

Happy on Fruit

The

Raw Food

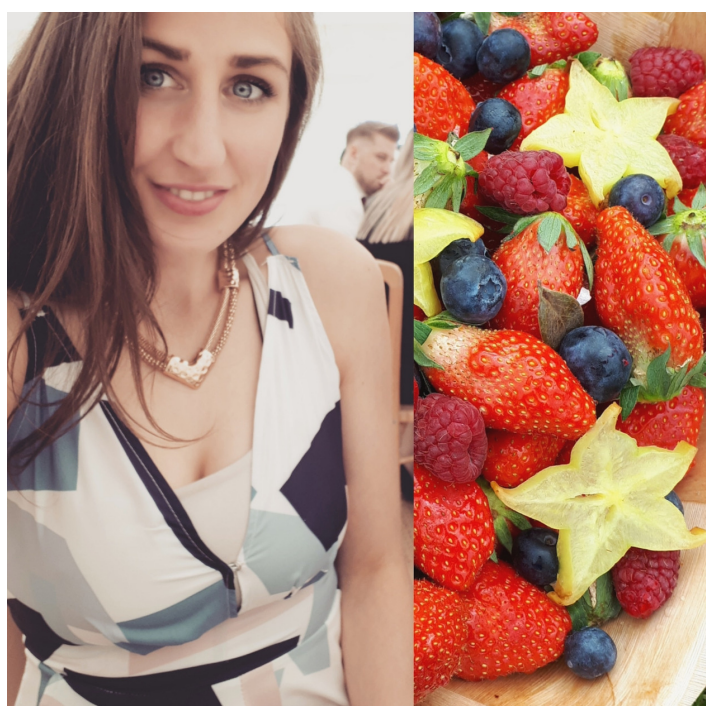
Course



ALL NEW

Worksheets
Videos
Section Summaries
And Extra Info!

Introduction



Hello and welcome to my Raw Food Basics Course!

Raw food was a key part of my transformation.

Before I began raw food I was battling off depression, emotional exhaustion and ill health. I was felt lost in my life and I was sick of feeling so distant from my true self.

I then found raw food and it felt like my life just took off!

I finally overcame my binge eating disorder and Bulimia, my heartburn and my bloating. And in the process of healing my body I also lost 3 stone and began to look as healthy as I felt!

The raw way of eating also laid the foundation for me to overcome my mental health issues. I began doing intense inner work on my emotional health. And from that I developed a strong sense of self-worth and self-acceptance. I have learnt how to love myself completely and how to follow my heart. I see the world and my loved ones with new eyes. I just feel incredible and am so grateful for this life!

One of the great things about raw food is how it doesn't numb or suppress emotions. And so emotional issues rise to the surface and we are able to actually sort through them and overcome them so much easier!

This can be difficult for those who do not know what inner work to do. And this reason is why I specifically made the 11 step inner work Happiness Programme. It Guides you through all the techniques I personally used to heal myself, including Mindfulness, Forgiveness, Inner child Healing, Self-Acceptance, Gratitude, Grounding and so much more! Plus I've set it all out so that it is in the order for it to be the most effective!

More details of this course can be found at:

Coaching: <http://www.happyonfruit.co.uk/thehappinessprogramme>

Online Course: www.happyonfruit.co.uk/innerworkcourse

It's this combination of Raw food and inner work which I hugely credit for my amazing life shift.

My hope is that over the next 7 weeks this course helps to teach you all the basic information you need to successfully transition to a raw food lifestyle. To help you on your path to health and happiness!

I believe that because each of us are at different stages of health and healing, there is no set time on how long it should take for each of us to go raw.

Some people whose bodies are very sick will need more time to go raw, so not to overwhelm themselves with detox symptoms, which could ultimately push them away from raw.

And for that reason I am not expecting you to go completely raw during the course.

But I hope it can give you a strong foundation of knowledge so that you can go raw in your own time.

I wish you all the best on this course and on your path in life!

Sending my love,

Rhiannon xx



Course Contents

Week 1 – Lifestyle Guidelines

This includes information on sleep, water, veganism, macro nutrient ratios, calories, exercise, inner work, minimalism and air quality.

This section also includes information on what to expect from taking on a raw food lifestyle and how to transition.

Week 2 – Fruit

This section is all about fruit! It includes information on why I opt for high fruit in the diet, how and where to get high quality fruit, how to prepare fruit, store fruit, how to tell when different fruits are ripe and which fruits I recommend. This section includes a fruit guide and you get to join me shopping for fruit!

Week 3- Vegetables

This section includes information on what vegetable I recommend for different nutrients, how often and how much of them to eat, how to get veggies into a raw diet, greens rotation, and where to get your veggies.

Week 4 – Food Combining

This section includes information on the benefits and why I recommend food combining on a raw vegan lifestyle, how to follow food combining principles, raw food combination categories, water timing and the digesting times of different raw foods.

Week 5 – Breakfasts & Smoothies

During this section I teach what sort of meals I recommend for breakfasts, morning ritual ideas and how to make perfect smoothies every time. With recipes and a smoothie demo video!

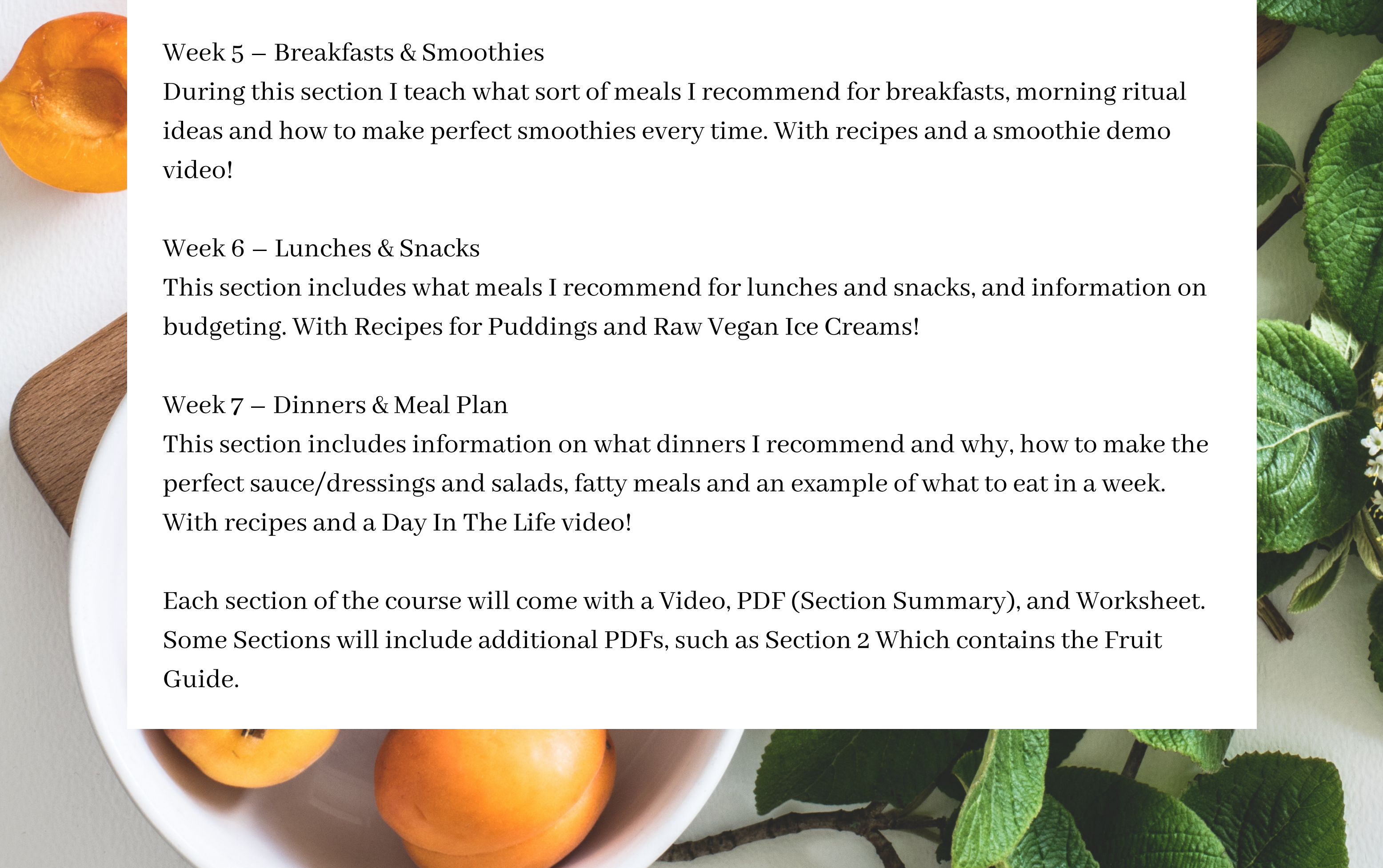
Week 6 – Lunches & Snacks

This section includes what meals I recommend for lunches and snacks, and information on budgeting. With Recipes for Puddings and Raw Vegan Ice Creams!

Week 7 – Dinners & Meal Plan

This section includes information on what dinners I recommend and why, how to make the perfect sauce/dressings and salads, fatty meals and an example of what to eat in a week. With recipes and a Day In The Life video!

Each section of the course will come with a Video, PDF (Section Summary), and Worksheet. Some Sections will include additional PDFs, such as Section 2 Which contains the Fruit Guide.



What is needed for the course

It is required that each person who takes part in the course has a blender. I personally have a very cheap basic blender and that does all you need to make smoothies and sauces!

It would be useful if you have a spiralizer and food processor, but the course can still be completed without them. Get yourself a folder too to store the course in!

How the Course works

Each Monday of the course, you will receive your course section Video, and a PDF Summary & Worksheet in your email.

Or you will have the whole course sent in one.

You can then print off all the PDFs and the Worksheets, and complete them over the week.

If you are doing the uncoached individual course, I will check in with you each week when i email you over each new section of the course.

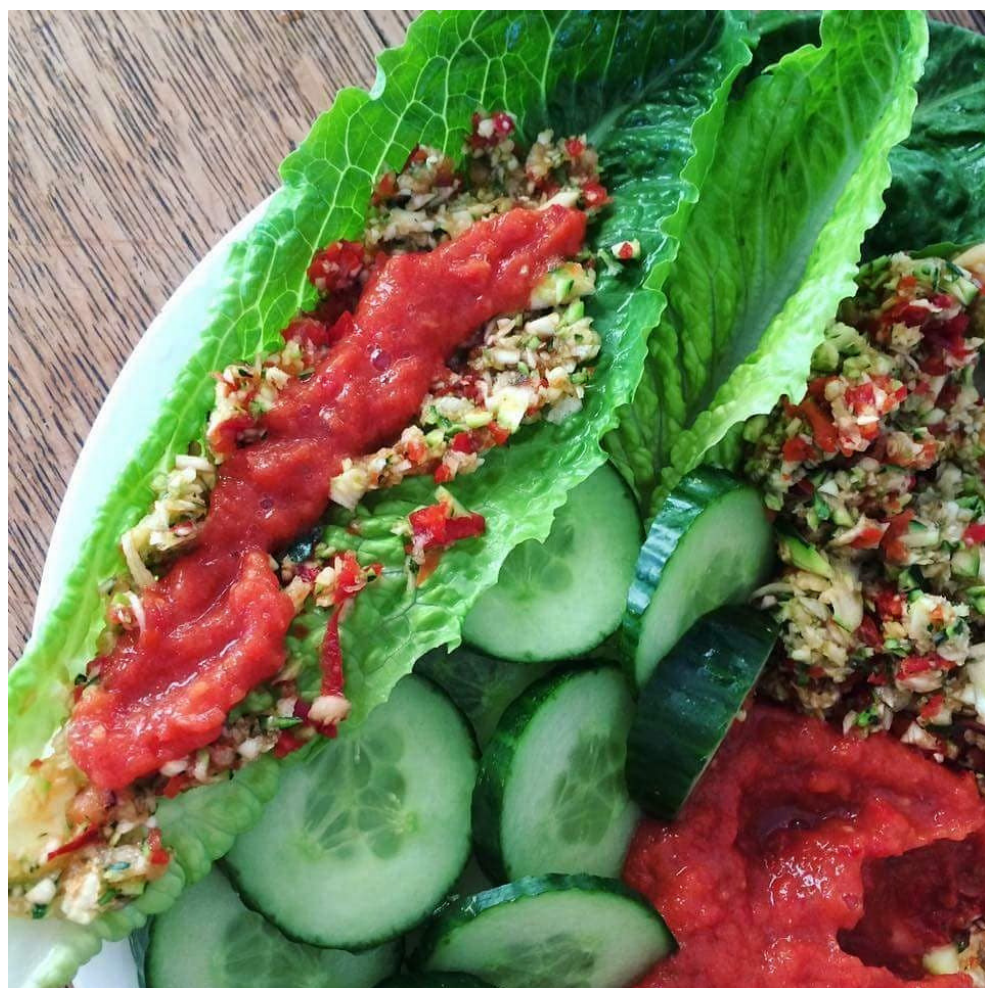
If you are taking part in the coached course you will receive either a 30min or 1hour coaching session each week on a day and time you have chosen.

This session will be for you to tell me how you've got on with each section, to get your questions answered, for accountability, support and to generally guide you through the course and information.

I hope you enjoy your time on the course and that it helps you find a deeper health and happiness.

If you have any questions about the course before we get started please let me know.

I'm here to help!



Raw Food Course Credits

I would like to thank the following, for helping this programme come into being.

Danny Glass (www.SunFruitDan.com)

I say this man is like my compass.

When I was lost, he steered me in the right direction.

He taught me so much and most of the information provided in this programme I learnt or developed off of things I learnt off of him.

He is one of the most spiritual, dedicated and generally amazing people I have ever had the absolute pleasure to meet.

I am forever grateful for all he has helped me with.

Michael DarbyShire (www.MichaelDarbyshire.com)

I'd like to thank this man for reaching out to me and helping me in a time where I really needed support.

You helped to remind me of who I am, and helped me to remember how grateful I am for my gifts.

You got me excited about life again, and got rid of the mental blocks in my mind that were holding me back.

You completely cranked my life up a notch and brought back my zest for life.

I am so grateful to the friendship and teachings you have given me,

You have helped me see the world in a new way, that each of us healers can learn from each other and help each other..

I know we joke about you being my guardian angel, but it really does feel like that in the ways you've supported me and helped guide me.

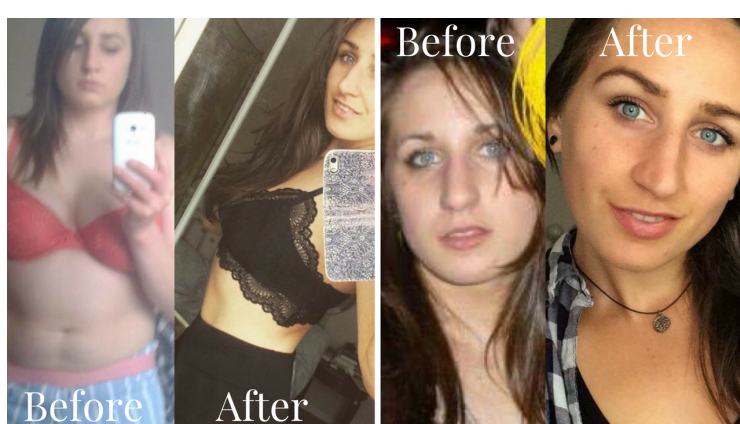
You are a wonderful person and I thank you for your love and for you time.



And thank YOU!

Thank you for taking part in this Course!
I am so grateful to be in the position to be passing on the information I have learnt from my own experience in becoming healthier and happier than I ever thought possible.
And I hope the information you receive and connections you make on this course help you on your own path in life.

Sending love,
Rhiannon Griffin xx
Happy on Fruit



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@happyonfruit