

# RawFoodMealPlanner.com's Oct. 16 - 22, 2016 Meal Plan

## Sunday

Breakfast: Juice 1 medium apple, 1 handful of cilantro (34 grams), 1 cup of collard greens (36 grams), 4 kale leaves, 1 inch ginger root, and 1 medium stalk of celery (112 calories)

Lunch: Kale and Cilantro Salad (373 calories)

Toss in a big salad bowl 1 bunch of kale, chopped; 1 cup of cilantro, chopped; 1 1/4 tsp sea salt; 2 Tbsps cold-pressed extra virgin olive oil; 1 tsp cumin; 2 tsps garlic; 2 tsps ginger; 1/2 tsp cayenne; 1 Tbsp coriander; 1 1/2 tsp garam masala; and 10 sundried tomatoes, sliced. Sprinkle sprouted raw organic sunflower seeds on top.

Snack: 2 mangoes (269 calories)

Dinner: [Collard Hummus Wraps with Golden Beets and Sprouts](#) (506 calories)

## Monday

Breakfast: [Juice](#) 1/2 lemon, 3 medium oranges, and a sprig of mint (194 calories)

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

Snack: 4 oranges (274 calories)

Dinner: [Collard Hummus Wraps with Golden Beets and Sprouts](#) (506 calories)

Workout: Burn 100 calories with [Kettlebell Tabata](#)

## Tuesday

Breakfast: [Juice](#) 1/2 lemon, 3 medium oranges, and a sprig of mint (194 calories)

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

Snack: 3 apples (285 calories)

Dinner: 1 cup of [Pigeon Peas](#) (p. 119) over 1 cup wild rice (372 calories)

## Wednesday

Breakfast: Juice 1 medium apple, 1 handful of cilantro (34 grams), 1 cup of collard greens (36 grams), 4 kale leaves, 1 inch ginger root, and 1 medium stalk of celery (112 calories)

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

Snack: 1 banana and 4 oranges (374 calories)

Dinner: 1 cup of [Pigeon Peas](#) (p. 119) over 1 cup wild rice (372 calories)

## Thursday

Breakfast: [Juice](#) 1/2 lemon, 3 medium oranges, and a sprig of mint (194 calories)

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

Snack: 2 mangoes (269 calories)

Dinner: 1 cup of [Pigeon Peas](#) (p. 119) over 1 cup wild rice (372 calories)

## Friday

Breakfast: Juice 1 medium apple, 1 handful of cilantro (34 grams), 1 cup of collard greens (36 grams), 4 kale leaves, 1 inch ginger root, and 1 medium stalk of celery (112 calories)

Lunch: Kale and Cilantro Salad (373 calories)

Toss in a big salad bowl 1 bunch of kale, chopped; 1 cup of cilantro, chopped; 1 1/4 tsp sea salt; 2 Tbsps cold-pressed extra virgin olive oil; 1 tsp cumin; 2 tsps garlic; 2 tsps ginger; 1/2 tsp cayenne; 1 Tbsp coriander; 1 1/2 tsp garam masala; and 10 sundried tomatoes, sliced. Sprinkle sprouted raw organic sunflower seeds on top.

Snack: [Turmeric Mango Smoothie](#) (272 calories)

Dinner: [Collard Hummus Wraps with Golden Beets and Sprouts](#) (506 calories)

## Saturday

Breakfast: [Juice](#) 1/2 lemon, 3 medium oranges, and a sprig of mint (194 calories)

Lunch: Kale and Cilantro Salad (373 calories)

Toss in a big salad bowl 1 bunch of kale, chopped; 1 cup of cilantro, chopped; 1 1/4 tsp sea salt; 2 Tbsps cold-pressed extra virgin olive oil; 1 tsp cumin; 2 tsps garlic; 2 tsps ginger; 1/2 tsp cayenne; 1 Tbsp coriander; 1 1/2 tsp garam masala; and 10 sundried tomatoes, sliced. Sprinkle sprouted raw organic sunflower seeds on top.

Snack: 2 mangoes (269 calories)

Dinner: [Collard Hummus Wraps with Golden Beets and Sprouts](#) (506 calories)

Workout: Burn 100 calories with [Kettlebell Tabata](#)