

Cooked Vegan Dishes for

RAW TILL 4

and 80/10/10 transitioning

A close-up photograph of a white plate containing several sushi rolls. The rolls are made with white rice, dark seaweed (nori), and a slice of yellow avocado. To the left of the rolls is a small white bowl filled with dark soy sauce. A pair of dark wooden chopsticks with a colorful floral pattern is resting on the plate. The background is slightly blurred, showing more of the plate and some greenery.

Cooked
Vegan

By Louise Koch



HIGH CARB VEGAN

A lot of people struggle to eat 100% raw and dinnertime is usually the hardest with the most cravings. 'Raw till 4' means, that you eat fruits and vegetables for lunch and dinner and a cooked vegan meal at night (after 4 o'clock), preferably high carb low fat. Simple high carb vegan meals also work well if you want to transition slowly into a fully raw 80/10/10 diet and this eBook will give you an idea about what to eat. If you are on an almost fully raw diet you can also use these types of meals as a backup plan in case you struggle and fall off the wagon.

The concept 'Raw till 4' was originally coined by the mother of an Australian girl Freeley because the mother had a hard time staying raw. The principles are that you should eat a lot of high carb foods like potatoes (roots), rice and pasta plus cooked vegetables for dinner and then raw fruits and veggies the rest of the time. It should preferably

follow the 80/10/10 principles (minimum 80% carbohydrates, maximum 10% protein, maximum 10% fat) and also be very simple, clean, vegan and preferably organic whole foods.

In this eBook I will give you some inspiration for what kind of dishes you can make and then you will get some very simple recipes. If you have just started out on the diet I suggest you avoid all overt fats for the first two weeks in order to stabilise your blood sugar. This means no oils, avocado, nuts, seeds, coconut fat, durian etc.

Eating this way is fairly clean compared to a conventional diet and you can experience some detox in the beginning. If you loose unwanted weigh you are not eating enough and if you gain weight you are eating too much. Use www.cronometer.com (on the '30bananasa-day' setting) to check your daily calorie intake.



RAW TIL 4 GUIDELINES

HERE ARE SOME 'RAW TILL 4' GUIDELINES:

1. Eat vegan - no animal products like egg, milk and fish
2. Eat raw fruits, vegetables and lettuce for breakfast and lunch
3. Eat high carb cooked vegan for dinner
4. Keep your salt intake low
5. Keep your fat intake low
6. Eat a big green salad before your cooked dinner if possible
7. Eat a minimum of 2.000-2.500 calories every day and way more if you exercise.
8. Make your own dressings, sauces and dips so you know what is in them
9. Avoid heavily refined foods and foods with lots of colouring and additives.
10. Buy organic as much as possible
11. Drink lots of water



PRODUCE SUGGESTIONS

Almond milk
Artichokes
Asparagus
Aubergine
Bean vermicelli
Beans
Beansprouts
Beetroot
Bread (gluten free)
Broccoli
Carrots

Cassava/ yacca
Cauliflower
Chickpeas
Coconut sugar
Corn
Courgette
Couscous
Ginger
Garlic
Juice - bottled
Leek

Lentils
Mushrooms
Nori sheets
Oatmeal
Olives
Onions
Parsnips
Pasta (gluten free)
Potatoes
Pumpkin
Quinoa

Rice
Rice noodles
Rice paper
Spices
Sweet potatoes
Tofu
Tomato sauce
Turmeric
Turnip
Yams

VEGETABLES SOUPS

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It is super easy to make vegetables soups. Just add a lot of vegetables to a pot and boil them until they are soft. Then you blend all of it or some of it into a creamy soup and add the leftovers. You can for example use asparagus, spring onions, pumpkin, carrots, potatoes, sweet potatoes, roots, onions, lentils, and leek. If you want to give it some extra taste you can also use garlic, turmeric, ginger, fresh or dried herbs and a tiny bit of salt and pepper.



POTATO DISHES



POTATOES AND SWEET POTATOES

Conventional potatoes and sweet potatoes (and other roots) can be steamed, boiled, mashed, fried, grilled, roasted, baked etc. Try for example to make mashed potatoes with tomatoes, spring onions and fresh herbs. Or how about a baked potato with homemade chickpea cream mixed with corn and peas or some vegetable stuffing? You can also bake your own French fries or make mixed roots with tomatoes and onions in the oven. The possibilities are endless.

BEANS, LENTILS AND MORE

BEANS, LENTILS, QUINOA, CHICKPEAS, BULGUR

There are lots of different dishes you can make with beans, lentils, quinoa, couscous, chickpeas, bulgur etc. To make Mexican inspired tortilla filling you could for example mix beans, corn, bell pepper, onion, jalapenos, paprika, tomatoes, cilantro, cumin and bulgur. Or how about tacos with lentil stuffing and some homemade salsa or guacamole?



RICE AND BEAN NOODLES



RICE AND BEAN NOODLES

An alternative to spaghetti or rice is rice noodles, bean noodles or glass noodles. They are great in a wok dish or in a vegetable soup. You could for example boil some vegetables and use the water as a clear vegetable soup and chop the cooked vegetables into smaller pieces. Then pour everything into a deep plate and add the noodles. Viola.

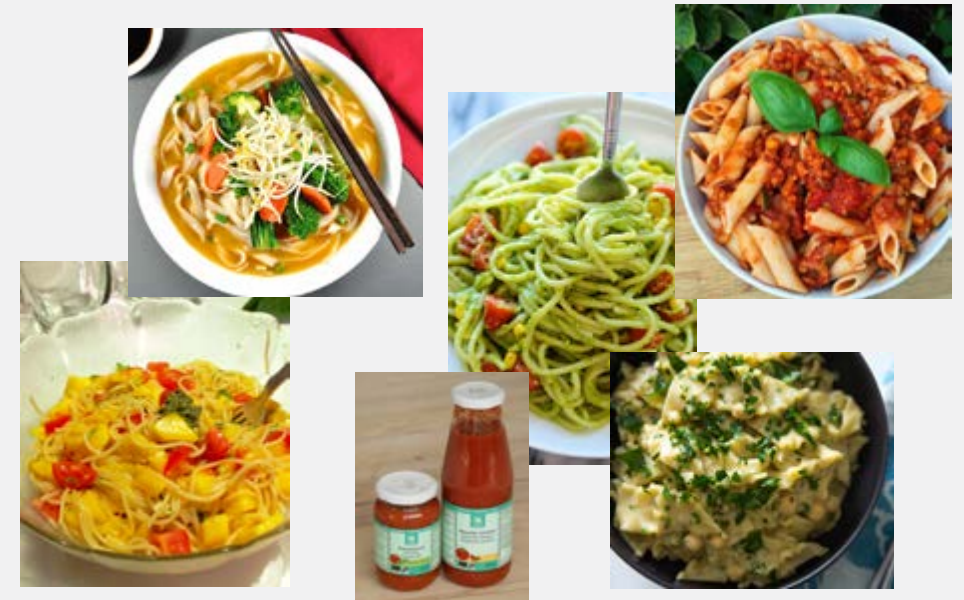
RICE AND WOK

RICE AND WOK DISHES

Just like potatoes, rice is a good source of calories. So how about making an Indian inspired dish with curry or saffron? Or perhaps fry some vegetables in water on a pan or in a wok and make an Asian inspired dish with lemon grass, cilantro, coconut milk and a tiny bit of chilli? Things you could add to a wok are bell pepper, mushrooms, broccoli, cashew nuts, carrots, zucchini, eggplant, sugar peas, corn, onion, spring onion, coconut, bean sprouts, pine seeds and even pineapple.



PASTA & SPAGHETTI



PASTA AND SPAGHETTI

You are welcome to make a classic spaghetti dish but gluten free pasta is preferred so look for rice pasta, corn pasta or similar. Making your own home-made tomato sauce or a vegan pesto is preferred but you can also buy some very clean and organic versions instead. A way to eat more raw is to make a fully raw tomato sauce or dice up a mango and some tomatoes and mix it with the spaghetti. The easier the better.

VEGAN 'SUSHI'

VEGAN SUSHI AND FRESH SPRING ROLLS

If you use some sheets of nori seaweed and sushi rice you can make your own vegan nori rolls. Good ingredients to put inside are cucumber, carrot strips, asparagus, lettuce, avocado, mango, alfalfa sprouts, bell pepper, pineapple, spring onion and sesame. You can also use a lot of the same ingredients for fresh Vietnamese spring rolls. Just get some sheets of rice paper and wet them in water. Then add for example cucumber, lettuce, avocado, and mango and roll them up. x



BREAD WITH TOPPINGS



BREAD WITH VEGAN TOPPINGS

It is best to bake your own bread or see if you can buy some super healthy bread preferably free of additives, gluten, eggs, milk and butter. Then you can make things like vegetable burgers, bruschetta with tomatoes and garlic, pita bread filled with cucumber, tomato, lettuce and avocado. Other ideas could be a warm baguette with toppings or rye bread with banana or fig spread. Great vegan toppings are bananas, fig spread, avocado, tomatoes, lettuce, vegan pesto, raisins and tahini.

PIZZA

VEGAN PIZZA

A pizza made from a healthy and preferably vegan and gluten free dough is also a possibility. An example could be a Hawaiian pizza with pineapple, mushrooms, tomatoes, tomato sauce, oregano and basil. Other great toppings are artichoke hearts, broccoli, eggplant, garlic, meat substitutes, onion, corn, olives, vegan pesto, arugula, bell pepper, spinach, and vegan cheese.



BEVERAGES



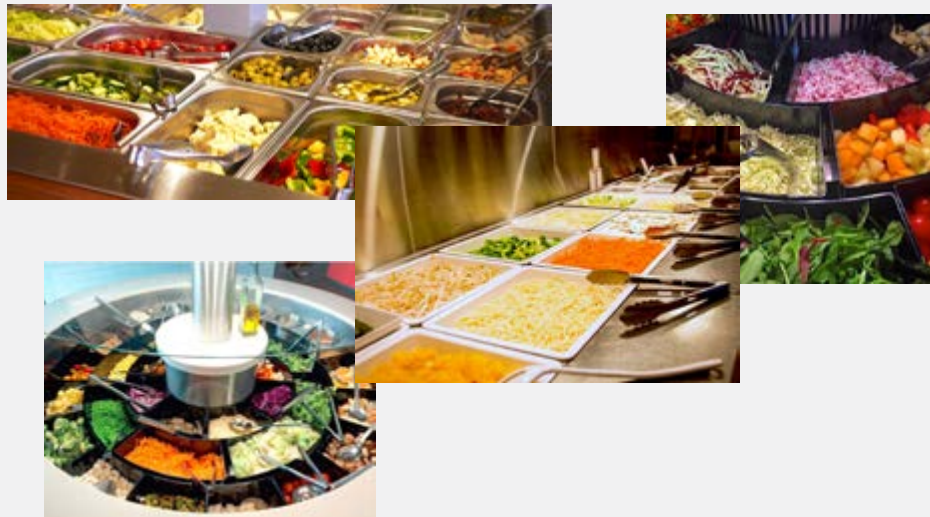
WHAT TO DRINK?

Water is at the top of the list when it comes to beverages but if you need something with a bit of taste then try to look for clean and fresh bottled juices that you find refrigerated in the supermarkets. They should be without added sugar or additives and only contain fruit- or vegetable juice. If you miss milk then go for coconut milk, rice milk, almond milk etc. but try to avoid soymilk. Finally you can also drink herbal teas like mint, liquorice root, camomile, stinging nettle etc. but try to avoid teas with caffeine including green, red and white teas.

DINING OUT

RESTAURANTS

If you want to go to a restaurant then try to go for vegan dishes with low fat content or a raw food restaurant. Salads, fruit and freshly squeezed juice is of course preferred and many Asian restaurants and steak houses have a large salad bar where you can make great a great salad. Asian restaurants may also have or be able to make vegan rice or noodle dishes so those could be a good option too. Finally you can look for a sushi place with vegan options or an Italian restaurant where you can get a vegan pizza or a spaghetti with tomato sauce but again it is best to avoid gluten if you can.



RECIPES



SWEET POTATOES WITH TOMATOES

YOU NEED:

- 5-8 medium size sweet potatoes
- 35 sweet cherry tomatoes
- 1 spring onion
- 1/2 red bell pepper
- 8 sugar peas
- some water

INSTRUCTIONS:

Boil the sweet potatoes and chop them into smaller pieces. Cut the cherry tomatoes in halves and add the potatoes. Chop up the bell pepper, the spring onion and the sugar peas and mix everything in a bowl. Add a little bit of water to make it moist.



VEGETABLE SOUP WITH LEEK

YOU NEED:

- 2 leeks
- 2 stems of celery
- 5 carrots
- 1/2 onion
- a little bit of vegan bouillon

INSTRUCTIONS:

Wash the vegetables carefully and chop them into smaller pieces. Boil them with a little bit of vegan bouillon until they are soft. Put the boiled vegetables in a blender and add a little bit of the vegetable water. Blend it into a creamy vegetable soup and enjoy.





PUMPKIN SOUP WITH CARROTS

YOU NEED:

- 1-2 small Hokkaido pumpkins or one medium sized
- 1/4 onion or two spring onions
- 1 stem of celery
- 2 carrots

INSTRUCTIONS:

Remove the peel and the seeds from the pumpkin and chop the 'meat' into smaller chunks. Wash the carrots, the celery and the onions and chop them into smaller pieces too. Boil everything until soft and then pour the water and the vegetables in the blender and blend it all into a soup.



POTATO DISH WITH LEEK

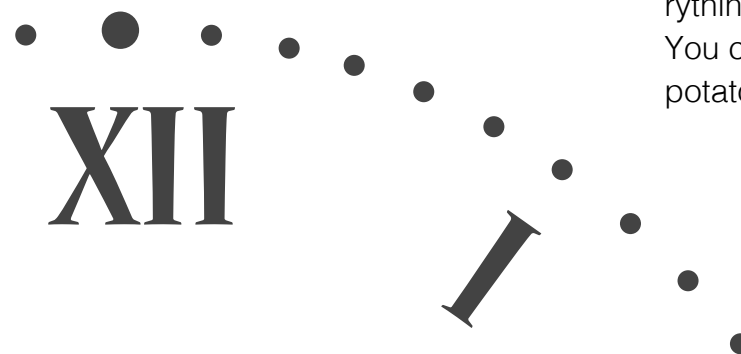


YOU NEED:

- 10 potatoes
- 2 leeks
- 1 cube of vegan bouillon

INSTRUCTIONS:

Boil the potatoes and the leek with the bouillon until they are soft. Remove the potatoes from the water and mash them a bit with a fork in a bowl. Pour a little bit of the water on top and add the leek. Mix everything well together and enjoy. You can also blend this dish into a potato soup if you like.



VEGAN 'SUSHI'



YOU NEED:

- 1 package of nori seaweed sheets
- 1 large avocado or 1 cucumber
- 180 - 220 g sushi rice or risotto rice
- Soy with low salt content
- 2 tablespoons of rice vinegar
- 2 tsp. of sugar
- 1 bamboo-rolling mat

INSTRUCTIONS:

Boil the rice until they get sticky. Heat the vinegar and the sugar in a pot but do not allow it to boil. Steer until the sugar has dissolved and let it cool. Mix the rice with the vinegar/sugar liquid. Place 1 sheet of nori paper on the bamboo mat and add some rice in a flat layer. The rice should cover 1/3 of the paper in one end of it. Place strips of avocado or cucumber in a long line on top and roll it all up with the bamboo mat. Cut pieces with a very sharp knife. Ideas for toppings are lettuce, mango, pineapple, asparagus, carrots and sesame.



FRENCH FRIES WITH MASHED CHICKPEAS



YOU NEED:

- 200-250 g of chickpeas
- 1/2 lemon
- 1 clove of garlic
- 1/2 avocado
- 1/4 onion
- 1-2 sweet potatoes
- 3 white potatoes
- a pinch of dried basil
- a pinch of dried oregano
- a little bit of nutmeg
- water
- tiny bit of salt

INSTRUCTIONS:

Soak the chickpeas in water for 12 hours. Then boil them for 40 minutes and place the peas in a blender. Add the juice from the lemon, the avocado, the clove of garlic, the onion and tiny bit of water and blend it into a creamy mash.

Boil the potatoes but not too long and cut them into long french fries. Sprinkle the dried herbs on top and bake them in the oven at 230 Celsius until they are golden. Add a tiny bit of salt if you want.



SPAGHETTI WITH TOMATO SAUCE

YOU NEED:

- 120 g of gluten free spaghetti
- 1 jar of pure organic tomato sauce without additives
- 15 cherry tomatoes
- 1 spring onion
- 3 mushrooms
- 10 leaves of fresh basil

INSTRUCTIONS:

Chop the cherry tomatoes, the spring onion, the mushrooms and the basil into smaller pieces and add to a pot. Add 2 tablespoons of water and heat it very briefly. Pour the tomato sauce on top of the vegetables and let it simmer for a minute. Cook the spaghetti until soft and pour the sauce on top. Enjoy.

XI

XII



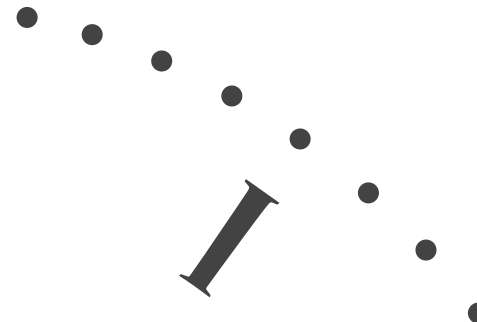
VIETNAMESE FRESH SPRING ROLLS

YOU NEED:

- 1 package of rice paper
- 1 ripe mango
- 1/2 cucumber
- 1-2 lettuce leaves
- 1 carrot
- 1 avocado

INSTRUCTIONS:

Cut the cucumber and the carrot into long strips. Cut the sides of the mango on each side of the pit. Use the tip of a knife to slice long strips in each half of the mango 'boats'. Remove the 'meat' with a spoon and place it on a plate. Cut the avocado into long strips too and chop the lettuce leaves into 4x4cm pieces and add to the plate as well. Wet a sheet of rice paper under the tap and place a mix of various strips and sticks in one end. Fold the sides in and then roll it all up. Cut the roll in two pieces if you like.



MORE VEGAN RECIPES ONLINE

IN ENGLISH

Video recipes by Freeley

https://www.youtube.com/playlist?list=PLBBCWd1R4G4tvBcxZ_AB-gaAVN7eph3_sv

McDougal recipes:

<https://www.drmcDougall.com/health/education/recipes/mcdougall-recipes>

<https://www.drmcDougall.com/health/education/recipes/featured-recipes>

<http://lanimuelrath.com/500-recipes-for-mcdougall-maximum-weight-loss-diet>

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