



What is a raw & living food diet?

That is a very good question! Eating raw & living food seems to be different for differ-

ent people. Speaking from my own experience, here's my answer:

A living food diet for me is one that contains the most enzyme-rich vegan food. It is a way of eating that consists of less dehydrating and more sprouted food. I'm talking about fruits, vegetables, sprouted nuts, seeds and grains. When I eat living food I want to dance & sing. I just find that the food tastes so much better & my tummy is happiest (meaning most satiated & satisfied) when I eat this way. I really feel fed is what I want to share with you.

The best part, however, about eating raw/living food is that I'm learning how to be gentle with myself, to listen to what my body (& mind, spirit & soul) really wants. And I don't know how to say this other than to just say it: I feel as though I'm giving myself the best gift in the world... To be able to be present & healthy & happy for me, my husband and my kids is just like, I don't know, better than sliced bread! HA!

Thank you for reading! Please email me at linda@vt-fiddle.com or call me at 802-223-2111. I'd love to see where you are on your living food journey & ask you how you want me to support you.

Have a rawsome day!
Linda

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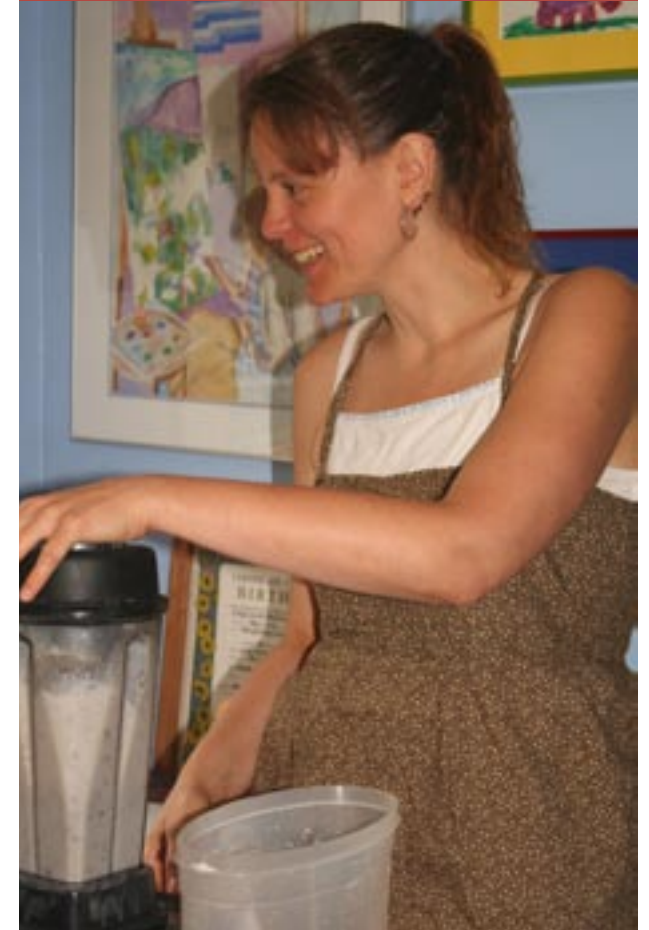
So you are ready to begin eating raw foods but would like some guidance in how to make the foods & what to expect as you go along. Start today and give yourself a time frame for success!

You can decide if you want to do this just by yourself or with your spouse/partner or a couple of your buddies. You pick the duration & I'll do the rest.

- I'll teach you 5 new recipes a week
- You'll have support from me
- You'll gain new insights on how to listen to & really feed your body
- On our last day together, we'll celebrate!



Guided 7-day, 14-day, 21-day or 30-day Raw Food Challenges



Pick a commitment level, get support, recipes, education, & tips from me!

The Guided Raw Food Challenge

So you are considering more raw foods in your diet but have questions:

- Can I do this in the winter?
- Can I make this affordable?
- Can I still eat local products?
- Is this a sustainable diet?
- Will I have a good variety of foods to eat so I won't get bored?
- Can I really do this?

I'm here to support you in your raw food journey and help you with the answers to these questions!

A fantastic way to get yourself into raw food is to give yourself a challenge: A TIME FRAME FOR SUCCESS. You give yourself the commitment of 7-days, 14-days, 21 days or 30 days with the "out" in sight so it won't be too overwhelming for you to take the plunge, so to speak.

We'll make a plan for each week that we're together with food, recipes, tips & support. You'll be able to call me & email me throughout the week(s) that we are together.

Our last meeting will be a celebration of our time together. We'll talk about the amazing changes you've experienced & how you plan to continue on your own. I'll still be around for support & we'll have many opportunities to continue our raw food journeys together.

Dates: You pick them! I'll do this one-on-one with you or you form a group of buddies to do this with. Call me to sign up & schedule me!

Cost each week: \$150.00/person + cost of food

7-Day Challenge

Fantastic! You're starting with a 7-day guided challenge! Call me to set up the dates for the week of your choice. I'll need 4-5 days in advance to plan for any food preparation (this is dependent on the recipes I pick for you.) I'll come up with 5 recipes for us to kick off your 7-day challenge. We'll prepare the recipes together & you'll keep that food to eat for the week plus gain new skills on just how easy it is to do this for yourself.

We'll schedule to meet on the first day of your 7-day challenge for up to 3 hours. Along with going over the recipes, we'll talk about any challenges that face you for the week: social engagements you might have, what to bring to work, how to deal with cravings, etc. Consider me your coach for the week.

During the week, you can call me, email me or simply stop by for any support or questions you might have.

On the last day of your challenge, we'll meet together for an hour & celebrate! And why shouldn't we? You'll have just completed something you once thought impossible!

14-Day Challenge

Similar to the 7-day challenge but 7 days longer! Woo-hoo! Maybe a week sounded just too easy!

We'll schedule the 14-days very similarly to the 7-days. I'll come up with 5 new recipes for the next week based on how your first week went & what types of cravings you were having, etc. You'll get continued guidance & support for the 14 days & again, we'll do some celebrating on that last day! At the end of 2 weeks, you'll have 10 new recipes learned as well as a slew of successes under your belt.

21-Day Challenge

Why 21 days? Because it is said that it takes 21 days to form a new habit. We'll have 21 days together to form your new raw food habit.

We'll meet once each week with 5 new recipes. You'll have that food that we make together to eat for each week. You'll have the support & guidance throughout the 21 days & we'll end with a celebration!

How exciting for you to choose to form a new habit in raw food! You'll feel so good you won't want to go backwards. In 21 days you'll have learned so much about living foods plus have learned 15 new raw food recipes! What a phenomenal, HEALTHful gift you'll have given yourself & I'll be honoring you along the way & thanking you for letting me be a part of this great endeavor.

30-Day Challenge

This is the clincher! 30-days is like icing on the raw cake to the 21-day challenge. You'll have formed a new habit, gotten over many challenges that might have arisen during our time together & had 30 whole days for success in the raw food lifestyle! You'll have gained so much confidence & awareness in this way of eating & you'll have 20 new recipes to boot! Yee-HA!

