

RawFoodMealPlanner.com's June 12-18, 2016 Meal Plan

Sunday

Breakfast: 32 oz of fresh young Thai coconut water (224 calories)

Lunch: Honey Mustard Kale Salad (558 calories)

Stir in a bowl the following for the dressing: 1/4 cup honey mustard, 1/4 cup olive oil, 2 Tbsps apple cider vinegar, and sea salt to your liking

Pour over (or massage in) 2 bunches of kale.

Dinner: [Easy Cannellini Bean Soup](#) (741 calories)

This soup makes 4 servings so cook and portion out your dinner for the next 3 days.

Workout: Burn 300 calories with [30 Minute Boxing, Strength, and Jump Rope HIIT Workout - Muhammad Ali Tribute](#)

Monday

Breakfast: 2 mangoes (269 calories)

Lunch: Honey Mustard Kale Salad (558 calories)

Stir in a bowl the following for the dressing: 1/4 cup honey mustard, 1/4 cup olive oil, 2 Tbsps apple cider vinegar, and sea salt to your liking

Pour over (or massage in) 2 bunches of kale.

Dinner: [Easy Cannellini Bean Soup](#) (741 calories)

Workout: Burn 300 calories with [HIIT, Strength, and Abs STACKED Full Body Sculpt and Fat Burning Workout](#)

Tuesday

Breakfast: 1 lb of grapes (312 calories)

Lunch: Honey Mustard Kale Salad (558 calories)

Stir in a bowl the following for the dressing: 1/4 cup honey mustard, 1/4 cup olive oil, 2 Tbsps apple cider vinegar, and sea salt to your liking

Pour over (or massage in) 2 bunches of kale.

Dinner: [Easy Cannellini Bean Soup](#) (741 calories)

Workout: Burn 400 calories with [Cardio HIIT + Toning Strength 500 Calorie Total Body TAKEOVER Workout](#)

Wednesday

Breakfast: 1 pint of blueberries (229 calories)

Lunch: Honey Mustard Kale Salad (558 calories)

Stir in a bowl the following for the dressing: 1/4 cup honey mustard, 1/4 cup olive oil, 2 Tbsps apple cider vinegar, and sea salt to your liking

Pour over (or massage in) 2 bunches of kale.

Dinner: [Easy Cannellini Bean Soup](#) (741 calories)

Workout: Burn 300 calories with [Standing Abs HIIT Cardio Workout](#)

Thursday

Breakfast: 1 pint of blueberries (229 calories)

Lunch: Salad (421 calories)

Toss in your favorite big salad bowl all of the following ingredients: 2 cups diced lobster mushroom, 1 red bell pepper, chopped, 2 cups mixed greens, 1/4 cup Micro greens, 1 1/2 tsp salad seasoning, Sea Salt, 4 tomatoes, sliced, 1/2 Haas avocado and Cold-pressed extra virgin olive oil

Dinner: [Lentil Soup with Coriander and Cumin](#) (608 calories)

This recipe will make 3 servings. Cook and portion out your dinners for the next two days.

Workout: [Yoga For Your Butt and Thighs](#)

Friday

Breakfast: 2 mangoes (269 calories)

Lunch: Salad (421 calories)

Toss in your favorite big salad bowl all of the following ingredients: 2 cups diced lobster mushroom, 1 red bell pepper, chopped, 2 cups mixed greens, 1/4 cup Micro greens, 1 1/2 tsp salad seasoning, Sea Salt, 4 tomatoes, sliced, 1/2 Haas avocado and Cold-pressed extra virgin olive oil

Dinner: [Lentil Soup with Coriander and Cumin](#) (608 calories)

Workout: [Yoga For Tired Legs](#)

Saturday - Forget Counting Calories! Eat what makes you feel good.

Dinner: [Lentil Soup with Coriander and Cumin](#) (608 calories)