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## Raw Bodybuilding Recipes

### Green Juice

#### Ingredients

- 3 Handfuls Kale
- 1 Cucumber
- 3 Handfuls Spinach
- 3 Stalks Celery
- 2 Handfuls Parsley

#### Directions

1. Put all foods into Champion or G.P. juicer.

### Applenut Salad

#### Ingredients

- 1 Head Red Leaf Lettuce
- 1 Cup Sunflower Sprouts
- 1 Diced Apple
- 1/2 Cup Chopped Walnuts
- 1 Cup Grapes

#### Directions

2. Make a bed of lettuce and sprouts. Put apple, walnuts, and grapes on top of bed.

## Blue Cream

### Ingredients

- 2 Manzano Bananas
- 2 Cherimoyas
- 1 Cup Blueberries

### Directions

1. Peel bananas and discard peels.
2. Peel cherimoyas and discard peels and seeds.
3. Put bananas, cherimoyas, and blueberries into Vita-Mix blender.

## Ants In A Canoe

### Ingredients

- 2 Large Apples
- 2 Cups Soaked Almonds
- 2 Ounces Raisins

### Directions

1. Soak almonds in distilled water for 12 hours.
2. Put soaked almonds through a Champion or Green Power Juicer, using the blank plate.
3. This will make almond butter. Cut apples into quarters.
4. Remove and discard seeds.
5. Spread almond butter on apples, cover with raisins.

## **Fats Avocado Salad**

### **Ingredients**

- 3-4 Handfuls Wild or Organic Greens
- 2 Large Avocados
- 30-40 Olives
- 4 tsp. Extra-Virgin Cold-Pressed Olive Oil
- 1 Medium Orange

### **Directions**

1. Discard pits of olives, pits and skins of avocados, and orange peel.
2. Make a bed of wild or organic greens and/or herbs, add avocado fruit, olives, olive oil, and add juice of the orange to taste.
3. Greens and fats are your body-builders.

## **The Protein Myth**

### **Ingredients**

- 5 Ounces Wheatgrass Juice
- 1 Young Coconut\* (Juice Only)

### **Directions**

1. Put wheatgrass through Miracle Wheatgrass Juicer until you have 5 ounces of juice.
2. Pour into large glass.
3. Add juice from young coconut.

## **Fire Water**

### **Ingredients**

- 1 Orange or Red Habanero Pepper
- 1 Medium Orange
- 4 Cups Distilled Water

### **Directions**

1. Put habanero pepper in juicer.
2. Peel orange and discard peel.
3. Put orange fruit through juicer.
4. Pour 4 cups of distilled water into juicer to flush out remaining nutrients.
5. Pour Fire Water into pitcher and serve.

## **Pre-Work-Out Drink**

### **Ingredients**

- 3 Stalks Celery
- 2 Medium Apples

### **Directions**

1. Put foods through juicer.
2. Drink 1 hour before work-out.

## **Fruit Smoothie**

### **Ingredients**

- 2 Large Manzano Bananas
- 3 Ounces Soaked Sunflower Seeds
- 2 Cups Berries
- Distilled Water

### **Directions**

1. Peel bananas and discard peels.
2. Add sunflower seeds into blender.
3. Add berries into blender.
4. Pour in distilled water and blend to desired consistency.

## **Raw Burritos**

### **Ingredients**

- 4 Large Avocados
- 1 Medium Red Onion
- 3 Red Jalapeno Peppers
- 1 Head Red Cabbage
- 2 Yellow Limes

### **Directions**

1. Discard pits and skins of avocados.
2. Put avocado fruits into a large bowl.
3. Discard seeds of jalapeno peppers.
4. Dice peppers and put into bowl.

5. Mix ingredients (this is your filler).
6. Spoon out filler into unbroken red cabbage leaves, squeeze lime juice onto filler, and wrap each leaf around filler to create "raw burritos."

## **Datenut Shake**

### **Ingredients**

- 1 Cup Soaked Almonds
- 4 or 6 Dates
- Distilled Water

### **Directions**

1. Remove and discard date pits.
2. Blend soaked almonds and date fruits with distilled water to desired consistency.

## **Go-Through-A-Brick-Wall Juice**

### **Ingredients**

- 6 Ounces Sprouted Wheatberries
- 6 Handfuls of Wild or Organic Dandelion Greens
- 1 Ounce Ginger Root

### **Directions**

1. Put 3-day sprouted wheatberries through juicer.
2. Put ginger through juicer.
3. Put greens through juicer.
4. Pour juice into large glass.
5. This drink is electrical - quite a jolt

## **CW Trail Mix**

### **Ingredients**

- 4 Ounces Macadamias
- 4 Ounces Almonds
- 4 Ounces Pistachios
- 4 Ounces Raisins

### **Directions**

1. Mix all together in a bag (powerful combo!).

## **Captain's Powerhouse**

### **Ingredients**

- 1 Young Coconut (Juice and Pulp)
- 1 Large Avocado
- 2 Handfuls Wild or Organic Greens

### **Directions**

1. Drain coconut juice into a Vita-Mix.
2. Crack coconut in half, scoop out jelly-like pulp into Vita-Mix.
3. Discard pit and skin of avocado and put avocado pulp into Vita-Mix.
4. Add two handfuls of greens and blend to desired consistency.