



# Happy on Fruit

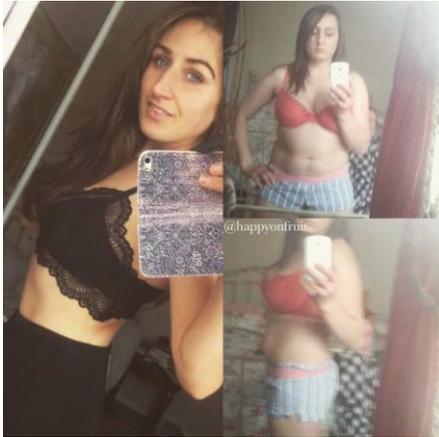
## Raw Food Basics Course

*By Rhiannon Griffin*



## Introduction

### Hello and welcome to my Raw Food Basics Course!



Raw food was a key part of my transformation. Before I began raw food I was battling off depression, emotional exhaustion and ill health. I was felt lost in my life and I was sick of feeling so distant from my true self.

I then found raw food and it felt like my life just took off!

I finally overcame my binge eating disorder and Bulimia, my heartburn and my bloating. And in the process of healing my body I also lost 3 stone and began to look as healthy as I felt!

The raw way of eating also laid the foundation for me to overcome my mental health issues. I began doing intense inner work on my emotional health. And from that I developed a strong sense of self-worth and self-acceptance. I have learnt how to love myself completely and how to follow my heart. I see the world and my loved ones with new eyes. I just feel incredible and am so grateful for this life!

One of the great things about raw food is how it doesn't numb or suppress emotions. And so emotional issues rise to the surface and we are able to actually sort through them and overcome them so much easier!

This can be difficult for those who do not know what inner work to do. And this reason is why I specifically made the 11 step inner work Happiness Programme. It Guides you through all the techniques I personally used to heal myself, including Mindfulness, Forgiveness, Inner child Healing, Self-Acceptance, Gratitude, Grounding and so much more! Plus I've set it all out so

that it is in the order for it to be the most effective!

More details of this course can be found at:

Coaching: <http://www.happyonfruit.co.uk/thehappinessprogramme>

Online Course: [www.happyonfruit.co.uk/innerworkcourse](http://www.happyonfruit.co.uk/innerworkcourse)

It's this combination of Raw food and inner work which I hugely credit for my amazing life shift.

My hope is that over the next 7 weeks this course helps to teach you all the basic information you need to successfully transition to a raw food lifestyle. To help you on your path to health and happiness!

I believe that because each of us are at different stages of health and healing, there is no set time on how long it should take for each of us to go raw.

Some people whose bodies are very sick will need more time to go raw, so not to overwhelm themselves with detox symptoms, which could ultimately push them away from raw.

And for that reason I am not expecting you to go completely raw during the course.

But I hope it can give you a strong foundation of knowledge so that you can go raw in your own time.

I wish you all the best on this course and on you path in life!

Sending my love,

*Rhiannon xx*

#### Disclaimer

The information provided on this course is based off of my own personal research and experience and is designed for educational purposes only and is not intended to serve as medical advice. If you have any health issues you should consult your health care provider.

## Course Contents

### **Week 1 – Lifestyle Guidelines**

This includes information on sleep, water, veganism, macro nutrient ratios, calories, exercise, inner work, minimalism and air quality.

This section also includes information on what to expect from taking on a raw food lifestyle and how to transition.

### **Week 2 – Fruit**

This section is all about fruit! It includes information on why I opt for high fruit in the diet, how and where to get high quality fruit, how to prepare fruit, how to tell when different fruits are ripe and which fruits I recommend.

### **Week 3– Vegetables**

This section includes information on what vegetable I recommend for different nutrients, how often and how much of them to eat, how to get veggies into a raw diet, greens rotation, and where to get your veggies.

### **Week 4 – Food Combining**

This section includes information on the benefits and why I recommend food combining on a raw vegan lifestyle, how to follow food combining principles, raw food combination categories, water timing and the digesting times of different raw foods.

### **Week 5 – Breakfasts & Smoothies**

During this section I teach what sort of meals I recommend for breakfasts,

morning ritual ideas and how to make perfect smoothies every time. With recipes!

## **Week 6 – Lunches & Snacks**

This section includes what meals I recommend for lunches and snacks, and information on budgeting. With a new set of recipes to try out!

## **Week 7 – Dinners & Meal Plan**

This section includes information on what dinners I recommend and why, how to make the perfect sauce/dressings and salads, fatty meals and an example of what to eat in a week. With recipes!

Each section of the programme will also come with a “To Do” for each person taking part. This will give them a take away focus of that section to begin implementing and trying out in their own life.

### **What is needed for the course**

It is required that each person who takes part in the course has a blender. I personally have a very cheap basic blender and that does all you need to make smoothies and sauces!

It would be useful if you have a spiralizer and food processor, but the course can still be completed without them.

### **How the Course works**

Each person taking part in the course will be part of a group on Facebook. This gives you access to others on the same path of learning as you in a friendly community setting. Here you can share your experience, recipes you've made,

fruit you've discovered, how you're feeling and ask questions.

Each Monday of the course, the members of the group will receive a new PDF document (like this one) outlining the new section.

There will also be a pre-recorded video sent each Monday to discuss the new section and answer any questions about it you may have.

There will also be a live video with me each Friday at 5:30pm, during the course. This will be a live Question and Answer session, So any questions have come up during the week can be asked on the group or send privately to me to be addressed in the Friday's video. If there are any issues which you would like discussed anonymously then I can do that or I can even reply to you privately if it is an issue you don't want to share.

Each video will be posted directly into the closed group for course members.

The videos, even those recorded live, will be available in the group to watch back at a later time for anyone who wasn't able to make the live stream, or just to simply re-watch.

## Raw Food Basics Course Credits

I would like to thank the following, for helping this programme come into being.

**Danny Glass** ([www.SunFruitDan.com](http://www.SunFruitDan.com))

I say this man is like my compass.

When I was lost, he steered me in the right direction.

He taught me so much and most of the information provided in this programme I learnt or developed off of things I learnt off of him.

He is one of the most spiritual, dedicated and generally amazing people I have ever had the absolute pleasure to meet.

I am forever grateful for all he has helped me with.  
And I'm absolutely humbled to call him my friend.

**Michael Darbyshire** ([www.MichaelDarbyshire.com](http://www.MichaelDarbyshire.com))

I'd like to thank this man for reaching out to me and helping me in a time where I really needed support.

You helped to remind me of who I am, and helped me to remember how grateful I am for my gifts.

You got me excited about life again, and got rid of the mental blocks in my mind that were holding me back.

You completely cranked my life up a notch and brought back my zest for life.

I am so grateful to the friendship and teachings you have given me,

You have helped me see the world in a new way, that each of us healers can learn from each other and help each other,.

I know we joke about you being my guardian angel, but it really does feel like that in the ways you've supported me and helped guide me.

You are a wonderful person and I thank you for your love and for you time.

## **Pictures**

All pictures in the course are taken and owned by Rhiannon Griffin.

And thank YOU!

Thank you again for taking part in this Course!

I am so grateful to be in the position to be passing on the information I have learnt from my own experience in becoming healthier and happier than I ever thought possible.

And I hope the information you receive and connections you make on this course help you on your own path in life.

Sending you love,

*Rhiannon Griffin xx*

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