

# RawFoodMealPlanner.com's Oct. 9 - 15, 2016 Meal Plan

## Sunday

Breakfast: [Juice](#) 2 cucumbers, 6 spinach leaves, 4 stalks of celery, and 2 pears (276 calories)

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

Snack: Apple Banana Mint Smoothie (542 calories)

Blend: 1 apple, 3 bananas, 10 mint leaves and the juice of 2 grapefruits

Dinner: 1 serving of [Creamy Mushroom Curry](#) (p. 103) over 1 cup wild rice (341 calories)

Workout: Burn 300 calories with [yoga](#)

## Monday

Breakfast: [Juice](#) 2 cucumbers, 6 spinach leaves, 4 stalks of celery, and 2 pears (276 calories)

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

Snack: 2 mangos (270 calories)

Dinner: 1 serving of [Creamy Mushroom Curry](#) (p. 103) over 1 cup wild rice (341 calories)

## Tuesday

Breakfast: [Juice](#) 2 cucumbers, 6 spinach leaves, 4 stalks of celery, and 2 pears (276 calories)

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

Snack: Apple Banana Mint Smoothie (542 calories)

Blend: 1 apple, 3 bananas, 10 mint leaves and the juice of 2 grapefruits

Dinner: 1 serving of [Creamy Mushroom Curry](#) (p. 103) over 1 cup wild rice (341 calories)

Workout: Burn 300 calories with 45 minutes of dance [Latin Hiphop Dance Workout](#) and [Watch Me \(Whip/Nae Nae\) dance workout](#)

## Wednesday

Breakfast: [Juice](#) 2 pears, 6 stalks of celery, 1/2 a lemon and 1 inch ginger root (265 calories)

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

Snack: 2 mangos (270 calories)

Dinner: 1 serving of [Creamy Mushroom Curry](#) (p. 103) over 1 cup wild rice (341 calories)

## Thursday

Breakfast: [Juice](#) 2 pears, 6 stalks of celery, 1/2 a lemon and 1 inch ginger root (265 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 cups red grapes (208 calories)

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

## Friday

Breakfast: [Juice](#) 2 pears, 6 stalks of celery, 1/2 a lemon and 1 inch ginger root (265 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 mangos (270 calories)

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

## Saturday

Breakfast: [Juice](#) 2 pears, 6 stalks of celery, 1/2 a lemon and 1 inch ginger root (265 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: Apple Banana Mint Smoothie (542 calories)

Blend: 1 apple, 3 bananas, 10 mint leaves and the juice of 2 grapefruits

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

Workout: Burn 300 calories with [45 Min. STRONGER: Brutal Upper Body Strength Workout](#)