

Weekly Meal Plan #10

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	<u>Paneer Farro Casserole</u>	Taking off!!!! Because it's my b'day 😊	<u>Teff Tofu Salad</u>	Leftover <u>Paneer Farro Casserole</u> + Side salad of sliced cucumber and radish	Leftover <u>Kale Bulgur Soup</u> + Whole grain dinner roll	TGIF!!! Take Out Day because we all need a break 😊	Leftover <u>Kale Bulgur Soup</u> + Side Caesar Salad
NUTRITION FACTS	Calories: 461		Calories: 245	Calories: 461 (excluding salad)	Calories: 135 (excluding dinner roll)		Calories: 135 (Excluding the salad)
NOTES	Refrigerate the leftovers for later use during the weekend.		Boil Teff over the weekend and refrigerate in an air tight container.		Boil bulgur over the weekend and refrigerate in an air tight container.		

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> 1. <u>Peanut Butter Bulgur Waffles</u> (Calories: 389) 2. <u>Carrot Bulgur Porridge</u> (Calories: 341) 3. <u>Arugula Quinoa Smoothie Bowl</u> (Calories: 251) 4. <u>Spinach Quinoa Porridge</u> (Calories: 394) 	<ol style="list-style-type: none"> 1. <u>Brown Rice Tofu Scramble</u> (Calories: 325) 2. <u>Black Beans salad with Papaya Sauce</u> (Calories: 241) 3. <u>Oats and Chickpeas pilaf</u> (Calories: 600) 4. <u>Black Rice Mango Salad</u> (Calories: 319)

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