

## The 8th stage of the dietary transition: Plant-based and living food diet 2/2

### Stage compatible with:

- Veganism and living food

This dynamic of incorporating ever greater amounts of raw fruits and vegetables continues, eaten whole or in combinations that are preferably simple and easy to digest. Rich or energy-dense foods, as well as RAWcuisine preparations, are used only as a complement to provide satiety. RAWcuisine preparations become simpler (maximum of 5 ingredients), lighter in fat (less than 20%), and more refined in terms of food compatibility.

The logic and objectives of the stage.

The concrete changes to implement.

### Complete cessation of cooked food and animal proteins in favor of living foods:

For this 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 2.5 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.
- Avoid combinations that are too high in fat and/or contain too many ingredients (maximum of 5).
- The fruit-oilseed combination that was tolerated at the previous stage is no longer used, but fruits may still be combined (in smoothies or eaten together) with others from the same category (sweet, semi-sweet, or acidic).

### Lightening RAWcuisine preparations in fat:

Reduce fat intake in order to drop below the 20% threshold (as a caloric ratio over the day, to be verified using the Cronometer app). Fat is a relatively rare and periodic substance in nature, which is why one cannot truly rely on sensory satiety for this substance, now abundantly available on store shelves.

**It is therefore necessary to reduce the proportion of oilseeds of all kinds: oils, oil-rich seeds (especially cashews and peanuts), avocados, coconut, olives, etc.**

One limiting belief here is the idea that one does not need so much fruit. In that case, it is necessary to reduce fat and starchy foods to become convinced otherwise and thus reach the objective.

**Industrial food consumption no longer occurs, and the consumption of animal proteins or cooked food is rare (a maximum of 2 to 3 times per year). At this advanced stage of the dietary transition, extensive reprogramming has taken place, and there is no longer any attraction to foods that are not plant-based and living. Once again, cleansing protocols are valuable allies for moving on to the next stage.**

The results once the objective is achieved.