

Weekly Meal Plan #15

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	AWAY!	AWAY!	Tofu Salad with Herbed Persimmons	Mushroom Pepper Masala + Brown rice	Cajun Spiced Sweet Potato Cilantro Pilaf	Leftover Mushroom Pepper Masala + Naan/Tortilla + Onions Tomato Salad	Broccoli in Strawberry Sauce + Steamed rice
NUTRITION FACTS			Calories: 209	Calories: 379 (excluding rice)	Calories: 425	Calories: 250 + 200 + 50 =510	Calories: 184 (excluding rice)
NOTES				Boil extra brown rice to use it the next day.	Use brown rice from Day4. Leftovers can be used for lunch the next day.	For salad – sliced red onions and toss cherry tomatoes with olive oil, salt, pepper and dried basil. The calories are calculated with approximation.	

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"> Cajun Spiced Sweet Potato Cilantro Pilaf (Calories: 425) 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.