

RawFoodMealPlanner.com's Oct. 2 - 8, 2016 Meal Plan

Sunday

Breakfast: [Juice](#) 1/2 lemon, 1 beet, 2 apples, and 1 inch ginger root (245 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.

Snack: [Plum Smoothie](#) (494 calories)

Dinner: 1 serving of [Sweet Potato Chickpea Buddha Bowl](#) (474 calories)

Workout: Burn 100 calories with 30 minutes of bowling with friends

Monday

Breakfast: [Juice](#) 1/2 lemon, 1 beet, 2 apples, and 1 inch ginger root (245 calories)

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

Snack: [Kiwi Kick Smoothie](#) (443 calories)

Dinner: 1 serving of [Sweet Potato Chickpea Buddha Bowl](#) (474 calories)

Workout: Burn 300 calories with 30 minutes of [cardio](#)

Tuesday

Breakfast: [Juice](#) 1/2 lemon, 1 beet, 2 apples, and 1 inch ginger root (245 calories)

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

Snack: [Plum Smoothie](#) (494 calories)

Dinner: [Buffalo Chickpea Ceasar Salad](#) (462 calories) This will make 5 dinners so only use as much romaine lettuce as you need.

Workout: Burn 300 calories with [Total Body Strength Training with Dumbbells - Challenging Dynamic Superset Workout](#)

Wednesday

Breakfast: [Juice](#) 1/2 lemon, 1 beet, 2 apples, and 1 inch ginger root (245 calories)

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

Snack: [Kiwi Kick Smoothie](#) (443 calories)

Dinner: [Buffalo Chickpea Ceasar Salad](#) (462 calories)

Workout: Burn 300 calories with [45 Min. HIIT: Active Sore Body Cardio & Recovery](#)

Thursday

Breakfast: [Juice](#) 1/2 cup packed dandelion leaves, 1 apple, 1 beet, and 1/4 inch fresh ginger root (151 calories)

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

Snack: [Plum Smoothie](#) (494 calories)

Dinner: [Buffalo Chickpea Ceasar Salad](#) (462 calories)

Workout: Burn 200 calories with [30 Min. STRONGER: Hybrid Leg Sculpter](#)

Friday

Breakfast: [Juice](#) 1/2 cup packed dandelion leaves, 1 apple, 1 beet, and 1/4 inch fresh ginger root (151 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.

Snack: [Kiwi Kick Smoothie](#) (443 calories)

Dinner: [Buffalo Chickpea Ceasar Salad](#) (462 calories)

Saturday

Breakfast: [Juice](#) 1/2 cup packed dandelion leaves, 1 apple, 1 beet, and 1/4 inch fresh ginger root (151 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.

Snack: [Plum Smoothie](#) (494 calories)

Dinner: [Buffalo Chickpea Ceasar Salad](#) (462 calories)