

# RawFoodMealPlanner.com's Oct. 30 - Nov. 5, 2016 Meal Plan

## Sunday

Breakfast: [Juice](#) 1 lemon, 2 pears, 2 cucumbers, and 1 cup of parsley (359 calories)

Lunch: [Avocado Soup](#) (478 calories, p 68)

Snack: [Raspberry Lift Smoothie](#) (416 calories)

Dinner: 1 serving of Quinoa with Roasted Radishes and Pearl Onions with 1/2 an avocado (226 calories)

Workout: Burn 200 calories with [pilates](#)

## Monday

Breakfast: [Juice](#) 1 lemon, 2 cucumbers, and 1 cup of parsley (246 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: [Raspberry Lift Smoothie](#) (416 calories)

Dinner: Baked sweet potatoes and 1 bunch lacinato/dinosaur kale (482 calories)

Cut up 2 medium sweet potatoes into cubes and season with 2 tbsp olive oil, 1 tsp smoked paprika, a little garlic powder, a little cayenne powder, and sea salt to taste. Bake the seasoned potato cubes in the oven on 400 degrees for 30 minutes.

Cut the kale into strips and season with 1 Tbsp olive oil, 1 tsp smoked paprika, a little garlic powder, a little cayenne powder, and sea salt to taste.

Workout: Burn 300 calories with a 30 minute [HIIT](#)

## Tuesday

Breakfast: [Juice](#) 1 lemon, 2 cucumbers, and 1 cup of parsley (246 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: [Raspberry Refresh](#) (412 calories)

Dinner: 1 serving [Roasted Butternut Squash and Kale Salad with Tahini Dressing](#) (306 calories)

Note: This will make 4 servings so it will last you for dinners through Friday!

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

## 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: 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: [Raspberry Comfort Smoothie](#) (398 calories)

Dinner: 1 serving Roasted Butternut Squash and Kale Salad with Tahini Dressing with 1/2 an avocado (390 calories)

Dessert: [Mango Lemon Balm Ice Cream](#) (267 calories, p 157)

Workout: Burn 300 calories with a 30 minute [HIIT](#)

## Thursday

Breakfast: [Juice](#) 3 medium apples, 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 (221 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: [Raspberry Comfort Smoothie](#) (398 calories)

Dinner: 1 serving Roasted Butternut Squash and Kale Salad with Tahini Dressing (306 calories)

## Friday

Breakfast: [Juice](#) 3 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 (221 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: [Raspberry Comfort Smoothie](#) (398 calories)

Dinner: 1 serving Roasted Butternut Squash and Kale Salad with Tahini Dressing (306 calories)

Dessert: Banana Nog (107 calories)

Blend: 3/4 cup nondairy milk, 1 frozen banana, 1/8 teaspoon cinnamon, and 1/2 tsp AllSpice.

Workout: Burn 150 calories with a 15 minute [HIIT](#)

## Saturday

Breakfast: Fruit salad (260 calories)

Chop up and add to your bowl 2 kiwis, 1 banana, 6 oz raspberries

Lunch: [Avocado Soup](#) (478, calories, p 68)

Snack: [Raspberry Lift Smoothie](#) (416 calories)

Dinner: Baked sweet potatoes and 1 bunch lacinato/dinosaur kale (482 calories)

Cut up 2 medium sweet potatoes into cubes and season with 2 tbsp olive oil, 1 tsp smoked paprika, a little garlic powder, a little cayenne powder, and sea salt to taste. Bake the seasoned potato cubes in the oven on 400 degrees for 30 minutes.

Cut the kale into strips and season with 1 Tbsp olive oil, 1 tsp smoked paprika, a little garlic powder, a little cayenne powder, and sea salt to taste.

Workout: Burn 400 calories with 40 minutes of [HIIT](#)