

RawFoodMealPlanner.com's
Nov. 13 - 19, 2016 Meal Plan

Sunday

Breakfast: Beet Smoothie (165 calories)

Blend 1 cup beet greens, 3 beets, 1 banana, and 2 cups water

Lunch: Sunday Salad (484 calories)

Toss 8 cups or raw kale, 6 oz of grape tomatoes, and 1 avocado sliced with sea salt, cayenne, garlic, and curry/cumin (whichever you like best)

Snack: Mango Smoothie (397 calories)

Blend 1 cup frozen mangoes, 2 bananas, 5 oz of frozen blueberries, 1/2 tsp vanilla and 10 oz of water

Dinner: [Buffalo Chickpea Ceasar Salad](#) (462 calories) This will make 5 dinners so only use as much romaine lettuce as you need.

Workout: Burn 300 calories with [60-minute refresh for the hips, spine, and shoulders](#)

Monday

Breakfast: 4 oranges (274 calories)

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: [Sweet Dreams Smoothie](#) (659 calories)

Dinner: Buffalo Chickpea Ceasar Salad (462 calories)

Workout: Burn 400 calories with [45 Min. STRONGER: Brutal Upper Body Strength Workout](#)

Tuesday

Breakfast: 3 apples (285 calories)

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: [Strawberry Banana Hemp Seed Smoothie](#) (538 calories)

Dinner: Buffalo Chickpea Ceasar Salad (462 calories)

Workout: Burn 200 calories with [30 Min. HIIT The Ground Running!!! Cardio Workout](#)

Wednesday

Breakfast: 3 apples (285 calories)

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: [Sweet Dreams Smoothie](#) (659 calories)

Dinner: Buffalo Chickpea Ceasar Salad (462 calories)

Workout: Burn 400 calories with [45 Min. STRONGER: Legs Toning & Glutes Burning Workout](#)

Thursday

Breakfast: 4 oranges (274 calories)

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: [Strawberry Banana Hemp Seed Smoothie](#) (538 calories)

Dinner: Buffalo Chickpea Ceasar Salad (462 calories)

Workout: Burn 200 calories with [30 Min. This HIIT is BANANAS - Total Body Workout](#)

Friday

Breakfast: 3 apples (285 calories)

Lunch: Friday Salad (425 calories)

Toss 8 cups or raw kale, fresh cilantro, 1 small scallion sliced, and 1 avocado sliced with sea salt, cayenne, garlic, and curry/cumin (whichever you like best)

Snack: [Strawberry Banana Hemp Seed Smoothie](#) (538 calories)

Dinner: Grateful Bowl (346 calories)

Toss in a bowl 1/2 cup cooked quinoa, 5 cherry tomatoes, 1/2 a cucumber diced, juice of 1 lime, and sea salt, cayenne, garlic, and curry/cumin (whichever you like best)

Workout: Burn 300 calories with [30 Min. Explosive Calisthenics Home Bodyweight Workout](#)

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: 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: Grateful Bowl (346 calories)

Toss in a bowl 1/2 cup cooked quinoa, 5 cherry tomatoes, 1/2 a cucumber diced, juice of 1 lime, and sea salt, cayenne, garlic, and curry/cumin (whichever you like best)