

A glass of vibrant orange smoothie is the central focus, garnished with a slice of peach and a fresh raspberry. The drink is served on a light-colored bamboo mat, with more peach slices and raspberries scattered around. The background is a soft-focus green, suggesting an outdoor setting. A large green circle is overlaid on the lower half of the image, containing the title text.

3-Day
Lean 'N Clean
Menu Plan

Paul and Yulia Tarbath

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3-Day Lean And Clean Menu Plan

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About Us



Hi, we're Paul and Yulia Tarbath and we're here to help you create the slim, healthy and vibrant version of you ... the sweet and simple way.

We're both certified Holistic Nutritionists and Lifestyle Coaches, authors, international speakers, parents, world travellers and fitness enthusiasts.

Before we switched to the plant-powered lifestyle, Yulia went through a difficult period with her health.

She suffered from severe adrenal fatigue, Candida, hypoglycemia, hormonal and fertility issues, digestive disorders, weight ups and downs and never ending cravings.

Even though we thought we were eating "healthy" – that is gluten free, processed sugar free, made our meals at home, were plant-based, we didn't see the health results we were looking for.

Then Yulia discovered a completely revolutionary approach to healing our bodies, getting in shape and looking and feeling like a million dollars.

And guess what? It worked!

Within just 3 days Yulia balanced her Candida problems and her digestion got better. She felt an increase in energy and her body started healing itself. She restored her hormonal and fertility issues, reached her ideal weight, conceived and gave birth to our daughter – not to mention that we also turned into athletes completing a marathon!

We're the founders of Rawsomehealthy and over the years we've created a worldwide health-minded community with over 70,000 followers.

We've been featured in *The Huffington Post*, *The Daily Mail*, *The Mirror*, *Natural News*, *India Times*, and other media outlets.

Eating more raw foods and keeping your diet plant-based can make a huge difference to your life.

You just need to make a start and soon you'll notice how your body's healing ability begins to accelerate, you start to release the unnecessary pounds with ease, your energy levels triple, you look younger and feel alive.

Sound good?

Yay! Then it's time to take that next step and this 3-day menu plan is here to kickstart your journey.

Yours in rawsome health,

Paul and Yulia Tarbath

www.rawsomehealthy.com

A Quick Reality Check ...

Do you live in a light, glowing and youthful body ... or do you carry excess weight that feels like a burden on your shoulders, making you unhappy, fatigued and depressed, affecting your relationships and causing other health issues?

Are you clear, confident and on track with what you eat ... or do you struggle with the same old reality of having the intention of eating healthy, but struggling to follow it because you don't know how to make it happen in the real world?

Are you experiencing an abundance of energy, playfulness, happiness and flow in your life ... or do you feel stressed, overwhelmed and confused about all the conflicting nutritional advice out there?

Take a deep breath because you're definitely not alone if your reality is far from what you truly want it to be.

Leading a successful healthy lifestyle is exceptionally rewarding, yet it can also be challenging.

That's why we're here to assist you every step of the way. Let's get started with your transformation!

Cleansing to unlock your natural healing ability

Unhealthy diets, sedentary lifestyles, stressful living conditions, and environmental pollution all lead to the accumulation of toxins in your body.

Toxins damage the normal functioning of your cells and organs and their vital functions become impaired.

Here're just some of the symptoms that you can start to experience if you have too many toxins in your body:



- Fatigue,
- Headaches,
- Hormonal and fertility problems
- Skin problems (such as acne or eczema)
- Weight issues,
- Weak digestion,
- Constipation,
- And many other health problems that can occur as a result of toxicity.

As toxins continue to build up, your body gets weaker and more serious diseases (such as cancer, heart-related diseases, diabetes, etc.) can start to occur.

That's not the life you want to have, is it?

Here's the great news – eating a well-balanced meal plan that's high in raw plant foods, plus having the right lifestyle strategy in place gives you an opportunity to re-create yourself!

Not only will you be able to cleanse your body from the toxins and poisons of the past, you will also give your body a great chance to restore itself and prevent diseases happening in the future, so you can keep yourself lean, clean and glowing regardless of your age!

Why Should You Eat The Plant-Powered Way?

Eating whole foods and plant-based, plus keeping your meal plan as much raw as possible is going to have a hugely positive impact upon your health and science now proves this as well!

- ✓ **Being plant-powered is the best way to release excess weight.**

There was a study published in *The International Journal of Applied and Basic Nutritional Sciences*, and they compared the



amount of weight lost by people on various eating plans. (1)

Participants who took part in this 6-month study **ate 5 different diets:**

- Omnivore diet, which includes all animal products
- Semi-vegetarian diet with occasional meat intake
- Vegetarian diet, which excludes meat, poultry and fish, but includes dairy
- Pesco-vegetarian diet, which excludes meat, but includes seafood
- Vegan diet, which excludes all animal products

At the end of the six months, **those people who were eating the vegan diet lost more weight than people on the other diets** by an average of 4.3%, or 16.5 pounds in weight!

Amazing, right?

Furthermore, weight loss results on a vegan diet **started appearing after just 2 months of them following it** and they released more body fat than people on the other diets.

✓ **Eating raw foods leads to healthy bones.**

A study found that people who follow a raw food, vegan diet had lower bone mass than those eating a standard American diet, yet their bones were healthy with no signs of osteoporosis. (2)

✓ **Raw foods lower your risk of cancer.**

A study found that raw food vegans had lower IGF-1 hormone levels in their bodies and so a lower risk of contracting various types of cancer. (2)

✓ **Living foods lead to better antioxidant status.**

A study found that a raw food, vegan diet provides significantly more dietary antioxidants than a cooked, omnivorous diet, and that long-term followers of this diet have a better antioxidant status than omnivorous diet eaters. (3)

✓ **Eat raw foods if you want a longer, healthier life!**

A study found that there was a decreased in all-cause mortality, including cancer and heart disease mortality for people eating up to 7+ portions daily of fruits and vegetables. (4)

✓ **Healing rheumatoid arthritis.**

A study found that people with rheumatoid arthritis noted a marked improvement in their pain, swelling of joints and morning stiffness when eating a raw food, vegan diet. (4)

✓ Raw food diet improves fibromyalgia.

A study discovered that subjects with fibromyalgia noted an improvement with their joint stiffness, pain and with their quality of sleep when eating a raw food vegan diet. (5)

Here are some more incredible benefits that can be yours too!

- Healthy digestion
- Regular bowel movements
- Ideal weight that's effortless to maintain year in and year out
- Healthy functioning of the body's organs, including liver and kidneys
- Balanced hormones
- Accelerated recovery from disease
- Harmonious emotional state
- Mental clarity
- Glowing skin
- Greater levels of energy and fitness

What Will You Eat During Your 3-Day Plan?

Delicious, nutritious and life regenerating fruits, greens, veggies and some healthy fats!

You'll feast on whole food, vegan, raw, gluten, sugar, salt, junk free food – your body will love you for it!

But Will You Be Eating Too Much Sugar On This Plan?

We get asked this questions a lot. Many people believe that if you eat too much fruit, then it has to be bad for you because it contains lots of sugar.

But here's the truth.

Yes, refined sugar that you will find in processed food is bad for you. It's a single nutrient which has been processed and separated from all the other nutrients and so is detrimental to your health.

In stark contrast, the sugar from whole fruits is combined with all the other nutrients, which all work together to give your body exactly what it requires to be healthy.

In fact, a study was carried out on 17 people over a 3 to 6 month period who were given 20 servings of fruit a day.

They found that the participants suffered no ill effects from eating a diet that contained so much fruit.

Researchers observed positive changes to people's blood pressure, body weight, insulin levels and blood lipid levels. (6)

Another study where people were eating 20 servings of fruit a day for several weeks came to similar conclusions and also found that the participants achieved an amazing 38 point drop in their LDL cholesterol levels. (7)

Our clients have healed Candida, hypoglycaemia, type 2 diabetes, lowered their cholesterol and blood pressure, balanced their autoimmune conditions and regained fertility on the lifestyle that we teach!

[You can explore some of our client's before and after stories here.](#)

Della Upsher, one of our clients, lost 42 pounds, achieved healthy blood pressure and balanced many other health issues that she had.

She went plant-powered at 59!



Rosine Rehnmark, one of our clients, lost over 45lbs using our system.

She used to be pre-diabetic, had headaches almost every day, restless leg syndrome, horrible PMS, and chronic fatigue. All of these symptoms went away on a low-fat raw vegan lifestyle!



Before You Start ...

1. Empower Your Mind.

Here's an affirmation that you can say to yourself today to get yourself in the right frame of mind:

"I choose a new and healthy life where what I eat heals, strengthens and empowers me to be the best version of myself."

Your mind is a powerful tool, so use it to help you achieve your desired goals.



2. Plan Your Menu In Advance.

A lack of menu planning is one of the **BIGGEST** mistakes and can lead to many issues on a raw vegan plan.

This is why we ALWAYS like to teach people about proper food planning ... it's one of the most important strategies needed for your success.

So select the meals from the menu plan that you'll be eating.

If any of the fruit mentioned in the plan is not in season, or you want to eat a different fruit, simply replace it and make sure you eat sufficient quantities (calories) of it to avoid under-eating and feeling hungry and tired.

Calories in the plan below would suit an active female. You may require less or more calories, depending on factors like your age, gender and activity levels. So you will need to adjust the amount of calories to suit your personal needs.

3. Make A Shopping List For Yourself.

And do so now, otherwise you'll get caught up in your daily tasks and another day will slip by.

Fruits: _____

Veggies and herbs: _____

Nuts and seeds: _____

Stock up on the necessary produce for this cleanse. There are many yummy and diverse recipes in our plan, so follow the preparation instructions.

3-Day Lean 'N Clean Menu Plan

Day 1:

Breakfast:	Berry-Chocolate Banana Porridge Ingredients: 3 medium bananas 2 medium pears 1 cup blueberries (fresh or frozen) 1 celery stalk 1 tablespoon carob powder ½ teaspoon cinnamon ¼ cup water Preparation: Place all the ingredients into a food processor and process together until smooth. Calories: 625
Lunch:	Green Power Smoothie Ingredients: 4 medium bananas 2 medium apples 1 tablespoon ground hemp seeds 2 cups kale 1 cup lettuce ½ cup water Preparation: Place all the ingredients into a food processor and process together until smooth. Calories: 740
Dinner:	Course 1: A mono fruit meal of 4 cups or 600g of grapes with 2 celery stalks. Course 2: Fresh Salad With Creamy Avocado Dressing

Ingredients:

1 medium head iceberg lettuce (chopped)
1 cup micro greens or sunflower sprouts
1 medium carrot
1 cup cucumber (sliced)
2 medium tomatoes
1/4 cup sun dried tomatoes
2 medium celery stalks
1 tablespoon lime juice
½ avocado
½ cup cilantro

Preparation:

1. Place the lettuce, sprouts, cucumber and 1 chopped tomato into a salad bowl.
2. Blend together the remaining tomato, sun dried tomatoes, avocado, carrot, celery, lime juice and cilantro.
3. Pour the dressing over your salad and serve.

Calories: 800

Day 2:

Breakfast:	A mono meal of 6 soft fuyu persimmons Calories: 600
Lunch:	Green Energy Smoothie Ingredients: 3 medium bananas 2 cups mangoes (fresh or frozen) 1 medium apple 1 celery stalk 2 cups lettuce ½ cup water Preparation: Blend all the ingredients into a smoothie. Calories: 607
Dinner:	Course 1: 1.2 liters of orange juice with pulp Course 2: Green Zucchini Noodles Ingredients: 1 head lettuce 1 cup cherry tomatoes 1 mango 2 zucchinis 2 stalks celery 1 handful arugula 1 handful fresh dill Preparation: <ol style="list-style-type: none">1. Chop the lettuce and place into a bowl.2. Peel and spirilize the zucchinis and place on top of the chopped lettuce.3. Blend together tomatoes, mango, celery, dill, and arugula and pour over the salad. Calories: 750

Day 3:

Breakfast:	Banana Muesli Bowl Ingredients: 1 cup almond milk 3 medium bananas 1 medium apple 3 medjool dates 2 celery stalks ½ teaspoon cinnamon Preparation: Place the almond milk and bananas into a blender and blend together. Pour into a bowl and add chopped apples, dates and celery. Sprinkle with cinnamon and serve. Calories: 710
Lunch:	Green Chia Smoothie Ingredients: 4 medium bananas 2 medium apples 1 tablespoon chia seeds 2 cups kale 1 cup lettuce ½ cup water Preparation: Place all the ingredients into a food processor and process together until smooth. Calories: 752
Dinner:	Course 1: 1 cup orange juice with pulp blended together with the flesh of 6 kiwis. Course 2: Raw Pasta With Sun-Dried Tomato Pesto Ingredients: 3 medium zucchinis 1 fresh medium tomato ½ cup sun dried/dehydrated tomato

1 head of lettuce, 10 basil leaves

½ avocado

½ cup arugula

Preparation:

1. To make the zucchini pasta: peel the zucchinis and either spiralize or julienne slice them (julienne slicers are available from kitchen stores).
2. Chop the arugula and lettuce and place into a salad bowl together with zucchinis.
3. To make the avocado pesto sauce: pour water into a blender and add avocado flesh, fresh chopped tomato, dried tomatoes, basil leaves and arugula. Blend together until smooth.
4. Pour the sauce over your zucchini pasta and serve!

Calories: 734

What Body And Life Do You Want For Yourself?

You deserve a different reality – one that is healthy, fit, happy and fulfilling.

We've created this 3-day menu plan to help you kickstart your journey so you can transform your life.

Every single part of your body - from your cells, through to your organs, tissues, and muscles – will be cleansing, healing and regenerating when you adopt our plant-powered system of eating.

Your body has given you the most incredible opportunity of all – the chance to experience life to the full in a healthy, lean and energetic body, as well as share the joy of vibrant living with the world around you.

Remember, **you need to take action** to manifest the results you desire.

Get ready to start your healing and detoxifying journey, begin to feel vibrant, drop those extra pounds and look and feel younger – all by leading a plant-powered lifestyle!

Excited to help you make it happen!

Paul and Yulia Tarbath

Ready to discover the secrets our clients use to reshape their body and transform their health?

Sign up to our FREE webinar where you'll discover the exact steps we teach our clients to get off or reduce their medication, drop the excess pounds and overcome their health conditions naturally.

[**Claim your spot here >>**](#)

Sources:

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