

RawFoodMealPlanner.com's June 5-11, 2016 Meal Plan

Sunday

Breakfast: Mango Nectarine Smoothie (425 calories)

Blend 3 nectarines, 1 mango, 1/2 tsp of vanilla, and juice of 1 orange

Lunch: [Fettuccine Alfredo](#) (380 calories)

Dinner: 2 servings of [Brussels Sprouts and Shiitake Mushroom Soup](#) (580 calories)

Workout: Burn 100 calories with [yoga](#)

Monday

Breakfast: Vanilla Nectarine Smoothie (682 calories)

Blend 3 nectarines, 3 bananas, 1/2 tsp of vanilla and juice of 2 oranges

Lunch: [Kale, Avocado and Sprouts Salad](#) (427 calories)

Dinner: 2 servings of [Brussels Sprouts and Shiitake Mushroom Soup](#) (580 calories)

Workout: Burn 400 calories with an hour of [dancing](#)

Tuesday

Breakfast: Mango Nectarine Smoothie (425 calories)

Blend 3 nectarines, 1 mango, 1/2 tsp of vanilla, and juice of 1 orange

Lunch: [Kale, Avocado and Sprouts Salad](#) (427 calories)

Dinner: 2 servings of [Collard Greens and White Bean Soup](#) (410 calories)

Workout: [15 min Beginners Ab Workout](#)

Wednesday

Breakfast: Mango Nectarine Smoothie (425 calories)

Blend 3 nectarines, 1 mango, 1/2 tsp of vanilla, and juice of 1 orange

Lunch: [Fettuccine Alfredo](#) (380 calories)

Dinner: 2 servings of [Collard Greens and White Bean Soup](#) (410 calories)

Workout: [Relaxing Yoga For Peace](#)

Thursday

Breakfast: Vanilla Nectarine Smoothie (682 calories)

Blend 3 nectarines, 3 bananas, 1/2 tsp of vanilla and juice of 2 oranges

Lunch: [Kale, Avocado and Sprouts Salad](#) (427 calories)

Dinner: 2 servings of [Collard Greens and White Bean Soup](#) (410 calories)

Workout: Burn 250 calories with [Cardio, Strength Circuit Training](#)

Friday

Breakfast: Vanilla Nectarine Smoothie (682 calories)

Blend 3 nectarines, 3 bananas, 1/2 tsp of vanilla and juice of 2 oranges

Lunch: [Fettuccine Alfredo](#) (380 calories)

Dinner: 2 servings of [Brussels Sprouts and Shiitake Mushroom Soup](#) (580 calories)

Workout: Burn 400 calories with an hour of [dancing](#)

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

Dinner: 2 servings of [Brussels Sprouts and Shiitake Mushroom Soup](#)

Workout: [15 Minute Lunge Free Lower Body, Legs, Thigh, Butt, Hips Toning Sculpting Workout - No Equipment](#)