



# RAW CTOBER

**MASTERING**  
DIABETES



# Cyrus Khambatta, PhD Nutritional Biochemistry

Cyrus Khambatta, PhD is has been living with type 1 diabetes since 2002, and has helped thousands of people transform their diabetes health. Cyrus received his undergraduate degree in Mechanical Engineering from Stanford University in 2003, then earned a PhD in Nutritional Biochemistry from the University of California at Berkeley in 2012.

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# Robby Barbaro

Robby Barbaro was diagnosed with type 1 diabetes at the age of 12 and eats pounds of fruit every day while maintaining an HbA1c of 5.8%. Robby worked at Forks Over Knives for 6 years before turning his attention in 2016 to coaching people with diabetes full time. He graduated from the University of Florida and is the cofounder of Mastering Diabetes.

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# TROPICAL FRUIT BOWL

## INGREDIENTS

1 medium Mexican papaya or  
2 small Hawaiian papayas  
1 mango

## INSTRUCTIONS

Cut all fruits into a bowl and enjoy

**BREAKFAST**

**#RAWctober**

**DAY 1**



# PEACH AND BERRY BOWL

## INGREDIENTS

- 3 peaches
- 1 mango
- 5 medjool dates
- 1 pint of blueberries
- 1 pinch of cinnamon
- 1 pinch of nutmeg

## INSTRUCTIONS

Combine all ingredients into a bowl and enjoy



# BERRY MANGO SALAD

## INGREDIENTS

- ½ pound baby chard
- ¼ pound arugula
- ¼ pound romaine lettuce
- 1 cup frozen blueberries
- 2 mangoes
- 1 pound strawberries
- 3 tbsp apple cider vinegar
- 1 lime

## INSTRUCTIONS

Combine all food ingredients into a bowl and toss  
For the dressing, combine the apple cider vinegar and lime, then pour on top and enjoy

**DINNER**

**#RAWctober**

**DAY 1**



# MANGOES AND CHERIMOYA

## INGREDIENTS

2-3 mangoes  
1 cherimoya or 2 persimmons

## INSTRUCTIONS

Cut all fruits into a bowl and enjoy

**BREAKFAST**

**#RAWctober**

**DAY 2**



# CORN AND TOMATO MEDLEY

## INGREDIENTS

3 ears of white or yellow corn  
3 tomatoes  
10 basil leaves, chopped  
½ red onion  
1 tbsp apple cider vinegar

## INSTRUCTIONS

Combine all ingredients into a bowl, mix and enjoy



# PAPAYA MANGO SALAD

## INGREDIENTS

½ pound baby chard  
1 head romaine lettuce  
1 pound cherry tomatoes  
1 pint fresh blueberries  
1 cup Mexican papaya or  
1 small Hawaiian papaya  
1 mango

## INSTRUCTIONS

Cut all fruits into a bowl  
Let the juice of the tomatoes,  
papaya and mango act as  
the dressing  
Optional: top with red pepper,  
paprika and cumin

**DINNER**

**#RAWctober**

**DAY 2**



# BANANA CEREAL

## INGREDIENTS

4 bananas  
1 tsp cinnamon  
1 tsp chia seeds  
1 tbsp vanilla

## INSTRUCTIONS

Slice 3 bananas and place in a bowl.  
In the blender create the milk by adding 1 banana with 1/8 cup water, cinnamon, and vanilla.  
Blend for 20-30 seconds and pour over bananas  
Sprinkle cinnamon and chia seeds on top



# POMEGRANATE PUNCH

## INGREDIENTS

- 3 bananas
- 2 mangoes
- 1 persimmon or
- 1 cup Hawaiian papaya or
- 1 cup Mexican papaya
- 1 cup pomegranates
- 1 lime
- 1 tsp chia seeds

## INSTRUCTIONS

- Dice all fruit and place in bowl
- Sprinkle chia seeds and
- squeeze fresh lime on top



# SPICY PA-PA-PAPAYA SALAD

## INGREDIENTS

3 cups Mexican papaya or  
3 Hawaiian papayas  
3 persimmons  
1 jalapeno pepper  
3 cups spinach  
¼ bunch cilantro  
1 lime  
1 tbsp hemp seeds

## INSTRUCTIONS

Cut the papaya and persimmons  
into 1 inch cubes  
Mix the spinach and cilantro  
together and place on a plate  
Top the green mixture with the  
papaya and persimmons  
Top with diced jalapeno pepper,  
the juice of 1 lime and hemp seeds

**DINNER**

**#RAWctober**

**DAY 3**



# BERRY TASTY

## INGREDIENTS

2 cups blackberries  
2 cups raspberries  
2 cups blueberries

## INSTRUCTIONS

Combine all berries into your favorite shape, or mix together in a bowl

\*Since berries are low in calorie density, be sure to eat enough so that you stay full for a few hours



# SPRING SALAD

## INGREDIENTS

- 1 bag spring mix
- 1-3 oranges
- 1 cup blueberries
- 1 cup strawberries
- 1 cup cabbage
- 2 tbsp Braggs liquid aminos
- 3 dates
- 1-2 tsp sesame seeds

## INSTRUCTIONS

Combine the berries, spring mix, cabbage and 2 oranges in a bowl  
For the dressing, blend 1 orange, dates, Bragg's liquid aminos and sesame seeds  
Assemble and enjoy



# RAW BROCCO-SLAW

## INGREDIENTS

- 1 bag broccoli slaw (purchased from the grocery store)
- 1 cup yellow grape tomatoes
- 1 cup red grape tomatoes
- 1/2 red or white onion
- 1/2 bunch cilantro
- 8 roma tomatoes
- 1 tablespoon Smoked Paprika
- 2 stalks celery and 1 lime

## INSTRUCTIONS

For the dressing, blend together roma tomatoes, smoked paprika, onion, celery, lime and cilantro  
Pour broccoli slaw into a bowl and toss with the dressing  
Top the broccoli slaw with grape tomatoes, onion and cilantro

**DINNER**

**#RAWctober**

**DAY 4**



# BREAKFAST FRUIT BASH

## INGREDIENTS

2 bananas  
1 cup Mexican papaya  
½ cup blackberries  
½ cup raspberries  
½ cup blueberries  
1 tsp chia seeds

## INSTRUCTIONS

Combine all fruits in a bowl  
Sprinkle the chia seeds on top  
and enjoy



# BANANA NICE CREAM!

## INGREDIENTS

4 frozen bananas (frozen for a minimum of 24 hours)  
¼ cup almond milk or water  
1 tsp vanilla  
1 tsp chia seeds

## INSTRUCTIONS

Blend frozen bananas with almond milk or water and vanilla  
Blend to the consistency of frozen yogurt  
Sprinkle seeds on top



# TROPICAL BRUSCHETTA

## INGREDIENTS

2 portobello mushrooms  
½ pineapple, cubed  
6 roma tomatoes  
½ red onion  
1 clove garlic  
1 pinch of black pepper  
8-10 leaves fresh basil, sliced thin

## INSTRUCTIONS

Combine the pineapple, tomatoes, onion, garlic and black pepper in a bowl and mix  
Place the mushrooms on a plate upside down (gills up)  
Spoon the fruit mixture inside the mushrooms  
Top with basil and enjoy



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# JUNANA CEREAL

## INGREDIENTS

- 3 bananas
- 1 bunch dinosaur kale
- 1 cucumber
- 3 stalks of celery
- 1 lemon
- ½ bunch of parsley
- 2 apples

## INSTRUCTIONS

Cut bananas and place in a bowl  
Blend the remainder of the ingredients together into a green juice  
Pour green juice over the top and enjoy



# MANGO RAISIN BOWL

## INGREDIENTS

2 bananas  
2 mangoes or 3 persimmons  
1 handful of raisins  
1 tbsp of nutritional yeast  
(optional but recommended)

## INSTRUCTIONS

Cut the bananas and mangoes  
(or persimmons) and place in a bowl  
Place the raisins on top  
Sprinkle nutritional yeast on  
top of the fruits and enjoy



# GRAPEFRUIT SALAD

## INGREDIENTS

2 cups of fresh arugula  
3 medium tomatoes  
1 grapefruit  
2 ears of corn  
½ red onion  
½ cup shredded carrots  
2 tbsp apple cider vinegar  
1 pinch of crushed red  
chili pepper

## INSTRUCTIONS

Dice the tomatoes and grapefruit  
Slice the corn kernels off of the cob  
Cut the onion into thin slices  
Toss together the tomatoes,  
grapefruit, corn, onion and  
apple cider vinegar  
Serve over a bed of arugula  
and enjoy

**DINNER**

**#RAWctober**

**DAY 6**



# BERRY DATE BOWL

## INGREDIENTS

- ½ cup raspberries
- ½ cup blueberries
- 1 mango or 2 persimmons
- 3 medjool dates

## INSTRUCTIONS

Cut and place all fruits in a bowl and enjoy



# MANGOES DATES AND COCOA

## INGREDIENTS

2 mangoes or 4 persimmons  
4 medjool dates  
2-4 bananas  
2 tbsp cocoa powder  
(no sugar added)

## INSTRUCTIONS

Cut and place all fruits in a bowl  
Sprinkle cocoa powder on top  
and enjoy



# PORTOBELLO MUSHROOM BRUSCHETTA

## INGREDIENTS

- 4 portobello mushrooms
- 6 roma tomatoes
- ½ red onion
- 1 clove garlic
- 1 pinch of black pepper
- 8-10 leaves fresh basil, sliced thin

## INSTRUCTIONS

- Combine the tomatoes, onion, garlic and black pepper in a bowl and mix
- Place the mushrooms on a plate upside down (gills up)
- Spoon the tomato mixture inside the mushrooms
- Top with basil and enjoy



# BABY ACAI BOWL

## INGREDIENTS

- 1 packet of frozen acai
- 2 bananas
- 1 cup of strawberries
- 1 mango or 2 persimmons
- 1-2 tbsp cacao nibs

## INSTRUCTIONS

- Blend the acai packet with 1 banana into a thick liquid
- Combine the remainder of the fruits in a bowl and pour the acai on top
- Sprinkle the cacao nibs on top and enjoy



# BANANAS DATES AND CACAO

## INGREDIENTS

3-5 bananas  
6 medjool dates  
2 tbsp cocoa nibs

## INSTRUCTIONS

Cut and place all fruits in a bowl  
Sprinkle cocoa nibs on top  
and enjoy



# CITRUS CARROT SALAD

## INGREDIENTS

- 2 purple or orange carrots
- 1 large cucumber
- 2 oranges
- 1 ear of corn
- ½ red onion
- 2 large tomatoes
- 1 cup cauliflower florets
- 1 tsp cumin seeds

## INSTRUCTIONS

- Cut and combine all ingredients in a bowl
- Top with cumin seeds and enjoy

**DINNER**

**#RAWctober**

**DAY 8**



# MONSTER ACAI BOWL

## INGREDIENTS

- 1 packet of frozen acai
- 2 bananas
- ½ cup of strawberries
- ½ cup blueberries
- 1-2 tbsp cacao nibs

## INSTRUCTIONS

- Blend the acai packet with 1 banana into a thick liquid
- Combine the remainder of the fruits in a bowl and pour the acai on top
- Sprinkle the cacao nibs on top and enjoy



# PERSIMMONS AND RAISINS

## INGREDIENTS

4-6 fuyu persimmons  
2 bananas  
1 handful of raisins

## INSTRUCTIONS

Cut the bananas and  
persimmons and place in a bowl  
Place the raisins on top

**LUNCH**

**#RAWctober**

**DAY 9**



# CORN AND PEACH BLISS

## INGREDIENTS

- 2 ears of corn
- ½ red onion
- 1 cup strawberries
- 3 peaches
- 1 cup cherry tomatoes
- 1 handful of chopped cilantro

## INSTRUCTIONS

- Cut the corn off of the cob and layer on the bottom of your plate
- Combine the onion, strawberries, peaches and tomatoes together and place on top of corn
- Sprinkle cilantro on top and enjoy



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# TROPICAL PAPAYA BOATS

## INGREDIENTS

- 1 Mexican papaya or
- 2 Hawaiian papayas
- 1 small mango
- 1 pint of raspberries
- 2 golden kiwis
- 2 persimmons
- 1 dragon fruit (optional)

## INSTRUCTIONS

- Cut papaya in half and deseed
- Cut mango into large chunks
- Cut kiwi in half
- Place mango, kiwi and raspberries inside
- Dress with persimmons and dragon fruit



# CORN AND TOMATO HEAVEN

## INGREDIENTS

2 ears of corn  
½ cup strawberries  
2-3 peaches  
1 mango (optional)  
1 cup cherry tomatoes  
A few pinches of of  
chopped cilantro

## INSTRUCTIONS

Cut the corn off of the cob  
and combine with the  
strawberries, peaches, mango  
and cherry tomatoes  
Sprinkle cilantro on top and enjoy



# PAPAYA BOATS

## INGREDIENTS

- 1 ear of corn
- ½ Mexican papaya or
- 2 Hawaiian papayas
- 2 large tomatoes
- ½ white onion
- The juice of 1 lime
- 1 head of romaine lettuce
- Black pepper to taste

## INSTRUCTIONS

- Combine the corn, papaya, tomatoes, onion and lime together in a mixing bowl
- Serve the fruit mixture inside lettuce leaves
- Season with black pepper to taste



# TROPICAL FRUIT BOWL

## INGREDIENTS

- 1 banana
- ½ cup blueberries
- ½ Mexican papaya or
- 1 Hawaiian papaya
- ½ mango or 1 persimmon
- 1 tsp cardamom

## INSTRUCTIONS

Combine all fruits into a bowl and sprinkle with cardamom on top. Oh, and don't forget to enjoy.



# BANANAS RAISINS AND CUMIN

## INGREDIENTS

4 bananas  
1 handful of raisins  
2 medjool dates  
2 tbsp cumin seeds  
1 tsp cardamom

## INSTRUCTIONS

Combine bananas and raisins  
in a bowl  
Apply the cumin seeds and  
cardamom liberally



# ZOODLES WITH MUSHROOMS

## INGREDIENTS

3 zucchini, sliced into noodles  
on a mandolin slicer or with a knife  
1 cup of brown mushrooms  
1 cup of green beans  
3 medium tomatoes  
½ red onion  
1 tsp apple cider vinegar  
Crushed red pepper to taste

## INSTRUCTIONS

Combine the zucchini noodles  
with the mushrooms, green beans,  
tomatoes, onions and  
apple cider vinegar in a bowl  
Sprinkle with crushed red pepper  
to taste and enjoy



# STRAWBERRY BANANA SMOOTHIE

## INGREDIENTS

3 ripe bananas( fresh or frozen)  
3 cups of strawberries and/or  
raspberries (fresh or frozen)  
juice of ½-1 lemon  
1 cup of water  
5 stalks of celery  
1 handful of ice

## INSTRUCTIONS

Throw all ingredients in a  
high speed blender  
Blend until you've achieved  
desired consistency and enjoy



# BANANAS IN PERSIMMON SAUCE

## INGREDIENTS

4 bananas  
1 cup blueberries  
3 very very soft hachiya persimmons or  
3 medium soft fuyu persimmons  
½ tsp cinnamon

## INSTRUCTIONS

Blend the persimmons and cinnamon with ¼ cup water to make a sauce  
Pour the persimmon sauce over the bananas and blackberries and enjoy



# CABBAGE BEET TACOS

## INGREDIENTS

2 large golden beets  
1 leaf prickly pear cactus  
(optional, also called "nopal")  
1 cup green beans  
4 medium tomatoes  
½ red onion  
1 head of purple cabbage  
1-2 tbsp cumin seeds

## INSTRUCTIONS

Dice the golden beets, green beans, onions and tomatoes and combine in a bowl with the cumin seeds  
Serve the fruit and vegetable mixture inside of purple cabbage leaves and eat like a taco



# HONEYDEW MELONS

## INGREDIENTS

1-2 honeydew melons

## INSTRUCTIONS

Cut the melons in half, deseed them, and dive right in to fruity sweet heaven



# MANGO ZOOOOODLES

## INGREDIENTS

6 tomatoes  
4 zucchini, sliced into noodles  
on a mandolin slicer or with a knife  
2 mangoes and 1 orange  
1 ear of corn  
½ handful of basil and cilantro  
2 thai red chili peppers, crushed  
3 cups arugula

## INSTRUCTIONS

Combine all ingredients  
into a bowl and serve on top of  
a bed of arugula



# BRUSSELS SPROUT SALAD

## INGREDIENTS

2-3 cups of chopped  
Brussel sprouts  
2 Fuji apples  
¼ cup of pecans  
¼ cup of dried cranberries  
1 tbsp apple cider vinegar

## INSTRUCTIONS

Shred Brussels sprouts in a  
food processor  
Transfer sprouts, chopped apples,  
and pecans to a bowl  
Add cranberries and  
apple cider vinegar and toss well  
to combine



# CANTALOUPE!

## INGREDIENTS

1-2 cantaloupe melons

## INSTRUCTIONS

Cut the cantaloupes in half, deseed, and devour!



# MINTY GREEN SMOOTHIE

## INGREDIENTS

3 bananas  
½ cup raisins  
¼-½ cup water  
10 mint leaves  
1 tbsp cacao powder  
2 tbsp cacao nibs

## INSTRUCTIONS

Blend together the bananas, raisins, mint, cacao powder and water and pour into a cup  
Top with cacao nibs and enjoy



# GREEN PAPAYA TACOS

## INGREDIENTS

½ green papaya, shredded into noodles on a mandoline slicer  
1 cup brown mushrooms  
2 cups yellow cherry tomatoes  
2 cups arugula  
1 head iceberg lettuce

## INSTRUCTIONS

Combine the green papaya, mushrooms and tomatoes in a bowl and mix well  
Peel the iceberg lettuce into big leaves  
Place arugula inside the lettuce leaves and spoon the green papaya mixture on top



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