



therawplace
 دارو بليس



Eating clean is easy. A daily menu of plant-based, gluten-free goodness for those interested in returning to an all organic diet, those who want to restore their health, or for those who are curious about how it feels to live a plant-based lifestyle!

WEEKLY MEAL PLAN SAMPLE

Choose between 2 Meals + Snacks/day or 3 Meals + Snacks/day.
 Delivered 5, 6, or 7 days a week!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST Select one	Carrot Dill Hummos w/ Cucumber & Celery Sticks (330kcal) Cashew Pancakes (520kcal)	Chickpea & Kimchi Pancakes (249kcal) Homemade Hippie Cereal with Almond Milk (520kcal)	Bean Burrito (389kcal) Superfood Quinoa Porridge (578kcal)	Morning Muffin (249kcal) Southwest Tofu Scramble (5321kcal)	Pumpkin Chocolate Chip Oat Bread (300kcal) Baked Sweet Potato Falafel (520kcal)
CP JUICE For juice plan subscribers only	Green Apple Juice	Daily Green	Heart Beet	Fennel King	Green Gold
LUNCH Select one	Vegan Mealballs (268kcal) Vegan Alfredo Fusilli (380kcal)	White Bean & Cranberry Salad (275kcal) Red Pepper Pasta (320kcal)	Zucchini Noodles (300kcal) Rainbow Sushi Balls (231kcal)	Mushroom & Thyme Arrancini Balls (385kcal) Double P's Salad (302kcal)	Arugula Salad (214kcal) Portobello Mushroom Wild Rice (206kcal)
DINNER Select one	Vegan Potato Salad (268kcal) Cauliflower Kichari Pot (307kcal)	Fishless Tuna Cakes (279kcal) Immunity Booster Salad (330kcal)	Liver Detox Salad (206kcal) Baked Pumpkin GF Pasta (400kcal)	Sun-dried Tomato & Basil Arrancini (330kcal) Hearty Persian Stew (598kcal)	Curried Tofu w/ Vegetables (391kcal) Creamy Pumpkin Mac 'n Cheese (580kcal)
SNACK Select two	Chai Spiced Oatmeal Bars (173kcal) Keto Kookies (210kcal) Cake My Day (145kcal) Cranberry Protein Cookies (318kcal)	No Bake Peanut Butter Cookies (189kcal) Superkake Donut (151kcal) Keto Crackers with Beetroot Hummos (386kcal) It's a Date (53kcal)	Pekans & Karrots (158kcal) Coconut Tart (211kcal) Flaxseed & Banana Crumb Muffins (186kcal) Marbelous Bar (220kcal)	Cake My Day (145kcal) Sinless Cacao Donut (91kcal) Miss Ketonality Bar (1430kcal) Keto Kookies (210kcal)	Delightful Bars (135kcal) Superkake Donut (151kcal) Protein Balls (61kcal) It's a Date (53kcal) Keto Crackers with Beetroot Hummos (386kcal)

To learn more, visit www.therawplace.com/meal-plans