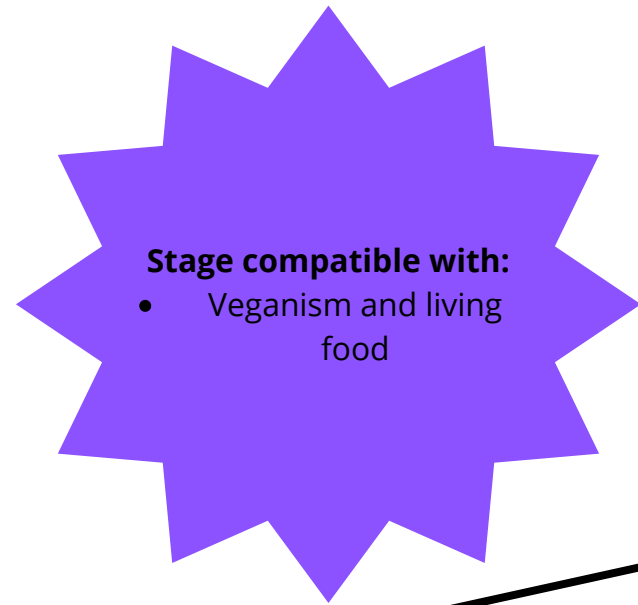


## The 7th stage of the dietary transition: Plant-based and living food diet 1/2



An important stage is reached when cooked foods (even steamed) and animal proteins (including eggs) are abandoned. To help the body make this decisive transition, it is necessary to significantly increase the consumption of fruits and rich or energy-dense foods. If necessary, RAWcuisine techniques can also be introduced so that certain dishes have a texture or flavor reminiscent of foods one no longer wishes to consume.

The logic and objectives of the stage.

The concrete changes to implement.

**Reduction of cooked foods and animal proteins (<10% of total caloric intake):**  
For this approach to work, it is important to ensure that total caloric intake remains sufficient (to be checked using the Cronometer app). At this stage of the transition, fruit intake exceeds 2 kilograms per day (excluding peels and pits), along with at least 1 kg of raw vegetables or fruit-vegetables (tomatoes, cucumbers, zucchini, squash, etc.) per day, consumed as juices or raw salads.

**Food combinations to follow:**

- Those recommended at stages 4, 5, and 6, along with the hygienist principles of stage 5.
- Temporarily, there will be greater flexibility with unfavorable food combinations (such as fruit and oilseeds). The focus here is on the goal of stopping the consumption of all cooked foods and foods of animal origin.

**Use RAWcuisine techniques:**  
By means of a blender, a dehydrator, a juicer, and a food processor, RAWcuisine provides support to more easily increase the proportion of raw plant-based foods and thereby reduce cravings for starchy foods, stimulants, animal proteins, etc.

One limiting belief here is the idea that all consumed foods must be organic and seasonal. What matters above all is that they are good. Cooked food and animal flesh are more harmful than pesticides.

At this stage of the transition, meals are mainly composed of raw fruits and vegetables, eaten whole or prepared using RAWcuisine techniques. The consumption of industrial food is rare (a maximum of 2 to 3 times per year), and the consumption of animal proteins or cooked foods is occasional (a maximum of 4 to 5 times per month). When these exceptions occur, one may experience a drop in energy or unpleasant sensations in the body during or after digestion (visible detoxification). Cleansing protocols are generally decisive and restorative for moving on to the next stage.

The results once the objective is achieved.