

# RawFoodMealPlanner.com's Nov. 6 - 12, 2016 Meal Plan

## Sunday

Breakfast: Green Smoothie (267 calories)

Blend 1 cup spinach, 2 apples, 1 banana, and 1 cup water.

Lunch: 1 serving of [Tomato Basil Soup](#) (360 calories)

*Note: This recipe makes 2 servings.*

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

Dinner: 1 serving of [EZ Mac & Cheez](#) (311 calories)

## Monday

Breakfast: [Juice](#) 1/2 cup packed dandelion leaves, 1 apple, 1 beet, and 1/4 inch fresh ginger root (151 calories)

Lunch: 1 serving of [Tomato Basil Soup](#) (360 calories)

Snack: Pear Trees Smoothies (528 calories)

Blend 1 cup romaine lettuce, 2 pears, 1 apple, 1 banana, and 1/2 cup water.

Dinner: 1 serving of [EZ Mac & Cheez](#) (311 calories)

Workout: Burn 100 calories with 24 minutes of [pilates](#)

## Tuesday

Breakfast: [Juice](#) 1/2 cup packed dandelion leaves, 1 apple, 1 beet, and 1/4 inch fresh ginger root (151 calories)

Lunch: 1/2 lb of kale, 3 bell peppers, 2oz of microgreens, 4 tomatoes, and with 4 Tbsps of [Ranch Dressing](#) (459 calories)

Snack: Mango Smoothie (520 calories)

Blend 1/2 cup dandelion greens, 1/2 cup romaine lettuce, 2 mangoes, 1 banana, and 1/2 cup water.

Dinner: 1/2 cup red lentils, 1/2 medium sweet potato and 1/2 small bunch of chopped fresh cilantro (401 calories)

Season with cumin, curry powder, coriander, turmeric, a dash of cinnamon, garlic, a dash of cayenne, and sea salt to taste.

Workout: Burn 300 calories with a [Lower Body Workout](#)

## Wednesday

Breakfast: [Juice](#) 1/2 cup packed dandelion leaves, 1 apple, 1 beet, and 1/4 inch fresh ginger root (151 calories)

Lunch: 1/2 lb of kale, 3 bell peppers, 2oz of microgreens, 3.5 oz mushrooms, and with 4 Tbsps of [Ranch Dressing](#) (385 calories)

Snack: 2 bananas and 3 apples (485 calories)

Dinner: 1/2 cup red lentils, 1/2 medium sweet potato and 1/2 small bunch of chopped fresh cilantro (401 calories)

Season with cumin, curry powder, coriander, turmeric, a dash of cinnamon, garlic, a dash of cayenne, and sea salt to taste.

Workout: Burn 150 calories with a [yoga](#)

## Thursday

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

Lunch: 1/2 lb of kale, 3 bell peppers, 2oz of microgreens, 4 tomatoes, and with 4 Tbsps of [Ranch Dressing](#) (459 calories)

Snack: 2 oz of cashews (312 calories)

Dinner: 1/2 cup red lentils, 1/2 medium sweet potato and 1/2 small bunch of chopped fresh cilantro (401 calories)

Season with cumin, curry powder, coriander, turmeric, a dash of cinnamon, garlic, a dash of cayenne, and sea salt to taste.

Workout: Burn 200 calories with a [HIIT Total Body Burn Beginners Workout](#)

## Friday

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

Lunch: Salad (421 calories)

*Toss in your favorite big salad bowl all of the following ingredients: 2 cups diced lobster mushroom, 1 red bell pepper, chopped, 2 cups mixed greens, 1/4 cup Micro greens, 1 1/2 tsp salad seasoning, Sea Salt, 4 tomatoes, sliced, 1/2 Haas avocado and Cold-pressed extra virgin olive oil*

Snack: 2 oz of cashews (312 calories)

Dinner: 1/2 cup red lentils, 1/2 medium sweet potato and 1/2 small bunch of chopped fresh cilantro (401 calories)

Season with cumin, curry powder, coriander, turmeric, a dash of cinnamon, garlic, a dash of cayenne, and sea salt to taste.

Workout: Burn 100 calories [dancing](#)

## Saturday

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

Lunch: Salad (392 calories)

*Toss in your favorite big salad bowl all of the following ingredients: 1 red bell pepper, chopped; 2 cups mixed greens; 1/4 cup Micro greens; 1 1/2 tsp salad seasoning; Sea Salt; 3 tomatoes, sliced; and 2 Tbsps Cold-pressed extra virgin olive oil*

Snack: 2.5 oz of cashews (390 calories)

Dinner: 1 large bunch Swiss chard, leaves torn into bite-sized pieces and stems sliced; 1 cup red lentils; 1/2 an avocado; and 1 large sweet potato (400 calories)

Workout: Burn 200 calories with some [cardio](#)