

RawFoodMealPlanner.com's Nov. 27 - Dec. 3, 2016 Meal Plan

Sunday

Breakfast: Juice 1/2 lemon, 4 oranges, and 1 inch fresh ginger root (358 calories)

Lunch: 1 serving of [Tomato & Basil Soup](#) - this recipe will last you 3 lunches (240 calories)

Snack: [Strawberry Vanilla Smoothie](#) (372 calories)

Dinner: Butternut squash with quinoa and red cabbage (544 calories). This will make 2 dinners so save half for tomorrow.

Pair 2 cups roasted butternut squash seasoned with garlic, sea salt and Tandoori Masala seasoning with red cabbage and 1 cup cooked quinoa.

To prepare the cabbage, cut 1 small head of red cabbage into slices and stir fry on a skillet with a little water (no oil). Add 1 red onion diced to the skillet and cook for 5 minutes. Then add 2 tbsps maple syrup, 2 tbsp apple cider vinegar, 1 tsp Dijon mustard, sea salt and black pepper. Put the cabbage on low heat and cook until cabbage is tender, stirring occasionally. This should take about 8 minutes.

Workout: Burn 300 calories with [45 Min. Total Body Dumbbell Strength Home Workout](#)

Monday

Breakfast: Juice 1/2 lemon, 4 oranges, and 1 inch fresh ginger root (358 calories)

Lunch: 1 serving of Tomato & Basil Soup (240 calories)

Snack: Orange Banana Smoothie (459 calories)

Blend 2 bananas, 3 dates, 2 oranges, 1/2 tsp maca, and 1 cup water

Dinner: Butternut squash with quinoa and red cabbage (544 calories)

Workout: Burn 400 calories with [40 Min. Till Sweat Do Us Part - Non-Stop Workout](#)

Tuesday

Breakfast: Juice 1/2 lemon, 4 oranges, and 1 inch fresh ginger root (358 calories)

Lunch: 1 serving of Tomato & Basil Soup (240 calories)

Snack: Orange Banana Smoothie (459 calories)

Blend 2 bananas, 3 dates, 2 oranges, 1/2 tsp maca, and 1 cup water

Dinner: [Easy Fat-Free Dal Tadka](#) with 1/3 cup brown rice (487 calories)

Workout: Burn 300 calories with [30 Min. HIIT Below the Belt - Lower Body Workout](#)

Wednesday

Breakfast: Juice 1/2 lemon, 4 oranges, and 1 inch fresh ginger root (358 calories)

Lunch: WTK Salad (419 calories)

Toss in your salad bowl 4 cups chopped lacinato/dinosaur kale leaves, juice of 2 lemons, 2 tablespoons extra virgin olive oil, 1 tablespoon apple cider vinegar, 1 tablespoon Dijon mustard, and sea salt.

Snack: [Strawberry Vanilla Smoothie](#) (372 calories)

Dinner: [Easy Fat-Free Dal Tadka](#) with 1/3 cup brown rice (487 calories)

Workout: Burn 400 calories with [30 Min. INSANE Standing Cardio Abs HIIT Workout](#)

Thursday

Breakfast: [Sorrel](#) (243 calories)

Blend 1 cup hibiscus flower, 1 thumb ginger root, and 6 cups filtered water. Add 3 oz of agave to taste.

Lunch: WTK Salad (419 calories)

Toss in your salad bowl 4 cups chopped lacinato/dinosaur kale leaves, juice of 2 lemons, 2 tablespoons extra virgin olive oil, 1 tablespoon apple cider vinegar, 1 tablespoon Dijon mustard, and sea salt.

Snack: [Strawberry Vanilla Smoothie](#) (372 calories)

Dinner: [Easy Fat-Free Dal Tadka](#) with 1/3 cup brown rice (487 calories)

Workout: Burn 300 calories with [30 Min. HIIT Em' Up - Upper Body Workout](#)

Friday

Breakfast: [Sorrel](#) (243 calories)

Blend 1 cup hibiscus flower, 1 thumb ginger root, and 6 cups filtered water. Add 3 oz of agave to taste.

Lunch: WTK Salad (419 calories)

Toss in your salad bowl 4 cups chopped lacinato/dinosaur kale leaves, juice of 2 lemons, 2 tablespoons extra virgin olive oil, 1 tablespoon apple cider vinegar, 1 tablespoon Dijon mustard, and sea salt.

Snack: [Strawberry-Lemonade Aloe Vera Smoothie](#) (172 calories)

Dinner: Butternut squash with quinoa and red cabbage (544 calories). This will make 2 dinners so save half for tomorrow.

Pair 2 cups roasted butternut squash seasoned with garlic, sea salt and Tandoori Masala seasoning with red cabbage and 1 cup cooked quinoa.

To prepare the cabbage, cut 1 small head of red cabbage into slices and stir fry on a skillet with a little water (no oil). Add 1 red onion diced to the skillet and cook for 5 minutes. Then add 2 tbsps maple syrup, 2 tbsp apple cider vinegar, 1 tsp Dijon mustard, sea salt and black pepper. Put the cabbage on low heat and cook until cabbage is tender, stirring occasionally. This should take about 8 minutes.

Workout: Burn 100 calories with [Standing ab workout : 10 minute hiit abs exercises](#)

Saturday

Breakfast: [Sorrel](#) (243 calories)

Blend 1 cup hibiscus flower, 1 thumb ginger root, and 6 cups filtered water. Add 3 oz of agave to taste.

Lunch: WTK Salad (419 calories)

Toss in your salad bowl 4 cups chopped lacinato/dinosaur kale leaves, juice of 2 lemons, 2 tablespoons extra virgin olive oil, 1 tablespoon apple cider vinegar, 1 tablespoon Dijon mustard, and sea salt.

Snack: [Strawberry Vanilla Smoothie](#) (372 calories)

Dinner: Butternut squash with quinoa and red cabbage (544 calories)

Workout: Burn 300 calories with [Dorm Room HIIT I Silent Full Body Workout - No Equipment](#)