

RawFoodMealPlanner.com's May 29 - June 4, 2016 Meal Plan

Sunday

Breakfast: 1 lb of grapes (312 calories)

Snack: 16 oz of strawberries (145 calories)

Lunch: [Kale Superfood Salad](#) (521 calories)

Dinner: 2 servings of [Black-eyed Pea Chili with Quinoa and Corn](#) (618 calories)

Workout: Burn 300 calories with this [Fat Burning Cardio Kickboxing Sweat Fest](#) and cool down with [No Fear Yoga](#)

Monday

Breakfast: [Blueberry Watermelon Smoothie](#) (579 calories)

Lunch: [Nectarine Spring Salad](#) (545 calories)

Dinner: 2 servings of [Black-eyed Pea Chili with Quinoa and Corn](#) (618 calories)

Workout: Burn 500 calories with [this cardio workout](#)

Tuesday

Breakfast: 2 mangoes (269 calories)

Lunch: [Kale Superfood Salad](#) (521 calories)

Dinner: 2 servings of [Black-eyed Pea Chili with Quinoa and Corn](#) (618 calories)

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

Wednesday

Breakfast: [Blueberry Watermelon Smoothie](#) (579 calories)

Lunch: [Nectarine Spring Salad](#) (545 calories)

Dinner: 2 servings of [Black-eyed Pea Chili with Quinoa and Corn](#) (618 calories)

Workout: Burn 500 calories with [Total Body Fat Burning SWEAT FEST](#)

Thursday

Breakfast: 2 mangoes (269 calories)

Lunch: [Kale Superfood Salad](#) (521 calories)

Dinner: 2 servings of [Creamy Curried Kale and Chickpeas](#) (446 calories)

Workout: [Yoga](#)

Friday

Breakfast: 2 mangoes (269 calories)

Snack: 1 oz of raisins and 1 oz of almonds (253 calories)

Lunch: [Nectarine Spring Salad](#) (545 calories)

Dinner: 2 servings of [Creamy Curried Kale and Chickpeas](#) (446 calories)

Workout: Burn 300 calories with this [BEAST MODE: Animal Themed No Equipment INSANE HIIT Home Workout](#)

Saturday

Breakfast: [Blueberry Watermelon Smoothie](#) (579 calories)

Snack: 1 oz of raisins and 1 oz of almonds (253 calories)

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

Dinner: 2 servings of [Creamy Curried Kale and Chickpeas](#) (446 calories)

Workout: Burn 600 calories with [this lower body workout](#)