

RawFoodMealPlanner.com's Oct. 23 - 29, 2016 Meal Plan

Sunday

Breakfast: [Juice](#) 1 inch ginger root, 1 Fuji apple, and 3 cucumbers (237 calories)

Lunch: [Mango Kiwi Smoothie](#) (463 calories)

Snack: 1 pomelo (80 calories)

Dinner: 3 cups of [Lentil Vegetable Soup](#) (p 90) and 1 serving of [Roasted Radish Chips](#) (590 calories)

Workout: Burn 100 calories with [Strength and Yoga Blend](#)

Monday

Breakfast: [Juice](#) 1 inch ginger root, 1 Fuji apple, and 3 cucumbers (237 calories)

Lunch: Taco Salad (315 calories)

In your salad bowl, toss 4 cups chopped romaine lettuce; 1 mango, peeled and cubed; 1 tomato, diced; 2 green onions, sliced; 1/2 an avocado; cayenne; sea salt; and the juice of 1/2 a lime

Snack: 4 oranges (274 calories)

Dinner: 3 cups of Lentil Vegetable Soup (p 90) and 1 serving of Roasted Radish Chips (590 calories)

Workout: Burn 200 calories with [Lower Body Strength Workout](#)

Tuesday

Breakfast: [Juice](#) 1 inch ginger root, 1 Fuji apple, and 3 cucumbers (237 calories)

Lunch: [Mango Curry Smoothie](#) (433 calories)

Snack: 1 banana and 2 mangoes (369 calories)

Dinner: 1 serving of [Quinoa with Roasted Radishes and Pearl Onions](#) and 1 cup roasted butternut squash (224 calories)

Wednesday

Breakfast: Juice 1 pear, 1 bunch of kale, and 1 apple (217 calories)

Lunch: Taco Salad (315 calories)

In your salad bowl, toss 4 cups chopped romaine lettuce; 1 mango, peeled and cubed; 1 tomato, diced; 2 green onions, sliced; 1/2 an avocado; cayenne; sea salt; and the juice of 1/2 a lime

Snack: 2 bananas and 2 mangoes (469 calories)

Dinner: 1 serving of Quinoa with Roasted Radishes and Pearl Onions and 1 cup roasted butternut squash (224 calories)

Thursday

Breakfast: Juice 1 pear, 1 bunch of kale, and 1 apple (217 calories)

Lunch: [Macamango](#) (468 Calories)

Snack: 1 banana and 4 oranges (374 calories)

Dinner: 1 serving of Quinoa with Roasted Radishes and Pearl Onions and 1 cup roasted butternut squash (224 calories)

Friday

Breakfast: Juice 1 pear, 1 bunch of kale, and 1apple (217 calories)

Lunch: [Mango Curry Smoothie](#) (433 calories)

Snack: 3 bananas and 1 pomelo (380 calories)

Dinner: 1 serving of Quinoa with Roasted Radishes and Pearl Onions and 1 cup roasted butternut squash (224 calories)

Saturday

Breakfast: Juice 1 pear, 1 bunch of kale, and 1apple (217 calories)

Lunch: [Mango Kiwi Smoothie](#) (463 calories)

Snack: 1 banana and 2 cups red gapes (308 calories)

Dinner: 1 serving of Quinoa with Roasted Radishes and Pearl Onions and 1 cup roasted butternut squash (224 calories)