

Weekly Meal Plan #16

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Black Beans Crust Pizza	Tofu Coins in Spicy Peanut Sauce + Steamed rice	Pasta Mushroom Stir Fry	Leftover Black Beans Crust Pizza	Chickpea flour Quinoa Fritters + Cherry Orange Salsa	TGIF! Take a break 😊	Leftover Tofu Coins in Spicy Peanut Sauce + Boiled quinoa + Your choice of a side salad
NUTRITION FACTS	Calories: 437	Calories: 188 (excluding rice)	Calories: 496	Calories: 437	Calories: 231 + 80 = 311		Calories: 188 (excluding quinoa and salad)
NOTES	For vegan option add silken tofu instead of eggs. Make two batches of this pizza and refrigerate one pizza base for later use in the week.	Make the tofu coins over the weekend and refrigerate in an air tight container. Make sure to bring them in a room temperature before using them for this entrée.	Left over can be used for lunch the next day.		We will eat cherry orange salsa like a side salad so changed its servings to 4 and hence the calories changes.		

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) Strawberry Chia Amaranth Parfait (Calories: 342) 	<ol style="list-style-type: none"> Cajun Spiced Sweet Potato Cilantro Pilaf (Calories: 425) Pasta Mushroom Stir Fry (Calories: 496) Chickpea flour Quinoa Fritters (Calories: 231) 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.