

RawFoodMealPlanner.com's June 19-25, 2016 Meal Plan

Sunday

Breakfast: [Juice](#) 1/2 a lemon, 1 grapefruit, 1 pear, and 1 apple (196 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: [Chickpea Ratatouille](#) (754 calories)

Workout: Burn 100 calories walking for 25 minutes

Monday

Breakfast: [Juice](#) 1 inch piece of ginger root, 1/2 bunch of cilantro, 1 lemon and 2 pears (273 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: [Chickpea Ratatouille](#) (754 calories)

Workout: [Morning Yoga For Energy Boost & flexibility, Tension & Pain Relief](#)

Tuesday

Breakfast: [Juice](#) 1 inch piece of ginger root, 1/2 bunch of cilantro, 1 lemon and 2 pears (273 calories)

Lunch: [Tuna Wraps](#) (389 calories) This recipe will make 4 lunches.

Dinner: [Chickpea Ratatouille](#) (754 calories)

Workout: Burn 200 calories with a [20 Minute Total Body workout](#)

Wednesday

Breakfast: Juice 1/2 a lemon, 1 grapefruit, 1 pear, and 1 apple (196 calories)

Lunch: [Tuna Wraps](#) (389 calories)

Dinner: [Chickpea Ratatouille](#) (754 calories)

Workout: Burn 78 calories with a [10 Min Abs Workout](#)

Thursday

Breakfast: Juice 1/2 a lemon, 1 grapefruit, 1 pear, and 1 apple (196 calories)

Snack: 300 grams or 2/3 of a pound of cherries (189 calories)

Lunch: [Tuna Wraps](#) (389 calories)

Dinner: 2 servings of [Lowfat Rigatoni with Zucchini and Eggplant](#) (510 calories)

Workout: [Morning Yoga - Energizing Morning Sequence](#)

Friday

Breakfast: Juice 1/2 a lemon, 1 grapefruit, 1 pear, and 1 apple (196 calories)

Snack: 300 grams or 2/3 of a pound of cherries (189 calories)

Lunch: [Tuna Wraps](#) (389 calories)

Dinner: 2 servings of [Lowfat Rigatoni with Zucchini and Eggplant](#) (510 calories)

Workout: [Let It Go Yoga Flow](#)

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

Dinner: 2 servings of [Lowfat Rigatoni with Zucchini and Eggplant](#) (510 calories)