

Weekly Meal Plan #11

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	It's Easter Sunday Happy Easter!!!!	Eating out because it's Yashvi's b'day!	<u>Healthy Baked Orange Paneer Salad</u> + Dinner rolls	<u>Almond Sauce Spaghetti with Corn Salsa</u>	<u>Cajun Spiced Barley Kale Soup</u>	<u>Tofu Chickpeas Lettuce Wraps</u> + Leftover <u>Almond Sauce Spaghetti with corn salsa</u>	<u>Peaches and Red Potato "stir fry"</u> + Vegetable pilaf/boiled brown rice
NUTRITION FACTS			Calories: 163 (excluding dinner rolls)	Calories: 302	Calories: 187	Calories: 161 + 302 = 463	Calories: 594 (Excluding rice)
NOTES	All day with relatives.			Prepare salsa over the weekend and refrigerate in an air tight glass container.	Boil Barley over the weekend and refrigerate in an air tight container.		For vegetable pilaf – sauté veggies of your choice in little oil, add boiled rice (I will use boiled brown rice) and season it with salt and pepper.

Healthy Breakfast Ideas	Healthy Lunch Ideas
1. <u>Mango Coconut Chia Energy Drink</u> (Calories: 139) 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)	1. <u>Teff Tofu Salad</u> (Calories: 245) 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.