

## Weekly Meal Plan #17

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Away! Happy Mother's Day!!!!	<a href="#">Dry Rub Tofu with Spelt Elbows</a>	<a href="#">Red Quinoa and Paneer Asian Fusion</a>	<a href="#">Black Rice Mango Salad</a>	Leftover <a href="#">Dry Rub Tofu with Spelt Elbows</a> + A side salad of mixed green with drizzled Evoo, salt and pepper	TGIF! Take a break ☺	Leftover <a href="#">Red Quinoa and Paneer Asian Fusion</a> + <a href="#">Watermelon Cherry Cooler</a>
NUTRITION FACTS		Calories: 425	Calories: 583	Calories: 319	Calories: 425 (excluding salad)		Calories: 583 + 46 = 629
NOTES		For vegan option use vegan cheese mozzarella cheese. Any pasta can be used for this recipe. Refrigerate the leftovers.	For vegan option tofu can be used. If using tofu calories will vary than mentioned.	Cook black a day ahead and refrigerate in an air tight glass container. Leftover can be used for lunch the next day.			

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> <li><a href="#">Pineapple Coconut Tropical Smoothie</a> (Calories: 299)</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="#">Strawberry Chia Amaranth Parfait</a> (Calories: 342)</li> </ol>	<ol style="list-style-type: none"> <li><a href="#">Cajun Spiced Sweet Potato Cilantro Pilaf</a> (Calories: 425)</li> <li><a href="#">Pasta Mushroom Stir Fry</a> (Calories: 496)</li> <li><a href="#">Chickpea flour Quinoa Fritters</a> (Calories: 231)</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.