

Weekly Meal Plan #14

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Yellow Curry Veggie Quinoa with Tofu	Mixed Green Farro Salad and fresh Figs	Paleo Beetroot Tortilla In a wrap style with veggies and salad. + Cheesy Black Bean Bites	Leftover Yellow Curry Veggie Quinoa with Tofu	Farro Kidney Beans Balls + Pineapple Coconut Tropical Smoothie	TGIF!!!! A break to enjoy the spring air ☺	Leftover Cheesy Black Bean Bites in a sandwich style between buns or as lettuce wrap
NUTRITION FACTS	Calories: 458	Calories: 399	Calories: 159 + 106 = 265	Calories: 458	Calories: 109 + 299 = 408		Calories: 106 (excluding buns)
NOTES		Boil Farro over the weekend and refrigerate in an air tight container. Bring it to room temperature before tossing into this salad.	Black Beans Bites (vegan option) – moist those balls with dairy free milk or oil for egg wash and use vegan cheese instead of regular cheese.		Use leftover boiled farro from Day 2. Leftover Farro Kidney Beans Balls can be used for lunch the next day.		

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> Pineapple Coconut Tropical Smoothie (Calories: 299) Chocolate Chip Spinach Oatmeal Waffles (Calories: 170) Amaranth Breakfast Cereal (Calories: 198) Peanut Butter Bulgur Waffles (Calories: 389) 	<ol style="list-style-type: none"> Masala Spinach Farro(Calories: 183) Mixed Green Farro Salad and Fresh Figs (Calories: 399) Farro Kidney beans Balls (Calories: 109) Simple Cucumber Salad(Calories: 91)

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