

## Weekly Meal Plan #12

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	<a href="#">Asian Tofu Curry</a> + Brown rice	<a href="#">Quick Spinach Sauce Bread</a> for veggie sandwich + <a href="#">Tofu Sriracha Dressing</a> + <a href="#">Watermelon Cherry Cooler</a>	<a href="#">Vegetable Coconut Amaranth Pilaf</a>	Leftover <a href="#">Asian Tofu Curry</a> + Boiled Quinoa	Leftover <a href="#">Vegetable Coconut Amaranth Pilaf</a>	TGIF!!!! A break from the flame ☺	Caesar Salad with <a href="#">Tofu Sriracha Dressing</a> + <a href="#">Quick Spinach Bread</a> (toasted)
NUTRITION FACTS	Calories: 397 (excluding rice)	Calories: 284 + 16 + 46 = 346	Calories: 457	Calories: 397 (excluding quinoa)	Calories: 457		Calories: 100 + 142 = 142
NOTES	Feel free to make and refrigerate the curry paste extra to use it later in the week.	Bake the bread over the weekend and refrigerate in an air tight container. Whip up the dressing over the weekend and refrigerate in an air tight glass container.	Boil amaranth a day ahead and refrigerate in an air tight container.				

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> <li><a href="#">Mango Coconut Chia Energy Drink</a> (Calories: 139)</li> <li><a href="#">Carrot Bulgur Porridge</a> (Calories: 341)</li> <li><a href="#">Velvet Apricot Oatmeal Smoothie</a> (Calories: 345)</li> <li><a href="#">Peanut Butter Bulgur Waffles</a> (Calories: 389)</li> </ol>	<ol style="list-style-type: none"> <li><a href="#">Teff Tofu Salad</a> (Calories: 245)</li> <li><a href="#">Quick Spinach Bread</a> with lettuce, tomato, salt, pepper (Calories: 284)</li> <li><a href="#">Oats and Chickpeas pilaf</a> (Calories: 600)</li> <li><a href="#">Black Rice Mango Salad</a> (Calories: 319)</li> </ol>

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