

21 FRUIT FEAST RECIPES



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Coach • Creator •
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Rawlicious

Welcome to your 21 day fruit-only reset

A JOURNEY BACK TO SIMPLICITY, RADIANCE & SELF-TRUST

Welcome, beautiful soul.

You've just taken a powerful step towards reconnecting with your body, healing your relationship with food, and raising your vibration from the inside out. Whether you're here to reset your system, clear emotional eating patterns, or explore the power of fruit-based living

- I'm so glad you're here.

This ebook was created with **love, intention, and lived experience.**

Inside, you'll find 21 simple, vibrant fruit-based recipes that are hydrating, energising, and deeply cleansing. These are not complicated meals or rigid plans - they are invitations to slow down, listen to your body, and return to the kind of nourishment that feels light, clear, and **alive.**

Fruit is nature's perfect food. It's full of life-force, water-rich, easy to digest, and supports deep detox and cellular renewal. For many of us, a fruit-only reset is the first time we feel what it's like to be clear, light, and emotionally free around food.

You can use this guide as a 3-day refresh, a 7-day deep cleanse, or commit to the full 21-day transformation - eating abundantly, intuitively, and in alignment with your body's natural wisdom. However long you choose to stay on the path, you'll feel a real shift - physically, emotionally, and energetically.

Or simply allow these vibrant fruit recipes to become part of your everyday life - a delicious way to reconnect with nature, nourish your body, and elevate your frequency one bite at a time.



"Every bite
of fruit is a
reminder that
healing can be
simple, sweet,
and deeply
nourishing"

A LITTLE ABOUT ME

I'm Toni J, founder of Rawlicious You, and a holistic raw vegan coach with a deep passion for helping women break free from emotional eating, binge cycles, and body shame - and return to joy, trust, and radiance through raw living foods.

I know this path intimately. I spent years trapped in the cycle of binge eating, junk food addiction, and low self-worth. I felt disconnected from my body, my power, and my truth. Everything changed when I discovered the raw food lifestyle - and especially the healing power of fruit.

As I simplified what I ate, I began to heal not just my digestion, but my entire life.

I now support women around the world through private coaching, retreats, and community offerings to help them feel what I now feel: **free, clear, confident, and rawlicious.**

WOULD YOU LIKE SUPPORT?

You don't have to do this alone.

If you'd like personal guidance, mindset support, and a space to explore the emotional side of this journey, I'd love to support you through 1:1 coaching. Whether you're doing 3 days or fully transitioning to raw, I'll walk beside you with love, structure, and real tools.

[Book your personalised support at www.rawliciousyou.com](http://www.rawliciousyou.com)

Let this be your reminder...healing doesn't have to be hard.

You don't have to punish yourself to find freedom.

Sometimes the deepest transformation happens when we return to simplicity.

Let this reset remind you that you are capable.

You are worthy and you are already becoming the person you came here to be.

With **fruit and love,**

Toni J x
Founder, Rawlicious You



What you will need...

BERRIES

- Strawberries
- Raspberries
- Blueberries
- Blackberries

TROPICAL FRUITS

- Banana
- Mango
- Papaya
- Pineapple
- Dragon fruit
- Passionfruit
- Coconut water
- Coconut meat

MELONS

- Cantaloupe
- Honeydew

CITRUS & JUICES

- Lime juice
- Orange juice

OTHER FRUITS

- Dates
- Figs
- Pomegranate
- Kiwi
- Grapes
- Apple (green)
- Cucumber

EXTRAS

- Water
- Frozen bananas



FRUIT SHOPPING, THE RAWLICIOUS WAY!

When shopping for fruit, stay intuitive and joyful. Choose vibrant, in-season produce as they taste better, digest easier, and nourish on a cellular level.

Local markets often have fresher, more nutrient-dense options. Embrace ripeness: soft, sweet fruit hydrates and digests best. Overripe bananas, mangos, or papayas are perfect for smoothies or raw desserts, and freezing ripe fruit saves time and money.

Let your kitchen feel like an abundant garden. Lay fruit out in bowls, admire the colours, and enjoy the sensual, grounding ritual of preparing nature's sweetest offerings. Fruit becomes an effortless and nourishing staple when it is part of your daily rhythm.

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- 21. Pom-berry burst juice**

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MIXED BERRY BANANA SMOOTHIE

Ingredients:

- 1 CUP FRESH OR FROZEN MIXED BERRIES (SUCH AS STRAWBERRIES, BLUEBERRIES, RASPBERRIES, AND BLACKBERRIES)
- 1 RIPE BANANA
- 1 CUP COCONUT WATER

Instructions:

- POUR THE COCONUT WATER INTO A BLENDER.
- ADD THE MIXED BERRIES AND BANANA.
- BLEND ON HIGH SPEED UNTIL SMOOTH AND CREAMY.
- ADD MORE COCONUT WATER IF NEEDED TO ADJUST CONSISTENCY.



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BANANA SMOOTHIE

Ingredients:

- 3 RIPE BANANAS, PEELED
- 5 PITTED DATES
- 1/2 CUP COCONUT WATER

Instructions:

- PLACE THE PITTED DATES AND COCONUT WATER IN YOUR BLENDER. BLEND ON HIGH SPEED UNTIL THE DATES ARE FULLY BROKEN DOWN AND THE MIXTURE IS SMOOTH. THIS HELPS CREATE A NATURALLY SWEET AND CREAMY BASE.
- ADD THE PEELED BANANAS TO THE BLENDER. BLEND AGAIN UNTIL THE MIXTURE IS SMOOTH, CREAMY, AND WELL COMBINED.
- IF THE MIXTURE IS TOO THICK, ADD A LITTLE MORE COCONUT WATER AND BLEND BRIEFLY TO REACH YOUR DESIRED CONSISTENCY.



3

FRUIT SALAD



DOWN

Ingredients:

- 2 APPLES, DICED
- 2 BANANAS, SLICED
- 1 CUP GRAPES, HALVED
- 1 CUP STRAWBERRIES, HULLED AND SLICED
- 1 CUP BLUEBERRIES
- 1 CUP KIWI, PEELED AND DICED
- 1 TABLESPOON LEMON JUICE (OPTIONAL, TO PREVENT OXIDATION)
- HANDFUL OF POMEGRANATE SEEDS

Instructions:

- DICE THE APPLES AND KIWI, SLICE THE BANANAS AND STRAWBERRIES, HALVE THE GRAPES, AND PLACE THEM ALL IN A LARGE MIXING BOWL ALONG WITH THE BLUEBERRIES.
- ADD THE LEMON JUICE OVER THE FRUIT TO HELP PREVENT BROWNING, THEN TOSS EVERYTHING TOGETHER.
- SPRINKLE THE POMEGRANATE SEEDS ON TOP, CHILL FOR 10-15 MINUTES IF DESIRED, AND SERVE FRESH.

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TROPICAL LOVE SMOOTHIE

Ingredients:

- 2 RIPE PINEAPPLES
- 1 RIPE MANGO

Instructions:

- IN A BLENDER, ADD THE PINEAPPLE AND MANGO AND BLEND UNTIL SMOOTH.



VIBRANT

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LIME LUSH MELON SPLASH

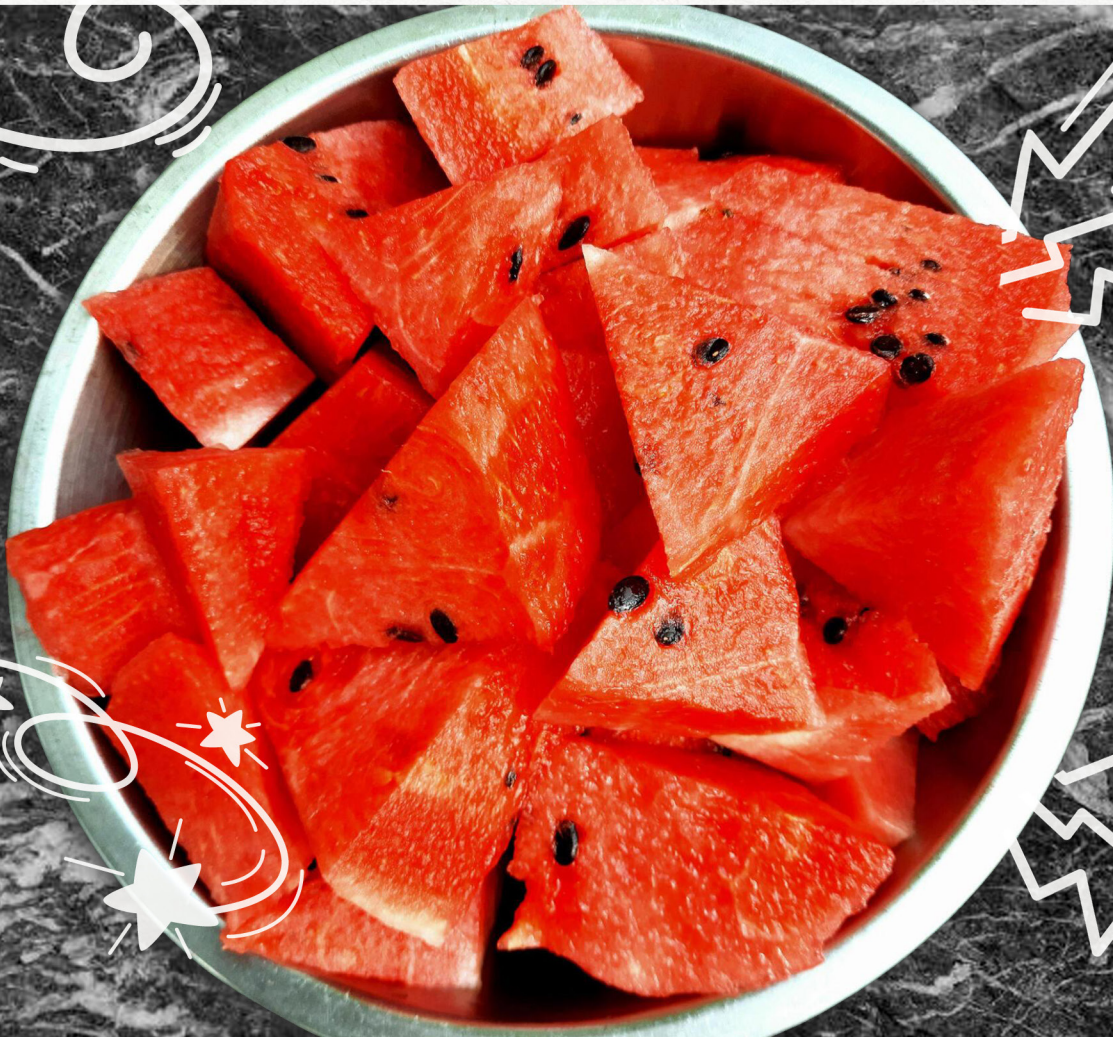
Ingredients:

- 1 WATERMELON
- 2 LIMES

Instructions:

- CUT THE WATERMELON UP INTO PIECES, SQUEEZE OVER FRESH LIME AND PREPARE YOURSELF FOR AN AMAZING TONGUE DANCE.

T A N G Y



6

BLUEBERRY BANANA BLISS NICE CREAM

Ingredients:

- 4 FROZEN BANANAS,
- 1 CUP FROZEN BLUEBERRIES
- SPLASH OF COCONUT WATER (AS NEEDED FOR BLENDING)

Instructions:

- IN A HIGH-SPEED BLENDER OR FOOD PROCESSOR, POUR IN ENOUGH COCONUT WATER TO COVER THE BLADES THEN COMBINE THE FROZEN BANANA SLICES AND FROZEN BLUEBERRIES.
- BLEND UNTIL SMOOTH.

DREAMY



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MANGO CUSTARD

Ingredients:

- 2 PEELED MANGOS FOR BLENDING
- 1 PEELED AND DICED MANGO
- 10 MEDJOO L DATES
- 1/2 A LEMON

Instructions:

- IN A HIGH-SPEED BLENDER OR FOOD PROCESSOR, BLEND THE MANGOS TO A PULP THEN ADD THE DATES AND SQUEEZE HALF A LEMON INTO THE MIX.
- BLEND UNTIL SUPER SMOOTH AND THEN POUR ONTO TO THE DICED MANGO FOR A SUPER CREAMY TREAT.

L U S C I O U S



BERRY BREEZE COCONUT SWIRLS

Ingredients:

- 1 CUP COCONUT WATER
- 1/2 CUP COCONUT MEAT
- 1/2 CUP BLUEBERRIES
- 1/2 CUP RASPBERRIES

Instructions:

- IN A BLENDER, COMBINE COCONUT WATER, COCONUT MEAT, BLUEBERRIES AND RASPBERRIES.
- BLEND UNTIL YOU HAVE A SMOOTH MIXTURE. IF YOU PREFER A BIT OF TEXTURE, YOU CAN LEAVE SOME BERRY CHUNKS.
- POUR THE BLENDED MIXTURE INTO POPSICLE MOLDS, LEAVING A LITTLE SPACE AT THE TOP FOR EXPANSION.
- PLACE POPSICLE STICKS INTO THE MOLDS, ENSURING THEY ARE CENTERED.
- PUT THE POPSICLE MOLDS IN THE FREEZER AND LET THEM FREEZE FOR AT LEAST 4-6 HOURS OR UNTIL COMPLETELY SOLID.
- ONCE FROZEN, RUN THE MOLDS BRIEFLY UNDER WARM WATER TO LOOSEN THE POPSICLES REMOVE THE POPSICLES FROM THE MOLDS AND ENJOY YOUR COCONUT WATER BLUEBERRY RASPBERRY POPSICLES!





COCOBERRY GROOVE

Ingredients:

- 1 CUP OF FRESH STRAWBERRIES
- 1 CUP COCONUT WATER
- 1/3 CUP OF COCONUT MEAT
- 8 DATES

Instructions:

- IN A BLENDER, COMBINE COCONUT WATER, COCONUT MEAT, STRAWBERRIES AND BLEND UNTIL SUPER SMOOTH.



DECAFFINATED

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MANGO JAMMIN'

Ingredients:

- 2 CUPS RIPE MANGO
- 1 CUP PITTED DATES
- 1 TABLESPOON FRESH LEMON JUICE

Instructions:

- PUT ALL INGREDIENTS INTO A HIGH-SPEED BLENDER. PULSE AND BLEND UNTIL YOU ACHIEVE THE DESIRED CONSISTENCY.



TROPICAL

FIGALICIOUS SMOOTHIE

Ingredients:

- 2 RIPE BANANAS
- 4-5 FRESH FIGS, STEMS REMOVED
- 1 CUP COLD WATER OR COCONUT WATER
- ICE CUBES (OPTIONAL, FOR A COLDER SMOOTHIE)

Instructions:

- POUR IN THE COLD WATER OR COCONUT WATER.
- PEEL THE RIPE BANANAS AND REMOVE THE STEMS FROM THE FRESH FIGS.
- BLEND THE INGREDIENTS UNTIL YOU ACHIEVE A SMOOTH AND CREAMY CONSISTENCY.



HARMONIOUS

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COCOZING QUENCHER

Ingredients:

- 2 LARGE LEMONS
- 1 CUP COCONUT WATER
- ICE CUBES (OPTIONAL)

Instructions:

- PEEL THE LEMONS AND CUT THEM INTO SEGMENTS, REMOVING SEEDS.
- IN A BLENDER, COMBINE THE LEMON SEGMENTS AND COCONUT WATER.
- BLEND THE MIXTURE UNTIL YOU GET A SMOOTH CONSISTENCY.
- IF YOU PREFER A SMOOTHER JUICE, YOU CAN STRAIN THE MIXTURE USING A FINE MESH SIEVE OR CHEESECLOTH TO REMOVE PULP.



ZESTY

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RUBY ZEST SYMPHONY

Ingredients:

- 2 CUPS RED GRAPES, WASHED AND STEMS REMOVED
- 4 LARGE ORANGES, PEELED AND SEGMENTED
- ICE CUBES (OPTIONAL)

Instructions:

- WASH THE RED GRAPES AND REMOVE THE STEMS.
- PEEL THE ORANGES AND SEPARATE THEM INTO SEGMENTS.
- BLEND THE MIXTURE UNTIL YOU ACHIEVE A SMOOTH CONSISTENCY.
- IF YOU PREFER A SMOOTHER JUICE, YOU CAN STRAIN THE MIXTURE USING A FINE MESH SIEVE OR CHEESECLOTH TO REMOVE PULP.



VIBRANT

MELON MAGIC BERRY BLAST

Ingredients:

- 2 CUPS FRESH WATERMELON, DICED AND SEEDS REMOVED
- 1 CUP BLACKBERRIES
- 1 CUP STRAWBERRIES, HULLED

Instructions:

- IN A BLENDER, COMBINE THE DICED WATERMELON, BLACKBERRIES AND STRAWBERRIES.
- PULSE THE MIXTURE UNTIL YOU ACHIEVE A THICK AND BITTY CONSISTENCY.



ENERGETIC

LEMONY FUSION NOODLEZ

Ingredients:

- 2 LARGE CUCUMBERS, SPIRALIZED INTO NOODLES
- 1 RIPE AVOCADO, DICED
- 1 RED BELL PEPPER
- 1 LEMON (JUICE AND ZEST)

Instructions:

- USE A SPIRALIZER TO TURN THE CUCUMBERS INTO NOODLES.
- CUT THE RIPE AVOCADO INTO SMALL, BITE-SIZED CUBES.
- THINLY SLICE THE RED BELL PEPPER INTO STRIPS.
- IN A LARGE MIXING BOWL, GENTLY TOSS THE CUCUMBER NOODLES, DICED AVOCADO, AND SLICED RED BELL PEPPER TOGETHER.
- TOSS THE SALAD GENTLY TO ENSURE EVERYTHING IS WELL COATED WITH THE LEMONY GOODNESS.



TROPICAL TANGO

Ingredients:

- 1 FRESH PINEAPPLE
- 2 LARGE ORANGES
- 2 BANANAS

Instructions:

- CUT THE PINEAPPLE INTO BITE-SIZED CHUNKS.
- PEEL THE ORANGE AND SEPARATE IT INTO SEGMENTS (CHECK FOR PIPS AND DISCARD THEM).
- IN A BLENDER, ADD THE PINEAPPLE CHUNKS, ORANGE SEGMENTS AND BANANAS.
- BLEND UNTIL SMOOTH AND SERVE.

WELLIGHT



EXOTIC BLISS BOWL

Ingredients:

- 1 RIPE MANGO, PEELED AND DICED
- 1 CUP STRAWBERRIES, HULLED AND SLICED
- PULP FROM 2 PASSION FRUITS
- 1 CUP FRESH PINEAPPLE CHUNKS
- 1/2 CUP SHREDDED COCONUT

Instructions:

- IN A LARGE MIXING BOWL, COMBINE THE DICED MANGO, SLICED STRAWBERRIES, PASSION FRUIT PULP, PINEAPPLE CHUNKS, AND SHREDDED COCONUT.
- GENTLY TOSS THE FRUITS AND COCONUT TOGETHER TO ENSURE AN EVEN DISTRIBUTION OF FLAVORS.
- SERVE INTO A BOWL AND ENJOY.

ORCHARD-FRESH



PASSIONISTA MANGO BOMB

Ingredients:

- 1 RIPE MANGO, PEELED AND DICED
- PULP FROM 2 PASSION FRUITS

Instructions:

- IN A BLENDER, ADD THE DICED MANGO, PASSIONFRUIT PULP AND BLEND THE INGREDIENTS ON HIGH SPEED UNTIL YOU ACHIEVE A SMOOTH AND CREAMY CONSISTENCY.

B O O M B M



CRISPY GREEN SYMPHONY

Ingredients:

- 1 CUCUMBER, PEELED AND SLICED
- 2 GREEN APPLES, CORED AND CHOPPED
- 2 KIWIS, PEELED AND SLICED
- 3 LARGE ICE CUBES

Instructions:

- IN A BLENDER, ADD THE CUCUMBER SLICES, CHOPPED GREEN APPLES, SLICED KIWIS AND ICE CUBES.

SUCCULENT



KIWI KISSED STRAWBERRY SWIRL

Ingredients:

- 1 CUP FRESH STRAWBERRIES, HULLED AND HALVED
- 2 KIWIS, PEELED AND SLICED
- 1 BANANA, PEELED AND SLICED
- 1 CUP ICE CUBES

Instructions:

- IN A BLENDER, ADD THE STRAWBERRIES, KIWIS, BANANA SLICES, AND ICE CUBES.
- POUR THE KIWI KISSED STRAWBERRY SWIRL SMOOTHIE INTO A GLASS AND ENJOY THE DELIGHTFUL COMBINATION OF STRAWBERRIES AND KIWI.

SWEET



POM-BERRY BURST JUICE

Ingredients:

- 1 CUP FRESH STRAWBERRIES, HULLED AND HALVED.
- 1/2 CUP POMEGRANATE SEEDS.

Instructions:

- IN A BLENDER, COMBINE THE FRESH STRAWBERRIES, POMEGRANATE SEEDS.
- STRAIN THE MIXTURE USING A FINE MESH SIEVE OR CHEESECLOTH TO REMOVE PULP - THIS STEP IS OPTIONAL IF YOU ENJOY A BIT OF TEXTURE IN YOUR JUICE.
- POUR THE BERRY POM BURST JUICE INTO A GLASS AND SAVOR THE REFRESHING BLEND OF STRAWBERRIES AND POMEGRANATE IN LIQUID FORM.

INVIGORATING



ENJOY THE JOURNEY

I invite you to pause and reflect on the vibrant world of raw living foods - bursting with colour, flavour, and life. Just like each ingredient brings something special to a recipe, every choice you make shapes the beautiful masterpiece of your health and well-being.

As you explore these recipes, I encourage you to bring them to life in your own kitchen. Let the energy of fresh, whole, plant-based foods ignite your senses, nourish your body, and uplift your spirit. This is more than just eating - it's an act of **self-love**.

Remember, this path isn't just about food - it's about reconnecting with nature, your body, and the abundant wisdom of the Earth.

Whether you're brand new to raw veganism or already well on your way, may these recipes inspire you to keep exploring the joyful, nourishing possibilities of raw plant-based living.

And **you don't have to walk this path alone**.

If you're ready to feel supported and see real, lasting transformation, I'd love to guide you. Get faster, more powerful results with personalised 1-on-1 coaching tailored to you. Reach out at www.rawliciousyou.com

With **love and vitality**,

Toni J x
Coach • Creator • Fruit-Fueled Visionary

Toni J

