

Weekly Meal Planner Family of 7

60% RAW 40% COOKED

WWW.SOSRAW.COM

	Breakfast	Snack	Lunch	Snack	Dinner
Sunday	Raw Granola with Almond Milk	Apple/Carrot/Beet/Lemon/Spinach Fresh Juice	HARD BOILED EGGS/APPLES ALMOND BUTTER/TANGERINES	Chocolate Peppermint Flurry Smoothie	Grilled Chicken Ceasar Salad/Homemade Bread Rolls
Maniac Monday	GF French Toast/Orange Juice	Apple/Carrot/Beet/Lemon/Spinach Fresh Juice	Tuna Sandwiches//GF PRETZELS/CANTALOUPE	Key Lime Pie Smoothie	RAW corn/black bean/avocado salad
Taco Tuesday	Cooked Oatmeal/Sliced Apples/Raisins	Apple/Carrot/Beet/Lemon/Spinach Fresh Juice	Veggie Platter/Hummus/Pistacios	Kale Kandy Smoothie	Taco Salad, Beans/Rice, etc
CrockPot Wednesday	SMOOTHIE/RAW GRANOLA BAR	Apple/Carrot/Beet/Lemon/Spinach Fresh Juice	HARD BOILED EGGS/APPLES ALMOND BUTTER/TANGERINES	Berried Alive Smoothie	Cheeseburger paradise soup
Thankful Thursday	GF French Toast/Orange Juice	Apple/Carrot/Beet/Lemon/Spinach Fresh Juice	Veggie Platter/Hummus/Pistacios	Strawerry Shortcake Smoothie	Mugwort Spaghetti/Meatballs/Salad
Pizza Friday	SMOOTHIE/RAW GRANOLA BAR	Apple/Carrot/Beet/Lemon/Spinach Fresh Juice	HARD BOILED EGGS/APPLES ALMOND BUTTER/TANGERINES	Orange Creamscicle smoothie	RAW BAHA PIZZA
Saturday	Cooked Oatmeal/Sliced Apples/Raisins	Apple/Carrot/Beet/Lemon/Spinach Fresh Juice	Tuna Sandwiches//GF PRETZELS/CANTALOUPE	Parfait (layered coconut yogurt, fruit, raw granola)	RAW Tai Spring Rolls