

## Weekly Meal Plan #4

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	<a href="#">Yellow Curry Veggie Quinoa Tofu</a>	<a href="#">Black Beans Manchurian</a> + Brown rice/garlic noodle	<a href="#">Herbed Black Rice Soup</a> + Side Caesar salad	Leftover <a href="#">Yellow Curry Veggie Quinoa Tofu</a>	<a href="#">Cajun Butternut Squash &amp; Black Rice Salad</a>	Left over <a href="#">Black Beans Manchurian</a> + Steamed rice + Cabbage Salad	Pre Valentine's Day Eve!!!  Enjoy, pamper and get pampered.
NUTRITION FACTS	Calories: 458	Calories: 230 (excluding rice/noodle)	Calories: 275 (excluding the salad)	Calories: 458	Calories: 206	Calories: 230 + 200 + 100 = 530	
NOTES		You may bake black beans balls over the weekend and refrigerate until ready to use. If you plan to do so make sure to add the balls to the gravy and cook for couple of minutes.	Cook black rice over the weekend and refrigerate in an air tight container. Cook extra servings of black rice for later use.		Leftover Salad can be used for lunch the next day.	Cabbage Salad recipe (drizzle shredded cabbage with EVOO, little vinegar, garlic salt and pinch of sugar).	

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> <li><a href="#">Peanut Butter Oatmeal Porridge</a> (Calories: 240)</li> <li><a href="#">Savory Sweet Potato Bread</a> with Almond Butter (Calories: 163+60=223)</li> <li><a href="#">Arugula Quinoa Smoothie Bowl</a> (Calories: 251)</li> <li><a href="#">Pear Spinach Mango Smoothie</a> (Calories: 287)</li> </ol>	<ol style="list-style-type: none"> <li><a href="#">Tofu Chickpeas Lettuce Wrap</a> (Calories: 161)</li> <li><a href="#">Chickpea Flour and Quinoa Fritters</a> (Calories: 231)</li> <li>Cucumber Tomato on <a href="#">Savory Sweet Potato Bread</a> with a slice of cheese (Calories: 350)</li> <li><a href="#">Cajun Butternut Squash &amp; Black Rice Salad</a> (Calories: 206)</li> </ol>

Disclaimer: This meal plan is not for weight loss and is based on an average daily requirement of 2000 calories.