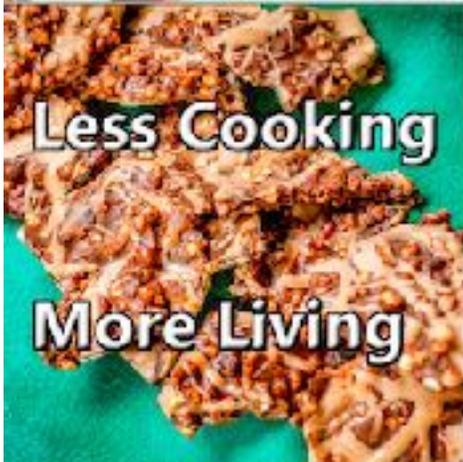




**GO RAW
GET
LEAN**



Easy Recipes



by Veronica Yoo

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Health/Nutrition/cookbook

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INTRODUCTION

Do you have ...

... belly fat or fat pockets on your hips, legs, back, and arms that you can't seem to lose?

... energy levels so low you need to use caffeine, sugar, or energy drinks to get through the day?

... a sweet tooth?

... absolutely NO TIME to cook? ... no cooking skills?

Do you want ...

... to build muscle?

... to have naturally high energy all day long?

... to have a fit, healthy body, even with little time to put into it? ... to have a simple way to be healthy?

If you said yes to any of the questions above, Go Raw, Get Lean is your guide to a healthier, leaner life.

We all want to be fit and feel good about ourselves.

I believe that health is the most important thing in your life; if you lose it, you suddenly realize how you should have taken better care of it.

It's common for people to momentarily reach their fitness goals and lose body fat, but not maintain the results. Why?

Exercise and a good night's sleep are important to stay fit, but the main key to stay fit is **NUTRITION, NUTRITION, AND NUTRITION!**

Over the past 17 years that I have been in the fitness world, I have tried to find ways to stay fit and keep improving my health as well as the health of my clients.

I have realized that no matter how long or how hard we train, if we don't feed our bodies with the right nutrients at the right times, there is no way we can create the transformation we want.

SIMPLE AND EASY

Everyone wants things to be easy and simple these days.

This is especially true for cooking and preparing meals on a regular basis, but in order to stay fit, we need to put some effort into it.

The next dilemma is cooking skills. You may not want to cook, or not know how to cook.

How's this? You don't have to cook.

I can talk about nutrition for days, but in this book, I am focusing on recipes that anyone can make without cooking that will satisfy your sweet tooth. But never fear, these recipes are packed with nutrients to feed your body. "Two birds with one stone," right?

Ideal Meal Times

Before we get into recipes, let's talk about the best time to eat delicious treats.

First, you need to get off the couch. Either go to gym or do your favourite activities. Then you eat treats without feeling of guilt.

After weight training or after any kind of high-intensity exercises, you should eat within 2 hours to replenish your body. Also, your body and brain will be satisfied because of the good macronutrients and calories.

Personally, I have a sweet tooth and I love desserts, but I know that avoiding sugar is one of the most important keys to lose (belly) fat and build lean muscle mass.

Over the years, I have looked for substitute foods that satisfy me to avoid made-in-a-factory chemical meal replacement protein bars or sweet desserts.

Go Raw, Get Lean ingredients are mainly MCT oil and unprocessed carbohydrates (the good carbs!), organic honey, and solid protein.

WHY RAW?

There are many benefits to eating raw food, but there are two main categories of benefits of raw food.

The first is that you are receiving maximum nutrition from your foods, which is delivered through the blood to the cells, resulting cleaner blood and healthier cells.

The second is that your food is easy to cook and saves your time - No muss no fuss!

I believe when you take care of your body with good nutrients, your body will shine
FOR YOU!

Warmly,

Veronica Yoo

PART 1 | WORKOUT MEAL REPLACEMENTS



CHOCO-HONEY PEANUT

Are you a peanut butter lover? This delicious Choco-Honey Peanut Bar is a combination of chocolate, honey, and peanut butter (go figure). It's delicious and high in protein, making it one of the best meal replacement you can EVER ask for!

It has the perfect amount of macronutrients and clean calories and is so delicious!!!

- Makes 10 Bars
- Cooking time 10 minutes
- Calorie 335 / 1 Bar
- Protein 19.5 G
- Fat 14 G
- Carbohydrate 31 G
- Cholesterol 0 MG
- Sodium 10 MG
- Fiber 2.8 G



Nutrition Tips;

Best time to eat: Within 2 hours after exercising such as resistance training/ hiking/biking/ boxing/water skiing/ winter sports

What BAOBAB Does For You

1. Promotes beautiful skin and protects against illnesses like heart disease and cancer due to its antioxidant properties.
2. Enhances fat-burning capabilities during your workout.
3. Reduces the glycemic response that promotes weight loss by reducing appetite and cravings and by keeping the fat-storing hormone insulin under control.
4. Contains significant amounts of essential minerals such as calcium, magnesium, potassium, copper, iron, and vitamins B1, B2, B3, and B6.
5. Cleanses and detoxifies your liver naturally.
6. Curbs inflammation.
7. It is an excellent source of prebiotic.



Ingredients

- 2 cup raw wheat free oatmeal.
- 1 cup organic peanut butter (organic almond butter)
- 4 scoop protein powder
- ½ cup organic honey
- 2/3 cup water. (It takes a bit more or little less water to make dough depends on the protein powder)
- 1tsp baobab powder (optional)
- 2 oz semi sweet chocolate (optional)

Equipment

8 x 8 Inch square baking pan

Directions

1. Knead 2 cups of dry blended Oatmeal, 4 scoops of protein powder, ½cup of organic peanut butter in a large mixing bowl.
2. Add water slowly and mix ingredients to make dough. I use my clean hands.
3. Line 8x8” Square baking pan lay on wax paper.
4. Spread dough on a baking pan and press down to cover the bottom evenly.
5. Spread layer of ½ cup of organic honey on the top evenly.
6. Spread layer of ½ cup of organic peanut butter on the top evenly.
7. Place it in the freezer for 45 minutes.
8. Remove it out of the freezer.
9. Cut them in 10 pieces.
10. Keep it in the freezer or refrigerator after individually wrapped with a wax paper.

“Option” for CHOCOLATE lovers!

11. Melt 2oz of chocolate in microwave for 30seconds)
12. Spread a thin layer of melted chocolate on the top.
13. Freeze them for 10 minutes.
14. Remove them from the freezer.
15. Cut them in 10 pieces
16. Keep it in the freezer after individually wrapped.

COCO-NUT LEMON SPLASH

High protein and fat **Coco-Nut Lemon Splash Bar** is a great meal replacement and post workout treats.

- Makes 10 Bars
- Cooking time 10 Minutes
- Calories 350 / 1 Bar
- Fat 18 G
- Cholesterol 2 MG
- Sodium 5.7 MG
- Carbohydrate 29 G
- Fiber 3 G
- Protein 16 G



Nutrition Tips;

Best time to eat: Within two hours after exercises such as biking/ power lifting/ resistance training/ boxing/ water ski/ tennis/ high intense training.

Add 1tsp of apple cider vinegar in water and drink it right before you eat a Coco-Nut Lemon Splash bar to increase insulin sensitivity and build muscle instead of fat!

What MCT OIL (Medium Chain Triglycerides) Does For You

MCT (Medium Chain Triglycerides) is the healthy saturated fat in coconut that you get from coconut oil (in 60% of MCT). It is fat, but it is taken straight to the liver to use as a source of energy rather than accumulating as body fat so it helps with weight and fat loss.

Use coconut oil (MCT fat) with some protein for your breakfast every day to bring your energy level up and help to burn body fat.

Ingredients

- 1.5 cup raw oatmeal (wheat free)
- ½ cup raisin
- ½ cup dried cranberry
- ½ cup chopped walnuts
- ½ cup slivered almonds
- 1 cup raw cashew
- ¼ cup shredded coconut. (sugar free)
- 1tbsp organic coconut oil
- 2 tbsp organic grass fed butter
- 5 tbsp applesauce (sugar free)
- 1tbsp baobab powder (optional)
- 1tsp vanilla extract (optional)
- 4 scoop protein powder
- ¼ cup organic raw honey
- ¼ cup water or natural almond milk (it might take a bit more or little less water to make dough)
- fresh lemon

Equipment

- 8 x 8 inch square baking pan
- Blender or Food processor

Directions

1. Blend cashew nuts, raisin, and dried cranberries.
2. Knead 1& ½ cups of dry blended Oatmeal, 1tbsp of baobab, 4 scoops of protein powder, ½ cup of chopped walnuts, ½ cup of silvered almonds, blended cashews, raisin, dried cranberries in a large bowl.
3. Knead 1 tbsp of coconut oil, 2 tbsp of organic butter, 1tsp of vanilla extract, 5 tbsp of applesauce, garnish lemon skin with grater and squeeze lemon juice in small bowl.
4. Pour wet ingredients into dry ingredients.
5. Add water or natural almond milk slowly and mix ingredients to make dough
6. Line square 8 x 8 baking pan with a wax paper.
7. Dum the dough and press it down to cover the bottom of pan evenly.
8. Spread layer of ¼cup of honey on the top evenly.
9. Spread layer of ¼cup of shredded coconut on the top evenly.
10. Place it in a freezer for a n hour, then cut them in 10 pieces.
12. Keep it in the freezer or refrigerator after individually wrapped.

GINGER HONEY IMMUNITY BOOSTER

When the season changes, you want to stay away from cold and flu that seems to appear out of nowhere. To boost your immune system, try **Ginger Honey Immunity Booster Bar** to prevent cold.

- Makes 10 bars
- Cooking time 10 minutes
- Calorie 154 / 1 Bar
- Fat 5 G
- Cholesterol 0 MG
- Sodium 3 MG
- Carbohydrate 17 G
- Fiber 3 G
- Protein 10 G



Nutrition Tips;

Ginger is one of Chinese medicine's traditional remedies to prevent and helps to clean mucus. It is an herb whose root can be used for tea and cook meals.

What Ginger Does For You

1. It brings energy up and increases your metabolic rate.
2. It promotes blood circulation, prevents chills and fever, and cleans mucus.
3. It is natural remedies for cold and flu symptoms.
4. It reduces pain and inflammation.
5. It helps to boost your immune system.

Note: If you have a sore throat or a cold, add ginger, fresh lemon, and raw honey to hot green tea to help throat irritation and decrease cold symptoms

Ingredients

- ¼tsp fresh ginger
- 1 cup raw cashews
- 1 cup dates, pitted
- 1tbsp Hemp seed
- ¼ cup coconut flour
- 4 scoop protein powder.
- 3 tbsp applesauce (sugar free)
- ½ Fresh orange zest + grated skin
- 1tbsp cinnamon
- 1tbsp coconut oil
- 1tbsp vanilla extract (optional)
- 1tbsp baobab (optional)
- ¼tsp sea salt

Topping

- 7 dates, pitted
- 1tbsp hemp seed
- 1tbsp raw honey
- ¼ tsp fresh ginger
- 1 fresh orange zest + grated skin

Directions

1. Blend cashews, dates and dump it in a large mixing bowl.
2. Add remand ingredients in the bowl and use clean hands to mix all together.
3. In 8 x 8 inch square baking pan, lay on wax paper, dump the dough and press down to cover the bottom of pan evenly.
4. Put all topping ingredients in blender and blend till smooth.
5. Pour topping sauce on the dough and spread sauce to cover the dough evenly.
6. Place in the freezer for 1 hour.
7. Remove it from the freezer.
8. Cut them in 16 pieces.
9. Keep them in the refrigerator.

COMPLETE GRANOLA BAR

Are you a fan of nuts and seeds? This Complete Granola Bar is a high calorie bar that I suggest you to have only after intense exercise. One bar has enough calories to fill you up, and it only has good macronutrients.

- Makes 10 Bars
- Cooking time 10 minutes
- Calories 320 / 1 Bar
- Fat 14 G
- Carbohydrate 37 G
- Fiber 4 G
- Protein 10 G



Nutrition Tips;

Hemp seeds: Hemp seeds are the most nutritious seed, rich in omega 3 essential fatty acids. Raw hemp seeds are a complete protein, containing all 10 essential amino acids, so they are considered a super food with tremendous health benefits.

What Hemp Seeds Do For You

1. They help weight loss and increase energy levels.
2. The amino acid helps you recover from injury and disease.
3. They reduce inflammation, a major health risk in the body.
4. They boost your immune function, helping you stay healthy.
5. They improve your endurance and easy to release body fat.

Start by adding 1tbsp and work your way up to 4tbsp a day of raw hemp seeds in your meals or smoothie to experience the health benefits.

Ingredients

- ½ cup raw almonds
- ½ cup raw walnuts
- 1 cup dates, pitted
- 1 tbsp water
- ½ cup raisins
- ½ cup dried cranberries
- ½ cup raw pumpkin seeds
- 2 scoop protein powder.
- ½ cup buckwheat, grated
- 1 tbsp sesame seeds
- 2 tbsp hemp seeds
- 2 tbsp coconut oil
- 2 tbsp raw honey
- 1 tsp vanilla extract (optional)
- 1 fresh lemon

Directions

1. In a blender, dump almonds, dates and water until mix well.
2. Add the remaining ingredients and mix them all together.
3. Spread the mixture in the pan lined with wax paper and firmly press it down.
4. Place it in a freezer for 1 hour, then cut in 10 pieces.
5. Keep them in the freezer.

REESES BAR

Do you love peanut butter cups? Why not make your own fresh and delicious ones? This Reese Bar will curb your sweet tooth when you use it as your post workout meal.

- Makes 16 Bars
- Cooking time 10 minutes
- Calorie 180 / 1 Bar
- Carbohydrate 14g
- Fiber 2.8 G
- Protein 5 G
- Fat: 12 G
- Cholesterol 91 MG
- Sodium 20 MG



Nutrition Tips;

If you have sweet tooth but you want to have healthier sugary treats, it is a perfect sugar substitute to keep your meal plan balanced.

Ingredients

Crust

- 1/4 cup organic grass-fed butter
- 1/4 cup blended oatmeal
- 1/2 cup coconut flour
- 1/4 cup turvia or 1/2 cup of swerve
- 1/4 cup organic Peanut butter
- 1 scoop protein powder
- 1tbsp applesauce (sugar free)

Topping

- 1tbsp organic butter
- 1 cup semi sweet chocolate chips
- 3 tbsp organic peanut butter
- 2 tbsp white chocolate chips (optional for decoration)

Directions

Crust

1. Put all ingredients in a large bowl and mixed it all together.
2. Dump the crust in 8 x 8 square baking pan and press it down to cover the bottom of pan evenly.

Topping

1. 1cup of semi sweet chocolate, 3 tbsp of organic peanut butter, 1 tbsp of organic grass-fed butter in microwave for 50 seconds
2. Pour mixture melted chocolate on the crust evenly.
3. Place it in a refrigerator for 30 Minutes.
4. Cut them in 16 pieces.
5. Keep them in refrigerator

MATCHA GREEN TEA BAR

Do you love green tea? Why not to have this amazing tasty healthy Matcha Green Tea Bar for your meal replacement and post workout treats.

This bar is my favourite!

- Makes 16 Bars
- Cooking time 10minutes
- Calorie 275 / 1 Bar
- Fat 15 G
- Cholesterol 16 MG
- Sodium 2 MG
- Carbohydrate 12 G
- Protein 12 G



Nutrition Tips;

Matcha Green Tea is a fine powdered form of shade-grown green tea leaves. It has so many health benefits that it is now recognized as a super food.

What Matcha Green Tea Does For You

1. It helps to burn fat.
2. It is very high in antioxidants.
3. It boosts energy and immunity.
4. It is source of Vitamins A, B-complex, C, K, and minerals.
5. It helps the body to get rid of harmful chemicals and toxins.
6. It provides relief from constipation and improves mood.

Add Matcha for smoothies, tea, and protein bars.

Ingredients

- ½ cup organic grass-fed butter
- ¼ cup coconut oil
- ½ cup raw cashews soaked 30 minutes
- Pinch sea salt
- ½ cup raw honey
- Pinch sea salt
- 1 tbsp Matcha Powder
- 1 tsp freshly grated ginger
- ½ freshly grated orange zest
- 4 scoop protein powder.
- 1 cup blended raw oatmeal
- 1 cup raw shredded coconut (sugar free)
- 1 cup raw ground almonds
- 1 cup raw sunflower seeds

Directions

1. In a small bowl, melted organic butter and coconut oil mix well and set aside.
2. In a large bowl, combine dry ingredients, which are protein powder, oatmeal, shredded coconut flakes, almonds, and sunflower seeds. Mix well and set aside.
3. Add organic butter and coconut oil to a blender with cashews, sea salt, raw honey, matcha powder, ginger and orange zest.
4. Blend until completely smooth.
5. Pour this blended mixture of wet ingredients into the large bowl with the dry ingredients and mix well.
6. Pour dough into 8 X 8 square baking pan line with wax paper and press dough down to cover bottom of pan evenly and place it in a freezer about 2 hours.
7. Cut them in 6 pieces and restore them in a refrigerator.

PART 2 PICK-ME-UP SNACK



PROTEIN CHOCO - CHIPS COOKIE DOUGH

Protein Choco - Chips Cookie Dough is a great replacement snack to satisfy your sweet tooth. Best time to eat: When you want to have chocolate bars or cookies, instead of going to vending machine, grab a Protein Choco - Chips Cookie Dough to satisfy your sugar craving without guilt.

- Makes 40 Balls
- Cooking Time 10 minutes
- Calories 98 / 1 Ball
- Fat 5 G
- Carbohydrate 12 G
- Protein 5 G



Nutrition Tips;

Cinnamon is one of my favourite super foods of all time. You can't go wrong by adding cinnamon to your foods on a daily basis. It gives your food a spicy kick and provides high amounts of calcium, fiber, iron, and magnesium.

What Cinnamon Does For You

1. It boosts metabolism and energy levels.
2. It helps with weight loss.
3. It regulates blood sugar levels.
4. It helps to relieve arthritis pain.
5. It helps the body fight infections and repair tissue damage.
6. It increases insulin sensitivity.

Note: Start adding ½ to 1 tsp of cinnamon in your meals every day. It's a great fit in your post-workout meal and/or shakes!

Ingredients

- 2 cup raw wheat free oatmeal.
- ½ cup semi-sweet chocolate chips
- ½ cup butter scotch chips (optional)
- ½ cup chopped walnuts (optional)
- 1 cup organic grass-fed butter
- ¾ cup truvia or 1 ½ cup of swerve
- 3tbsp applesauce (sugar free)
- 1tbsp water (optional)
- 1tbsp vanilla extract (optional)
- 4 scoop protein powder.
- Pinch sea salt
- Pinch baking soda (optional)
- 2tbsp organic peanut butter (optional)
- 1tbsp cinnamon powder

Directions

1. Knead 2 cups of dry blended Oatmeal, 4 scoops of protein powder, ½ cup of chopped walnuts, ¾ cup of truvia, ½ cup of semi-sweet chocolate chips, ½ cup of butterscotch chips in a large bowl.
2. Knead 1 cup of organic butter, 1tbsp of vanilla extract, 3 tbsp of applesauce, pinch sea salt and baking soda in a small bowl.
3. Pour wet ingredients to dry ingredients in a large bowl.
4. Mix ingredients to make dough. If dough is dry, add extra 1tbsp of applesauce or water.
5. In baking pan line wax paper.
6. Use a small ice cream scoop to roll dough into bite sized balls.
7. Place balls on the baking sheet.
8. Freeze them for 2 hours.
9. Remove from a freezer.
10. Keep them in a refrigerator.

GUILT FREE CACAO NIBS BARK

Craving chocolate? If you want to satisfy your sugar craving while keeping your eating habits clean, grab some Guilt Free Cacao Nibs Bark to spoil your sweet tooth.



Nutrition Tips

The crunchy and deep chocolatey flavour of raw cacao nibs from cacao beans is an excellent source of antioxidants, soluble fiber, iron, and magnesium. Enjoy them to satisfy your chocolate craving.

There is no way you can keep weight off for the long term if you feel like you are deprived of eating delicious foods in your everyday life. Eating smart is the key to keep it off and improve your wellbeing.

What Cacao nibs Do For You

1. Cacao nibs help to balance your blood sugar level.
2. They improve insulin sensitivity.
3. They help to support your cardiovascular health.
4. They help to reduce anxiety and lift your mood because they increase serotonin and endorphins in your brain.

Note: The best way to eat this super food is RAW! Add cacao nibs to your smoothie or protein shake.

Ingredients

- ½ cup semi sweet chocolate chips or dark chocolate chips
- 1 scoop protein powder.
- 1 tbsp organic grass-fed butter
- 2 tbsp organic coconut oil
- 1 tsp vanilla extract (optional)
- ½ cup puffed millet
- ½ cup raw chopped walnuts
- 2 tbsp cold-pressed cacao nibs
- 1 tsp baobab (optional)
- Pinch sea salt

Directions

1. In a small bowl, ½ cup of semi sweet chocolate chips, 1tbsp of organic grass-fed butter and melt in microwave for 40 seconds.
2. In a large bowl, dump remained ingredients and pour melted chocolate chips and mix well.
3. Pour the mixture of batter into baking pan line with wax paper and spread the batter to cover the bottom of pan evenly.
4. Place in a freezer for 1-2 hours.
5. Remove from the freezer and break into 12-16 chunks.
6. Keep them in the freezer.

PART 3 GUILT FREE DESSERT



PROTEIN KEY LIME PIE

- Makes 12 Pieces
- Cooking time 10 minutes
- Calories 320 / 1 Piece
- Fat 20 G
- Carbohydrate 25 G
- Protein 9 G



Ingredients

Crust

- 2 scoop protein powder.
- ½ cup raw cashews
- ½ cup raw macadamia nuts
- ¼ tsp sea salt
- ½ coconut (unsweetened)
- 1 tsp vanilla extract (optional)
- 1 tsp baobab (optional)
- 4 dates, pitted

Filling

- 1.5 cup raw cashews (soaked for 30 minutes)
- 2 fresh avocados
- ½ cup lime juice
- ¾ cup lemon juice
- ¾ cup raw honey
- 2 tbsp filtered water
- 2 tbsp organic coconut oil
- 2 tbsp organic grass-fed butter
- 1 tbsp vanilla extract
- ¼ tsp sea salt

Directions

Crust

1. In blender or food processor, put the crust ingredients and blend till crumbly.
2. In a large bowl, dump blended crust ingredients and add 3tbsp of water and mix well.
3. Put the crust dough in the cake pan and use clean hands to press down to cover the bottom of cake pan evenly.
4. Place the crust in a freezer.

Filling

1. In a blender, put all filling ingredients and blend until smooth.
2. Take the crust out of the freezer and pour the filling on top of the crust evenly.
3. Place the pie in the freezer for 2 hours.
4. Move it in a refrigerator.

PROTEIN MIX BERRIES CHEESE CAKE

- Calories 400 / 1 Piece
- Fat 25 G
- Carbohydrate 27 G
- Protein 15 G



Nutrition Tips

Butter has had bad reputation over the past several years because of the misguided belief that it can cause heart disease. However, new research has proven that in fact, it contains many nutrients that protect against heart disease, including Vitamins A, D, E, and K. Organic butter has many health benefits over non organic butter.

What Organic grass-fed butter Does For You

1. Organic grass fed butter helps to control weight gain.
2. It helps to prevent many diseases such as arthritis, cancer, osteoporosis, heart disease, thyroid problems, and asthma.
3. It helps to prevent gastrointestinal infections.
4. It supports immune function and boosts metabolism.

Note: Start adding 1-2 tbsp of raw organic grass-fed butter to your protein meals, raw snack bars, and homemade desserts instead of using margarine or vegetable oil.

Ingredients

Crust

- ½ cup raw almonds
- ½ cup raw walnuts
- ½ cup raw wheat free oatmeal
- 1/3 cup organic butter
- 2 scoop protein powder.
- 3 dates, pitted
- 1/2 tsp sea salt
- Pinch baking soda (optional)
- 1tbsp water

Cheesecake

- 2cups raw cashews(soaked for 1 hour)
- 2 scoops protein powder.
- ½ cup organic coconut oil
- 1 fresh banana
- ½ cup raw honey
- 2 fresh lemons
- 1 tbsp vanilla extract (optional)
- ½ tbsp sea salt

Sauce

- 1 cup frozen mix berries
- 1tbsp raw honey
- 1fresh lemon

Directions

1. In blender or food processor, blend all crust ingredients till consistency forms.
2. In a cake pan, dump the crust ingredients and press down to cover the bottom of pan evenly.
3. Place in a freezer.
4. In a blender, blend the cheesecake ingredients until smooth.
5. Take the crust out of the freezer and pour cheesecake ingredients on top of the crust and spread evenly.
6. Place in the freezer.
7. In blender, add all sauce ingredients blend until smooth.
8. Take cake out of the freezer and pour sauce on top of cake and spread evenly.
9. 1 cup of frozen mix berries to decorate on top of cake (optional).
10. Place in a refrigerator.

PART 4 BONUS



14 DAY DETOX GUIDE FOR WEIGHT LOSS & FAT LOSS

Nutrition is the main key to transforming your mind and body. It is an extremely important factor in achieving your fitness goals! Following are the golden rules for detoxing your body and boosting your energy levels.

The most important principle to keeping extra weight off is this: instead of restricting calories, add good nutrients in your meals. That is the only way you will have successful, long-term weight loss and fat loss!

1. Get rid of simple refined sugar and processed foods in your kitchen. No SUGAR whatsoever!
2. First thing in the morning when you wake up, take 1 capsule of probiotic (50 billion cultures).
3. Drink Good Morning Detox Juice before your first meal (see page 44).
4. Your first meal should be protein and MCT oil (use organic coconut oil) or organic grass-fed butter. Avoid carbohydrates in the morning to keep your body in the fat burning zone.
5. Add unprocessed carbohydrates (ancient rice, oatmeal, sweet potatoes, quinoa, etc.) with protein within 2 hours after your workout.
6. Add 7-10 cups of vegetables daily—raw is the best option.
7. Use fresh herbs and spices to make foods tastier.
8. Avoid Pre made sauce and/ or dressings.
9. Use balsamic and regular vinegar, fresh lemon, and lime in your salad.
10. Drink green tea or matcha tea 3 times daily.
11. Drink 3-4 L of distilled water daily.
12. Add 2-3 tbsp of chlorophyll in water per day.
13. Use sea salt in your meal before and after your workout.
14. Count your post workout shake or **Go Raw, Go Lean** Homemade protein bar as a meal.

RIGHT CHOICE OF FOOD

<p>Spices & Herbs</p>	<p>Cinnamon, Turmeric, Curcuma, Cayenne pepper, Black pepper, Curry, Chilly pepper, Rosemary, Cilantro, Parsley, Garlic, Ginger, Ginseng, Oregano, Basil, Mint, Thyme, Sage.</p>
<p>Protein</p>	<p>Organic Grass fed: Meat, Lamb Organic Free-range: Chicken, Turkey, Duck, Goose, Eggs Lowest mercury & Wild: Sockeye salmon, Trout, Haddock, Tilapia, Anchovies, Sardine, Sole.</p>
<p>Carbohydrate</p>	<p>Organic brown rice, black rice, wild rice, Wheat free steel cut oatmeal, Quinoa, Winter squash, Sweet potatoes, Yam, Kale, Broccoli, Cauliflower, Spinach, Radish, Mushrooms, Onions, Asparagus, Cucumber, Fennel, Cabbage, Dark green lettuce, Brussels Sprouts, Lemon, Lime, All berries, Red apple</p>
<p>Fat</p>	<p>Organic coconut oil, Organic cold pressed Flaxseed oil, Hemp seed, Organic grass fed butter, Krill oil, Extra virgin olive oil, Free range egg yolks, Avocado, Raw almonds, Walnuts, Cashews, Brazilian nuts, Macadamia nuts, Pistachios, pecans</p>

GOOD MORNING DETOX JUICE

Nutrition Tips

I call kale the “king of vegetables.” This dark, leafy green is packed with vitamins and minerals, specially, Vitamins A, C, K and potassium. Eating kale RAW is the best option for optimum health.

What Kale Does For You

1. Kale helps lower cholesterol levels.
2. It boosts your immune system and increases metabolism.
3. It helps to detox your body and keeps your liver healthy.
4. It has high antioxidant levels to protect against cancer and heart disease.
5. It is a great natural source of anti-inflammatory.
6. It contains high in potassium to curb sugar cravings.

Note: Add kale to your salad or smoothie to clean your body and get your weight loss on the right track.

Ingredients

- Handful baby spinach
- 1 cup of kale (remove stems)
- 1 stalk celery
- 1 inch ginger root (peeled skin)
- ½ red apple
- 1 lemon
- ¼ cup parsley
- 1 tbsp hemp seed
- 1 tbsp of Baobab powder
- 1 tsp of matcha powder
- ½ cup natural coconut water (optional)



Directions: In a blender, add all ingredients and distilled water then blend until smooth.

TESTIMONIALS

“ I have been training with Veronica for a few years now, and I have enjoyed many of her recipes. My husband and I have loved her chilli, muffins, protein bars, and cookies. The protein bars are so good that my husband looks for reasons why he has no time to eat a meal and needs a bar as a replacement meal instead.

Since I have been using Veronica’s recipes I have no longer carve chocolate bars, cheesecake or other sweet treats.

I would much prefer a protein bar or cookies.

With Veronica’s nutritional guidance and recipes I have been able to lose 60 pounds and clear up my poor cholesterol levels and lower my blood sugar to healthy levels.”

Diane Owens

Registered recreation Therapy

“I met Veronica Yoo in my 50s.

I had taken thyroid medications for 8 years until I met Veronica Yoo. She transformed my life. She is so different than others. She designed tailor-made nutrition plan with an amazing follow up system to improve my thyroid gland. I don’t need medications anymore, and I am amazed to see my transformation each day with big smile on my face.

This is the best time of my life to meet her and to be coached by her.

Thank you, Veronica Yoo.”

With respect and love,

Anise Cho

“Veronica is an incredible and inspiring woman. She is one of the strongest persons I have EVER met. Her mind is in perfect harmony with her body and it is very beautiful to see.

In addition, she pays attention to listen our needs and objectives in order to develop a plan so that we can meet our goals. Each person is different and she has the ability to bring everyone to be the best they can be... Since I have met her, I changed my lifestyle and my relationship with foods and exercises. I am balanced and healthier now.

I am eternally grateful for everything that she has done for me.

Thanks again for everything.”

With love, your friend,

Melissa Menard

“I approached Veronica because I was unhappy with my weight.

I was eating unhealthy foods, and I didn’t exercise. I felt unhealthy, and I just wasn’t happy with the way I looked and the way I felt.

When I came to see Veronica, she was very comforting and she gave me a nutrition plan and started exercising. I started to lose weight right away. Her food plan was amazing, my favourite was the breakfast, the recipe she gave me to make this amazing healthy pancake was fantastic, and it was so delicious. I wasn’t hungry, because she gave me great healthy food plan and healthy substitutes that I didn’t know about. On top of her great nutrition plan that I was on, she kicked my butt in the gym. I started to feel healthy and I got stronger after only one week of training, I could go on, she is super knowledgeable and down to earth, she is truly an amazing coach and I am so glad I met her because she has helped me make a change of my life.”

Hadeel Haghsenas

“Meeting Veronica changed my life. Not only did I have a highly disciplined, skilled and motivational personal trainer, I also received the benefits of an informed nutritionist and a life-changing mentor.

I dropped 40 pounds and most importantly, gained skills how to change toxic and engrained habits that had been endangering my health and life. Rare is personal trainer who is so determined and disciplined to get the physical results you want and yet is filled with a plethora of the most up to date nutritional facts all wrapped up in a transparent and authentic spirituality.

I feel honoured and blessed to have met her.”

Olimpia Testa

Italbec International

“Veronica Yoo helped me to realize my greatest physical potential and gave me the tools to get myself out of a place in my physical being that thought I could never escape from.”

Joise M.

Lawyer

“ I used to like drinking alcohols and I was so lazy before I have met Veronica.

I was suffering from back and knee pain for 2 years. Not only the fact that I had physical pain, I was depressed and I wasn't happy in my life.

Since I have been training with Veronica, my physical pain went away with her nutrition plan and exercise, and the most important part of this journey is that I am happy in my life. I feel like I am blessed to meet her. I am excited to see my transformation everyday and my journey will be continued for the better.

Thank you, Veronica.”

Young Mi Kim

“Veronica has been a great mentor and has provided me with knowledgeable guidance when learning about nutrition and meal planning. She has given me easy and tasty recipe ideas that accommodate my busy schedule and food that I can eat on the go. I am a big fan of her raw protein bars, which literally take me 10 minutes to make and are so yummy! They are a great snack to grab right after a workout or if I need something quick in between activities.”

Nicole Killaly

ABOUT THE AUTHOR



Veronica Yoo is a nutritionist, published author, Instructor, and WBFF professional athlete whose energy and passion for her work is infectious. She lives what she teaches to clients and students. She is committed to helping others transform their lives by regenerating organ function and resetting hormone balance through her health and wellness programs for optimal living.

She is a lady who is very connected to her family. Her father played a very large part in her becoming the person she is today, he put the foundation and taught her what is important and also instilled a work ethic in her that would enable her to take on any task and

complete it, and complete it with success. The ability to put in long hours of research and work everyday without complaining.

Most of Veronica Yoo's clients are middle aged men/women who have weight issues as well as other health problems that need to be addressed so they can live a healthy and optimal life. She is very well versed in the benefits of herbs vitamins and minerals which can be used to help treat many problems that modern medicine is used to treat, but without any of the side effects.

She is a firm believer in cleansing and detoxing the body when starting with new clients and is a specialist in hormones and how do they effect the problems which may be affecting the client, there are many different reasons why clients are overweight and unhealthy and she treats each client with a different plan to make sure they get better, get healthy and of course take off the unwanted weight they have gained over the years. Veronica loves her work and enjoys researching through medical journals and cross referencing with health, naturopath, and holistic diets and eating plans to put together plans that will ensure success and will benefit her client's health and well-being! To learn more visit: <https://www.makeovernutrition.com>