

# RawFoodMealPlanner.com's Sep. 18 - 24, 2016 Meal Plan

## Sunday

Breakfast: Breakfast Smoothie Bowl (515 calories)

Blend 1/2 cup coconut milk, 1 ripe (not frozen) banana, 3 dates, 2 carrots, 1 cup romaine lettuce, a capful of vanilla, and cinnamon to taste. Pour in a nice bowl and slice up a ripe banana to put on top. Enjoy with a spoon.

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.

Snack: 2 mangos (269 calories)

Dinner: Roasted Butternut Squash, Chickpeas, Sundried Tomatoes, and Cilantro (426 calories)

Making the Squash:

- *Preheat oven to 400°F.*
- *Pour a tablespoon of olive oil on the bottom of the pan.*
- *Add to the pan 1 medium butternut squash, peeled and cut into 1/4 slices.*
- *Toss slices in the pan so each slice is coated with the oil.*
- *Season with sea salt and black pepper.*
- *Bake 40-45 minutes or until tender, tossing them halfway through cooking time.*

When done, plate 3 oz of the squash with 1 cup cooked chickpeas, 5 sundried tomatoes and a handful of cilantro

Workout: Burn 200 calories with [45 Min. HIIT: High Low Interval Cardio Workout](#)

## Monday

Breakfast: Green Smoothie (450 calories)

Blend 1 cup water, 1 frozen banana, 2 pears, 1 cup kale, 3 dates and 1/2 tsp maca

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: 4 oranges (274 calories)

Dinner: Roasted Butternut Squash, Chickpeas, Sundried Tomatoes, and Cilantro (426 calories)

Workout: Burn 71 calories with [Yoga For a Healthy Liver](#)

## Tuesday

Breakfast: Pear & Maca Smoothie (486 calories)

Blend 1 cup water, 1 cup kale, 2 pears, 1 apple, 1 frozen banana, 1 tsp maca, and 1 cup water

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: 3 apples (285 calories)

Dinner: Black Bean Stuffed Delicata Squash (383 calories)

Preheat the oven at 400 degrees. Cut 1 medium delicata squash in half and scoop out the seeds on the inside. Take the skillet and coat the

bottom with 1 Tbsp of olive oil. Place the squash halves with the inside facing down onto the skillet and bake it for 20 minutes or until tender.

Prepare 2 cups of black beans and 1 ear of corn. Slice up 3 jalapeños into small cubes. Mix the black beans, corn and jalapeño together in a dish and season with smoked paprika, sea salt, and cayenne. Once the squash is done, add the mix to the inside of one of the squash halves. This makes 2 servings. Save half for tomorrow's dinner.

Workout: Burn 93 calories with [Third Chakra Yoga - Show Your Gold](#)

## Wednesday

Breakfast: Headache Soothing Smoothie (104 calories)

Blend a dash of cayenne, 1 cup of feverfew tea (or water), 3 dates, juice of 2 lemons, and 1 cup kale

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.

Snack: 3 bananas and 3 apples (585 calories)

Dinner: Black Bean Stuffed Delicata Squash (383 calories)

## Thursday

Breakfast: Cranberry Ginger Smoothie (474 calories)

Blend 1 cup kale, 3 bananas, 3 dates, 1 cup frozen cranberries, 1/2 tsp ginger, and 1 cup herbal tea (feverfew)

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: 3 apples (285 calories)

Dinner: Roasted Butternut Squash, Chickpeas, Sundried Tomatoes, and Cilantro (426 calories)

Workout: Burn 140 calories with [30 Min. STRONGER: Pure Abs Ripper Core Workout](#)

## Friday

Breakfast: Green Smoothie (322 calories)

Blend 1 cup kale, 2 bananas, 3 dates, 1/2 tsp ginger, 1/2 tsp maca, and 1/2 cup water

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.

Snack: 4 oranges (274 calories)

Dinner: Roasted Butternut Squash, Chickpeas, Sundried Tomatoes, and Cilantro (426 calories)

## Saturday

Breakfast: Breakfast Smoothie Bowl (515 calories)

Blend 1/2 cup coconut milk, 1 ripe (not frozen) banana, 3 dates, 2 carrots, 1 cup romaine lettuce, a capful of vanilla, and cinnamon to taste. Pour in a nice bowl and slice up a ripe banana to put on top. Enjoy with a spoon.

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.

Snack: 2 mangos (269 calories)

Dinner: Black Beans and Sweet Potato (451 calories)

Plate 1 cup of cooked black beans (seasoned with garlic powder, a dash of ginger powder, cumin, smoked paprika, sea salt, and cayenne) and 1 cup of cooked sweet potatoes. Top with a handful of cilantro.

Workout: Burn 225 calories with [45 Min. STRONGER: Total Arms Upper Body Domination](#)