



ACCELERATE YOUR DREAM BODY

**3 PROVEN SOUL
NOURISHING TOOLS**

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Rawlicious

Welcome Beautiful Soul

I'm Toni J, the founder of Rawlicious You, and I want to start by being real with you. There was a time I hated both my body and my life.

I was trapped in a cycle of emotional eating and reaching for junk food not out of hunger, but to numb the deep insecurities I carried. I felt lost, disconnected, and unworthy.

Food had become my escape, but also my prison. **Everything changed** the moment I discovered this lifestyle.

When I chose to **nourish myself** - not just with raw, living foods, but with love, clarity, and high-frequency thoughts, I began to remember who I really was. I stopped treating my body like a burden and started honouring it like the sacred temple it is. **This journey** is more than detoxing or dropping weight.

RAW AND RADIANT

I became a holistic raw vegan coach not just to talk about food - but to lead others back home to themselves.

To help you release what no longer serves you.
To reconnect you with your divine power.

To show you how to become raw and radiant from the inside out.

This is your time. You're not here to stay stuck.
You're here to evolve.

Let's begin this journey together. I promise, if you commit to this path, you will feel a **transformation** that's more than physical -

it will **touch your soul.**

With love and rawness,

Toni J x
Founder, Rawlicious You

Toni J
x



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This eBook is designed to help you break free from harmful cycles and cultivate a healthier relationship with food and your body. It offers practical strategies, insights, and support for those seeking to overcome emotional eating, bingeing, and feelings of inadequacy.

Who this eBook is for?

Beginners: If you're just starting your journey toward a healthier lifestyle, this guide will provide foundational knowledge and actionable steps.

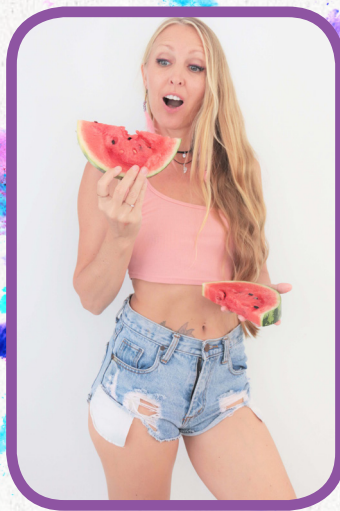
Emotional Eaters: For those who struggle with turning to food for comfort, this eBook offers tools to manage emotions without food.

Health Seekers: If you're looking to improve your overall well-being, this guide will help you develop a positive mindset and sustainable habits.

Anyone Feeling Stuck: If you feel trapped in a cycle of weight gain and loss, this eBook will empower you to reclaim your life and embrace abundance.



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Take a deep breath - we are going into **INTENTIONS...**

INTENTIONS



**WHAT BELIEFS DO YOU HAVE
ABOUT YOUR BODY?**

Transformation doesn't begin with force.
It begins with **energy**.

Not the energy of trying harder or pushing through, but
the subtle frequency we choose to embody each day.

The energy of softness. The energy of surrender.

There was a time when I tried to "fix" myself through
control.

I believed I had to force change - with restriction,
punishment, and pressure.
But no amount of willpower could override **the emotional
weight I carried**.

What finally shifted everything was not another diet, but a
new vibration.

I stopped suppressing and started **feeling**.

**"I NO LONGER SUPPRESS WHO I AM,
OR CONTROL MY WAY TO CHANGE-
I SURRENDER INTO ALIGNMENT
AND LET MY ENERGY LEAD."**

I stopped battling with my body and began listening to it.

Instead of chasing a goal with urgency, I began aligning
with it energetically - showing up as if it were already
mine.

This journey is about more than food or weight loss.

It's a remembrance of your natural radiance.

When you raise your frequency - with what you eat, how
you think, how you speak to yourself,
your entire reality begins to **respond**.

You don't need to be "perfect."
You don't need to hustle for your healing.

You only need to surrender to your own light.



WHAT WE ATTRACT IS WHO WE ARE

What if the version of you you're trying so hard to become...is actually waiting for you to stop trying so hard?

We've been conditioned to chase, fix, hustle, and repeat.

To diet harder. To eat less. To shame ourselves into change.

But all of that is rooted in the energy of "I'm not enough yet."

And here's the wild part:

**LIFE WON'T RESPOND
TO WHAT YOU WANT.
IT RESPONDS TO
WHO YOU ARE BEING**

So if you're constantly vibrating in lack, stress, or self-judgment...
you'll keep attracting more reasons to feel that way - more binge cycles, more 'start again Monday' moments, more temporary motivation that fizzles by Wednesday.

The freedom you're seeking isn't hiding in some perfect plan.

It's sitting in the silence. In your awareness. In the space between your thoughts where you're not fixing - you're feeling.





Meditation isn't just a tool.

It's a freaking portal.

It's where you stop trying to solve the storm and just let it rain - because maybe the storm is cleansing you.

When you allow yourself to sit still - even if it's messy, even if it's uncomfortable - you shift your frequency from control to connection.

And from that space?

You attract what actually belongs to you: peace, presence, vitality... and a body that reflects the love you now hold for yourself.

**"MEDITATION IS
LIKE A MASSAGE
FOR THE BRAIN"**

So here's the invitation:

Instead of trying to 'get there'...

What if you be here?

What if you let go of the need to become, and trust that who you are right now is already enough to receive the life you've been chasing?

That's where the weight **begins to fall.**

That's where the food **no longer controls you.**

That's where life starts to get really, **really fun.**

BEST TIME TO MEDITATE

The best time to meditate is when we are in the Theta state, when we are just waking up, before going to sleep and when in hypnosis.

Try to meditate when you get up in the morning because this is when you have fewer distractions and are more likely to feel calm and restful.



CULTIVATE
A GREATER
SENSE
OF INNER
PEACE
AND
STILLNESS



Meditate throughout the day to pause and check in with yourself when uncomfortable thoughts arise.

By taking a few moments to pause and check in with yourself, you can become more aware of what is happening in your mind and body. This can help you to **identify any negative thought patterns** or limiting beliefs that may be holding you back, therefore allowing you to acknowledge and feel these thoughts instead of suppressing.

JOURNAL PROMPTS:

Journaling is such a game-changer, especially when it comes to your inner growth! When you jot down your thoughts and feelings, you really start to connect with your true self. It helps you sort through your intentions and beliefs, making everything feel clearer. Plus, it's a great way to practice gratitude and let go of any emotional baggage.

You'll be amazed at the insights you can uncover! Overall, journaling is a super simple tool that helps you live more aligned with your purpose and lifts your spirit. Give it a try!

What limiting beliefs do I have about my body, food, or health?

What would it feel like to fully love and accept myself, right now?

Write a vision statement: "I am..."

(Describe your dream body/lifestyle in present tense)

Daily Affirmations:

I am worthy of a body I love.

Every bite I eat is a form of self-respect.

I am patient, powerful, and aligned with my best self.

I am enough.

I embrace my
journey.

I am worthy
of joy.

I radiate
confidence
and
strength!

I trust my
intuition!

My potential
is limitless.

REFLECTION EXERCISE:

Use this space to write down your personal reflections

Take a moment to dig deep and express your thoughts and feelings.

What's been on your mind lately?

Are there any experiences or challenges you've faced that you want to unpack?

Reflect on your dreams and aspirations - what really lights you up?

Example:

OLD THOUGHTS

"i always binge when i am stressed."

"i always fail at my goals."

"i don't deserve happiness."

NEW EMPOWERED BELIEFS

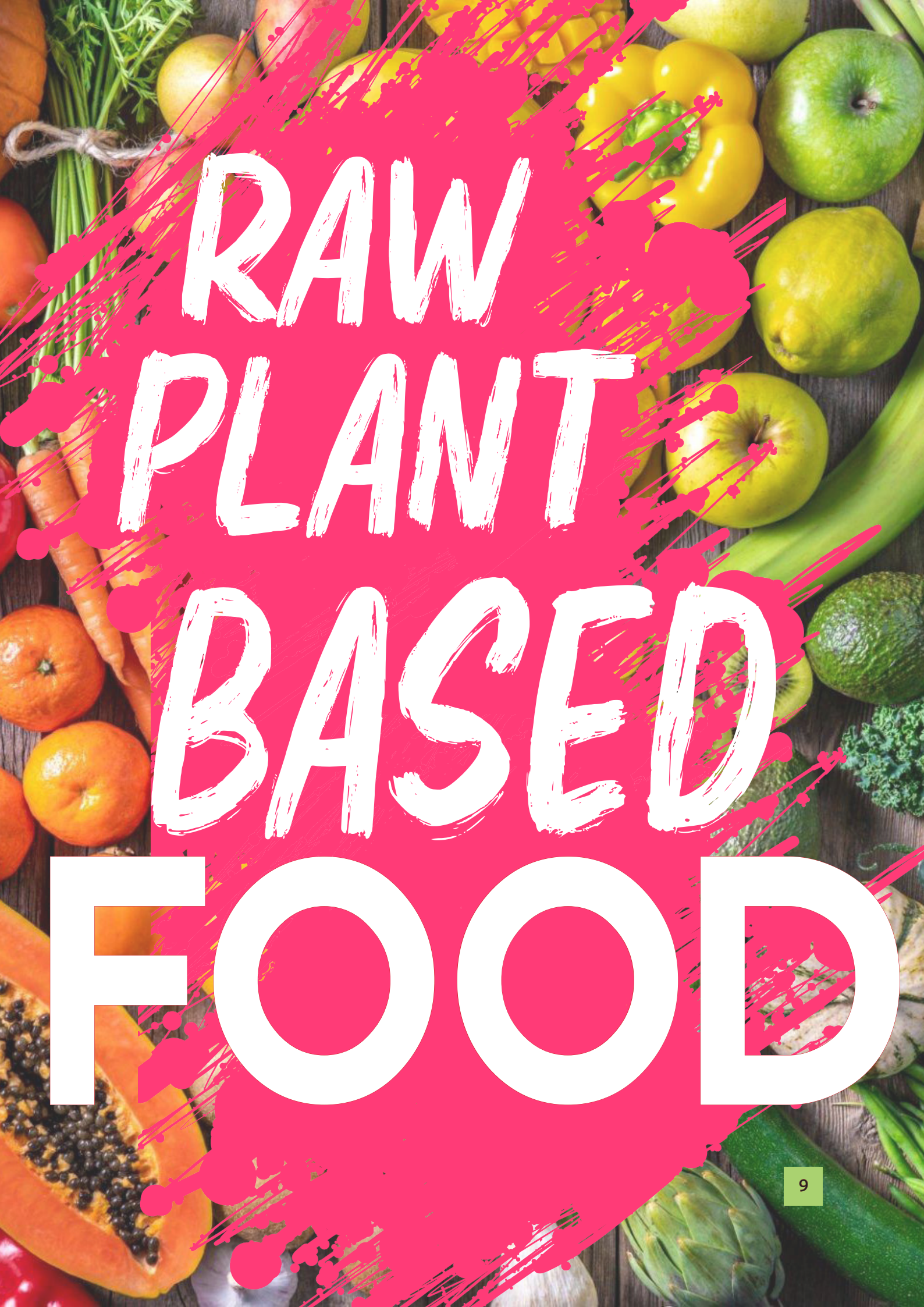
"i choose nourishing rituals to soothe myself."

"i learn and grow from every experience."

"i am worthy of joy and fulfillment."

Journaling your personal reflections is a **powerful tool** for self-discovery and growth. By taking the time to explore your thoughts, challenges, and dreams, you can **transform** negative beliefs into empowering affirmations.

This process not only **clarifies** your mindset but also encourages a more positive and fulfilling life. Embrace this practice as a way to nurture your spirit and align with **your true self**.



RAW PLANT BASED

FOOD

RAW PLANT-BASED FOODS

Raw plant-based food is a great way to gain a special edge that will help you transcend your limitations and help you align with your divine purpose and mission on this earth. Your diet affects your weight, confidence, spiritual access, digestion, and moods.

The law of vibration states that you attract to you that which you are, so if you **eat foods that are ALIVE**, that are in their natural form and not dead and denatured, they will help you feel ALIVE. We kill the life force when we cook our food. They no longer become our optimal food.

**"WASTING NUTRIENTS
MEANS MISSING
OUT ON ESSENTIAL
ENZYMES THAT CAN
SLOW DOWN AGING"**

Eat high-vibrational, alkaline foods like fresh fruits, leafy greens, vegetables, nuts, and seeds that truly nourish and energise you from the inside out. These living foods are rich in enzymes, water, and life force, helping you feel lighter, more connected, and deeply alive.

Transitioning to a high-raw or fully raw vegan diet is not just about food - it's a powerful act of self-love and remembrance. These pure, unprocessed gifts from nature hold the intelligence to guide you back to your most aligned, radiant self.



BENEFITS OF RAW FOOD LIFESTYLE

Eating raw has many benefits;

- weight loss
- improved digestion
- better deep sleep
- emotionally balanced
- glowing skin
- slows down premature ageing
- clean, fresh neutral body odour
- lean defined physique
- getting back in tune with your body



You can eat as much as you want and still feel great, stay slim, lean, and satisfied all year. I never weigh myself or restrict calories.

I refuse to compromise on taste and settle for bad or bland food. Raw Foods can be delicious as I show on my YouTube Channel: [@rawliciousyou](https://www.youtube.com/@rawliciousyou)



MINDSET ON RAW | TIPS AND TRICKS

Focus on what you can **have** rather than what you can't, and don't be fooled by excuses and limiting beliefs. There are hundreds of recipes online, and most cooked food recipes can be done raw. Eat in an abundance of the foods that mother nature intended us to have. **Remember**, every bite is an opportunity to nourish your body and cultivate a thriving, radiant life.

SIMPLICITY IS THE KEY

It's important to think about variety across the whole day - not just in a single meal. In today's world, we're constantly overstimulated, not only by our environment but also by the way we eat.

Mixing too many different foods in one meal can overwhelm the digestive system and overstimulate the senses, which often leads to cravings and a feeling of never being fully satisfied.

To simplify and support your digestion, try eating mono meals more regularly - where you eat one type of fruit in abundance, until you feel full.

This allows your body to better digest and absorb nutrients without confusion.

I highly recommend increasing your fruit intake, as fruits are hydrating, energising, and deeply cleansing for the body.

Fruits are your staple. Fruit is both a weight-loss food and a natural friend.

Embrace the concept of mindful and conscious eating. Focus on enjoying one type of fruit per meal, and consider incorporating higher-fat options like nuts and seeds, especially during your transition to a high or fully raw vegan diet.

Additionally, stay hydrated by drinking plenty of water, and make sure to include fresh lemon water, which aids in detoxifying the body.

ARE RAW FOODS EXPENSIVE?

When our diets and lifestyle are off track, we can end up spending more money on rubbish food and material things we don't need.

**BEING SICK AND DEPRESSED IS WAY MORE EXPENSIVE!
THIS IS AN INVESTMENT IN YOU!**



WHAT IF YOU DON'T LIKE FRUITS?

After just a couple of months of eating a high-raw or fully raw diet, your taste buds begin to reset.

Over time, your body starts to crave the natural sweetness and vibrant flavours of fresh, living foods. What may not appeal to you now - like fruit... can become something you genuinely enjoy and look forward to.

As your palate shifts, so does your relationship with food, opening the door to a lighter, more energised version of yourself.



EAT IN ABUNDANCE

If you are on a budget, buy fruits that are higher in calories, like mangoes, bananas, raisins and dates. Store your fruit on the counter at room temperature or in the fridge. Go to wholesalers and buy in bulk. Try to learn the times of when your local supermarket reduces their products.



INTERMITTENT FASTING

*" I BELIEVE INTERMITTENT FASTING IS
A FANTASTIC TOOL TO HAVE NO MATTER
WHAT DIET YOU ARE ON.*

*COMBINED WITH A RAW PLANT-BASED
DIET YOU CAN THRIVE TO HIGHER LEVELS "*





WHAT IS INTERMITTENT FASTING?

Intermittent fasting (or IF) simply means choosing specific times to eat and times to let your body rest from food.

One popular way to do this is the **16:8 method** - where you fast for 16 hours (usually overnight) and eat during an 8-hour window.

For example, you might eat between 12pm and 8pm, then fast until the next day.

BENEFITS OF FASTING

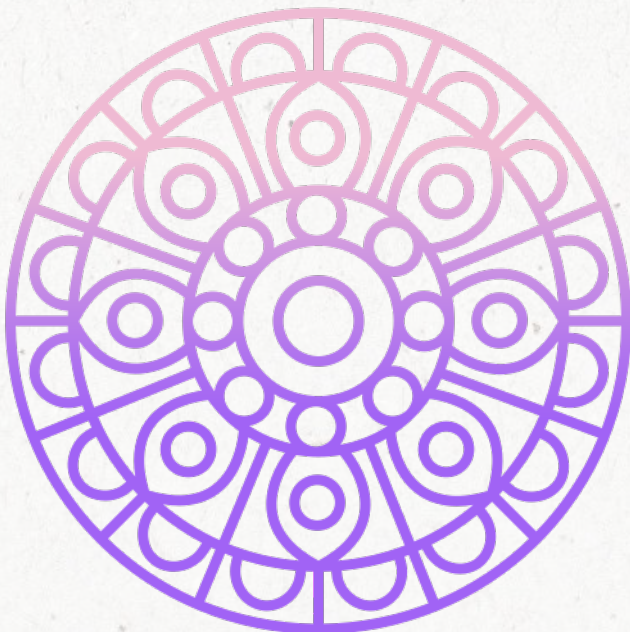
- Helps your body burn stored fat more easily
- Gives your digestive system a break so it can rest and repair
- Supports clearer thinking and better focus
- Can lower the risk of chronic health issues like diabetes and inflammation
- Encourages healthy hormone balance and cellular healing



UNLOCKING BRAIN HEALTH

Research has shown that intermittent fasting promotes the production of neurotrophic factors, which support the growth and survival of neurons, and can even help prevent age-related cognitive decline.

It shouldn't be overcomplicated, and it can be easily adapted to your individual needs and preferences. By incorporating intermittent fasting into your routine, you can promote physical and mental well-being while enjoying the **freedom and flexibility** of this approach to eating.



HOW DOES INTERMITTENT FASTING WORK?

The hormone **insulin** plays a crucial role in storing calories from the food we eat. Eating throughout the day keeps insulin levels high. When the body is fasting, the liver converts glycogen to glucose to keep the body supplied with energy.

After 10–12 hours, the glycogen stores in the liver are depleted, and the body taps into adipose tissue energy stores. If you fast long enough, your body will use fat for fuel, thereby burning off any excess fat.



WHEN SHOULD YOU INTERMITTENTLY FAST?

If you're just getting started, consider the 14:10 approach, which entails fasting for 14 hours and eating within a 10-hour eating window. Ideally you want to get to the 16:8 method. This is where the magic happens. The 16:8 method is a fasting window that involves fasting for 16 hours and eating during an 8-hour window.

You can gradually build up your fasting periods by dropping an hour from the eating window each week. The goal is to eat enough throughout your eating window to avoid feeling hungry before bedtime. Experiment with different times and food consumption to **see what works best for you**.

HOW DOES INTERMITTENT FASTING HELP YOU GET LEAN?



Studies have shown that intermittent fasting helps regulate insulin levels and improve insulin sensitivity, which can help prevent the storage of excess body fat.



It can also increase levels of human growth hormone that will help with muscle growth and recovery, which is an added benefit for those wishing to boost their physical performance and achieve optimal muscular development.

I love the 16/8 and 18/6 method because its sustainable and I already eat a raw plant-based diet that nourishes me. I see and feel the benefits instantly.

I sleep incredible every night. I love how energised I feel in the mornings. I feel motivated everyday. Most of all, I don't have to kill myself at the gym. I keep lean and strong all year round with minimal effort.

4 GOLDEN RULES OF INTERMITTENT FASTING

“ Unlock Your Health Potential with the 6 Golden Rules of Intermittent Fasting - Transform Your Body, Boost Your Brain, and Reclaim Your Vitality! ”

01

FIND YOUR FASTING FIT

Intermittent fasting comes in many forms, including the 16:8 method, alternate-day fasting, and the 5:2 diet. Select the one that best fits your lifestyle and preferences.

02

HYDRATE

Keep hydrated. Drink plenty of water, juices, smoothies and eat watery fruits.

03

AVOID JUNK FOOD

Don't break your fast with junk food; instead, choose raw vegan options that are high in nutrients. Ideally watery, juicy fruit as your first meal of the day

04

STICK TO IT

Try to stick to a regular fasting schedule, and don't make exceptions too often. Consistency is key to seeing results.



THANK YOU!

IT'S A PLEASURE TO SHARE SUCH A REWARDING JOURNEY

I want to express my heartfelt gratitude to everyone who has joined me on this incredible journey. It fills me with immense joy and excitement as I embark on this path of self-discovery, eager to learn, grow, and evolve into the best possible version of myself.

“THE HUGE REALM OF RAW VEGANISM BECKONS, PROMISING NOT ONLY A REVITALISATION OF MY PHYSICAL BEING BUT ALSO A PROFOUND TRANSFORMATION OF MY SOUL”

I am genuinely thrilled to explore the endless possibilities and abundant flavours that this lifestyle offers. Each step I take in this **radiant journey** is a step closer to unlocking the true essence of my being.

As I immerse myself in the world of raw, I am **captivated** by its immense potential to nourish not just my body but also my spirit. Every vibrant, nutrient-packed meal I consume becomes a catalyst for positive change, infusing my very core with vitality and life force.

But most of all it's a win win for everyone; me, others, the environment and the animals which I am **super passionate** about.



YOUR NEXT STEPS

American motivational speaker **Kyle Cease** explains that when we haven't done something before, our minds are under the illusion that we can't, so they are horrified that we are moving beyond the story they have built to protect us.

Choose to be the person you've always wanted to be and step into the opportunity, **into the change.**

There is NO need to struggle by yourself.

If you're ready to feel vibrant and alive, support is here. As a raw vegan lifestyle coach, I guide you back to your natural energy. You don't have to guess, force, or go it alone anymore. Let's simplify, nourish, and thrive together.

Visit www.rawliciousyou.com to begin your transformation.

Toni J
x

