

We are still asked what we eat if we don't eat meat!
Big problem, not much else to eat I guess, or is there?

Our typical diet is as follow:

We eat organic finely chopped vegetables and add them to a warm sauce made of garlic and onions in melted virgin coconut oil, fresh organic tomatoes, with herbs and spices (different taste each time). A simple way of making a curry flavour is to use ginger and cumin seeds with turmeric. We would have this dish with quinoa, millet or mashed sweet potatoes. We never eat wheat.

We often make a salad dish, using tomatoes, cucumber, celery, peppers, spinach, and other salad veg, heated sunflower and pumpkin seeds sprinkled on, with olive oil, apple cider vinegar, balsamic vinegar and herbs like oregano and basil. We eat that with our dehydrated crackers spread with coconut oil. The crackers are made from the fibre left over from juicing, then mixed with chia, sunflower, pumpkin, other seeds and herbs and then dried in our dehydrator. We eat a variety of nuts as well, which we soak, dry with either paper or tea towels, then roast gently on a low heat in the oven, or under a low grill until they are crunchy. This method releases the digestive inhibitor in them and makes them very absorbable for the body.

We also eat fruit, often for breakfast, as fruit is best consumed on an empty stomach, chopped into small pieces, sprinkled with raw Cacao powder (delicious). We also like quinoa flakes in warm coconut milk for breakfast with goji berries, dried figs, dates, apricots, chopped small and stirred in. We eat bananas and raw chocolate brownies as snacks. We slip almonds into dates and have those as a snack too. We sprout seeds, such as alfalfa, broccoli, red clover, mung beans, green and brown lentils, and eat them just sprouted or as small green shoots and often add them to salads and warm meals. They are full of living nutrition.

We have a good quality juicer and juice all vegetables, especially greens like kale and spinach, with fruit such as apples, pears and pineapple. Drink immediately or keep in a bottle in the fridge as it oxidises. We also make various smoothies with mostly fruit, adding, e.g. green powders, maca, lucuma and raw cacao powder. We often add mint leaves to the juices and smoothies as it's a carrier of nutrients into the cells.

We use a lot of cacao raw chocolate powder (a super food) and sometimes carob powder – either in drinks or we make brownies (to die for!), with various nuts and dates. They take about five minutes to make, taste delicious and are so full of nutrients you can't imagine.

We supplement with probiotics, vitamins, minerals, enzymes, transdermal magnesium and high anti-oxidants. We also drink water from a water ionizer. We eat all organic food where possible. We buy 9.2 kg tubs of Virgin coconut oil, and we use that for cooking and spreading, for suntan cream and moisturising our skin.

We eat no processed food at all as we know what chemicals and additives they put in them, and little cooked food. We only put on our skin what we would eat! And if you cook food, then only do so if you can also eat it raw – if you can't eat it raw, don't eat it. The only cooked food we eat is described above and we enjoy telling people that we eat our food often with junk food, which is of course our cooked veg (e.g. quinoa or sweet potato).

We are not fanatical about it and certainly not perfect – very close, but not quite 100%. However, if we were advising someone with a severe health issue, then we would most certainly be recommending 100% raw vegan food – but that's another story!

We eat no animal based foods at all. Lewis talks about the myth of protein from meat and the second hand nutrients consumed from the decomposing flesh of the vegan animals people slaughter on the pretext that it is a more healthy option. Lewis is willing to debate that point with anybody, but is always open to listening to opposing views. But please remember that he is a two times British Karate Champion Ha!

Lynda and Lewis p.s. this is all very easy to do, but if you get stuck, we do have recipes!