

# 80% Cooked - 20% Raw Meal Plan JULY 2017

Key: Breakfast, **Snack**, Lunch, **Snack**, Dinner

"Sketti" Sunday	Maniac Monday	Taco Tuesday	Crockpot Wednesday	Leftover Thursday	Pizza Friday	Saturday
<p>2 Cooked Oatmeal with apples and cinnamon</p> <p>Apple/spinach/carrot juice</p> <p>VeggieWraps/Cantaloupe/Rice Cake</p> <p>Orange Creamsicle smoothie</p> <p>Carrot Frootles, Nut Sauces</p>	<p>3 Fruit Bowl/Scone</p> <p>Apple/spinach/carrot juice</p> <p>Egg Salad Sandwiches Pretzels/Cantaoupe</p> <p>Chocolate Peppermint flurry Smoothie</p> <p>Baked Pasta Fagioli/salad</p>	<p>4 Smoothies/ Raw Granola</p> <p>Apple/Carrot/Spinach Juice</p> <p>Egg Salad Wraps/Cantaloupe</p> <p>Morning Buzz Smoothie</p> <p>Taco Salad, Beans/Rice, etc</p>	<p>5 Chocolate Smoothies/French Toast</p> <p>Apple/Carrot/Spinach Juice</p> <p>Corn Edamame and black bean salad/salsa/chips</p> <p>Apples &amp; Nut Butter Sandwiches</p> <p>White Bean Soup Crockpot</p>	<p>6 Yogurt/Fruit/Granola</p> <p>Apple/Carrot/Spinach Juice</p> <p>Veggie Wraps/Cantaloupe/Rice Cakes</p> <p>Orange Creamsicle smoothie</p> <p>Thankful Leftovers</p>	<p>7 Fruit Bowl/Scone</p> <p>Apple/Carrot/Spinach Juice</p> <p>Almond Butter &amp; Honey w/banana sandwich/Fruit/Pretzels</p> <p>Veggies &amp; Ranch Dip</p> <p>Toasties/Popcorn/Movie</p>	<p>8 Smoothies/French Toast</p> <p>Apple/spinach/carrot juice</p> <p>Mini Pizzas(French bread, pizza sauce, almond cheese)</p> <p>Key Lime Pie Smoothie</p> <p>Dinner out</p>
<p>9 Fruit Bowl/Scone</p> <p>Apple/spinach/carrot juice</p> <p>Almond Butter &amp; Honey w/banana sandwich/Fruit</p> <p>Kale Kandy Smoothie</p> <p>Chicken Pad Thai</p>	<p>10 Yogurt Fruit Parfait</p> <p>Apple/spinach/carrot juice</p> <p>Hazelnut Butter, Honey &amp; Banana Tortilla Pinwheels</p> <p>Orange Creamsicle Smoothie</p> <p>RAW corn/black bean/avocado salad</p>	<p>11 Smoothies/granola</p> <p>Apple/spinach/carrot juice</p> <p>Chicken Salad/Fruit</p> <p>Almond Date Pockets</p> <p>RAW Cabbage Baha Tacos</p>	<p>12 Smoothies/French Toast</p> <p>Apple/spinach/carrot juice</p> <p>Corn Edamame and black bean salad/salsa/chips</p> <p>Parfait (layered yogurt, fruit, granola)</p> <p>Cheeseburger paradise soup</p>	<p>13 Cooked Oatmeal with apples and cinnamon</p> <p>Apple/spinach/carrot juice</p> <p>Veggie Wraps/Cantaloupe/Rice Cake</p> <p>Orange Creamsicle smoothie</p> <p>Leftovers</p>	<p>14 Fruit Bowl/Scone</p> <p>Apple/spinach/carrot juice</p> <p>Almond Butter &amp; Honey w/banana sandwich/Fruit/Pretzels</p> <p>Kale Kandy Smoothie</p> <p>Veggie Pizza/Movie</p>	<p>15 Milk/Muffins/Fruit</p> <p>Apple/spinach/carrot juice</p> <p>Avocado Boats/Sliced Oranges</p> <p>Berried Alive Smoothie</p> <p>Open for anything</p>
<p>16 Cooked Oatmeal with apples and cinnamon</p> <p>Apple/spinach/carrot juice</p> <p>VeggieWraps/Cantaloupe/Rice Cake</p> <p>Orange Creamsicle smoothie</p> <p>Chicken/Fried Rice</p>	<p>17 Milk/Muffins/Fruit</p> <p>Apple/spinach/carrot juice</p> <p>Avocado Boats/Sliced Oranges</p> <p>Berried Alive Smoothie</p> <p>Cabbage Slaw stuffed peppers</p>	<p>18 Smoothies/Hard Boiled Egg</p> <p>Apple/spinach/carrot juice</p> <p>Lentil Soup/Mini Peppers</p> <p>Morning Buzz Smoothie</p> <p>Taco Salad Bowls</p>	<p>19 Smoothies/French Toast</p> <p>Apple/spinach/carrot juice</p> <p>Mini Pizzas(French bread, pizza sauce, cheese)</p> <p>Key Lime Pie Smoothie</p> <p>Creamy Chicken Burritos guacamole, sour cream, tomatoes, lettuce etc.</p>	<p>20 Yogurt/Fruit/Granola</p> <p>Apple/spinach/carrot juice</p> <p>Cucumber &amp; Nut Cheese Tortilla Pinwheels/Snap Peas or Edamame</p> <p>Strawerry Shortcake Smoothie</p> <p>Leftovers</p>	<p>21 Fruit Bowl/Scone</p> <p>Apple/spinach/carrot juice</p> <p>Egg Salad Sandwiches Pretzels/Cantaoupe</p> <p>Chocolate Peppermint flurry Smoothie</p> <p>Toasties/Popcorn/Movie</p>	<p>22 Milk/Muffins/Fruit</p> <p>Apple/spinach/carrot juice</p> <p>Avocado Boats/Sliced Oranges</p> <p>Berried Alive Smoothie</p> <p>Green smoothie</p>
<p>23 Yogurt/Fruit/Granola</p> <p>Apple/spinach/carrot juice</p> <p>Cucumber &amp; Nut Cheese Tortilla Pinwheels/Snap Peas or Edamame</p> <p>Strawberry Shortcake Smoothie</p> <p>RAW Tai Spring Rolls</p>	<p>24 Smoothies/Eggs/Toast</p> <p>Apple/spinach/carrot juice</p> <p>Tuna Salad Sandwich /Fruit</p> <p>Kale Kandy Smoothie</p> <p>Chicken Lettuce Wraps, Fried Rice/salad</p>	<p>25 Cooked Oatmeal with apples and cinnamon</p> <p>Apple/spinach/carrot juice</p> <p>Veggie Wraps</p> <p>Trail Mix/Watermelon</p> <p>RAW Baha Tacos</p>	<p>26 Smoothies/French Toast</p> <p>Apple/spinach/carrot juice</p> <p>Garlic Noodles, veggies</p> <p>Fresh Fruit Salad/nuts</p> <p>Chicken/Fried Rice</p>	<p>27 Yogurt Fruit Parfait</p> <p>Apple/spinach/carrot juice</p> <p>Egg Salad Pitas/cantaloupe</p> <p>Orange Creamsicle Smoothie</p> <p>Leftovers</p>	<p>28 Fruit Bowl/Scone</p> <p>Apple/spinach/carrot juice</p> <p>Hummus Sandwich thins/popcorn/bananas</p> <p>Purple Rain Smoothie/Popcorn</p> <p>Green Smoothie/Popcorn/Movie</p>	<p>29 Milk/Muffins/Fruit</p> <p>Apple/spinach/carrot juice</p> <p>Avocado Boats/Sliced Oranges</p> <p>Berried Alive Smoothie</p> <p>Baked Potato Soup</p>