

RawFoodMealPlanner.com's May 22 - 28, 2016 Meal Plan

Sunday

Breakfast: 18.5 oz of blueberries and 2 Minneola tangelos (444 calories)

Snack: 1 oz of pistachios (163 calories)

Lunch: Romaine Salad (206 calories)

Slice up 2 cups of romaine lettuce, 1/2 an avocado, 1 cucumber, 1 tomato, and 1 red pepper. Toss and season with a dash of ginger, garlic, a dash of cayenne, juice of 1 lemon, and sea salt.

Dinner: 2 servings of [Ridiculously Easy Lentil Soup](#) (474 calories)

Dessert: 1/7 of [Vanilla Raisin Ice Cream](#) (484 calories)

Workout: Burn 500 calories with this [Quiet Low Impact High Intensity](#)

Relax your body with [Crystal Bowl Chakra \(70 Min.\) Meditation](#)

Monday

Breakfast: 1 lb of grapes (312 calories)

Snack: 6 oz of blueberries (64 calories)

Lunch: Beet Salad (155 calories)

Slice 2 cups of romaine lettuce. Toss in 1 beet shredded and 1/4 cup of sunflower seeds. Season with garlic, a dash of cayenne, juice of 1 lemon, and sea salt.

Dinner: 2 servings of [Ridiculously Easy Lentil Soup](#) (474 calories)

Dessert: 1/7 of [Vanilla Raisin Ice Cream](#) (484 calories)

Workout: Burn 200 calories doing [this fun dance workout](#) twice

Tuesday

Breakfast: 12 oz of blueberries (128 calories)

Lunch: Romaine Salad (206 calories)

Slice up 2 cups of romaine lettuce, 1/2 an avocado, 1 cucumber, 1 tomato, and 1 red pepper. Toss and season with a dash of ginger, garlic, a dash of cayenne, juice of 1 lemon, and sea salt.

Dinner: 2 servings of [Ridiculously Easy Lentil Soup](#) (474 calories)

Dessert: 1/7 of [Vanilla Raisin Ice Cream](#) (484 calories)

Workout: [Core Strength Ritual](#)

Wednesday

Breakfast: 1/2 lb of grapes (156 calories)

Lunch: Beet Salad (155 calories)

Slice 2 cups of romaine lettuce. Toss in 1 beet shredded and 1/4 cup of sunflower seeds. Season with garlic, a dash of cayenne, juice of 1 lemon, and sea salt.

Dinner: 2 servings of [Ridiculously Easy Lentil Soup](#) (474 calories)

Dessert: 1/7 of [Vanilla Raisin Ice Cream](#) (484 calories)

Workout: [Yoga For Healthy Posture](#)

Thursday

Breakfast: 1/2 lb of grapes (156 calories)

Lunch: Romaine Salad (206 calories)

Slice up 2 cups of romaine lettuce, 1/2 an avocado, 1 cucumber, 1 tomato, and 1 red pepper. Toss and season with a dash of ginger, garlic, a dash of cayenne, juice of 1 lemon, and sea salt.

Dinner: 2 servings of [Irish White Bean and Cabbage Stew](#) (508 calories)

Dessert: 1/7 of [Vanilla Raisin Ice Cream](#) (484 calories)

Workout: Burn 100 calories with this [Kettlebell Workout for Beginners](#)

Friday

Breakfast: 12 oz of blueberries (128 calories)

Snack: 1 oz of pistachios (163 calories)

Lunch: Beet Salad (155 calories)

Slice 2 cups of romaine lettuce. Toss in 1 beet shredded and 1/4 cup of sunflower seeds. Season with garlic, a dash of cayenne, juice of 1 lemon, and sea salt.

Dinner: 2 servings of [Irish White Bean and Cabbage Stew](#) (508 calories)

Dessert: 1/7 of [Vanilla Raisin Ice Cream](#) (484 calories)

Workout: Burn 150 calories with [this cardio workout](#)

Saturday

Breakfast: 1/2 lb of grapes (156 calories)

Snack: 6 oz of blueberries (64 calories)

Lunch: Your Choice! What's in the fridge?

Dinner: 2 servings of [Irish White Bean and Cabbage Stew](#) (508 calories)

Dessert: 1/7 of [Vanilla Raisin Ice Cream](#) (484 calories)

Workout: [Yoga For The Feet](#)