

## Weekly Meal Plan #13

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	<a href="#">Iron Rich Veggie Beetroot Curry</a> + White/Brown rice	<a href="#">Masala Spinach Farro</a> + Yogurt (dairy free/regular)	<a href="#">Cheesy Green Peas</a> + <a href="#">Simple Cucumber Salad</a>	<a href="#">Asian Style Long Beans and Quinoa</a>	Leftover <a href="#">Iron Rich Veggie Beetroot Curry</a> + Boiled quinoa + Radish salad with salt and lemon juice	TGIF!!!! A break to enjoy the spring air ☺	Leftover <a href="#">Asian Style Long Beans and Quinoa</a>
NUTRITION FACTS	Calories: 152 (excluding rice)	Calories: 183 (excluding yogurt)	Calories: 345 + 91 = 436	Calories: 650	Calories: 152 (excluding quinoa and radish salad)		Calories: 650
NOTES		Boil Farro over the weekend. Leftovers can be used for lunch the next day.		Boil double the measurement mentioned for quinoa to be used later in the week.			

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="#">Chocolate Chip Spinach Oatmeal Waffles</a> (Calories: 170)</li> <li><a href="#">Amaranth Breakfast Cereal</a> (Calories: 198)</li> <li><a href="#">Peanut Butter Bulgur Waffles</a> (Calories: 389)</li> </ol>	<ol style="list-style-type: none"> <li><a href="#">Masala Spinach Farro</a>(Calories: 183)</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="#">Simple Cucumber Salad</a>(Calories: 91)</li> </ol>

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