 cup of cashews    |  |



## 7-day Shopping List

### FRUITS

- 1 Watermelon
- 1kg Grapes
- 2 Pineapples
- 6 Pears
- 1 Cantaloupe
- 6 Apples
- 1kg Strawberries
- 1kg Raspberries, Blueberries, Blackberries
- 6 Avocados
- 1 large papaya or 2 small ones
- 6 Kiwis
- 6 Dragonfruits or another exotic fruit
- 20 Bananas
- 10 Peaches or nectarines
- 20 Lemons and/or limes
- 1kg Figs and dates
- 6 Mangoes
- 6 Oranges
- 5kg Tomatoes (including

roma + cherry)

- 1 cup sun-dried tomatoes
- 6 Zucchini
- 6 Cucumbers
- 6 Rainbow bell peppers
- Cayenne pepper
- 6 young coconuts

### VEGGIES

- Beets
- 6 stalks of Celery
- Carrots
- Red or green onions
- Leeks
- Purple or green cabbage
- Cauliflower
- Rhubarb

### LEAFY GREENS

- Swiss Chard
- Romaine
- Spinach or Kale

### HERBS

- Basil
- Parsley (curly or Italian)
- Rosemary, Oregano
- Cilantro, Arugula
- Green Onion
- Garlic
- Sage, Thyme
- Dill

### NUTS & SEEDS

- Pine Nuts, cashews
- Sunflower seeds
- Coriander seeds
- Cumin seeds
- Sesame seeds
- Flax seeds
- Almonds, pecans

### OTHER

- Vanilla beans
- Mushrooms
- Coconut oil, olive oil

