

## Weekly Meal Plan #18

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	<a href="#">One Pot Veggie Quinoa</a>	<a href="#">Black Beans Manchurian</a> + Brown rice	<a href="#">Chickpeas and Mini Sweet Peppers Salad</a>	Leftover <a href="#">One Pot Veggie Quinoa</a> + Side Caesar Salad	Leftover <a href="#">Black Beans Manchurian</a> + Veg Hakka Noodles	TGIF! Take a break 😊	<a href="#">Grilled Sweet Potato Wraps</a>
NUTRITION FACTS	Calories: 478	Calories: 230 (excluding rice)	Calories: 489	Calories: 478 (excluding salad)	Calories: 230 (excluding noodles)		Calories: 305
NOTES	For vegan option use any vegan cheese.		Leftovers can be used for lunch the next day.		For Hakka noodles - add vegetables in warm olive oil season it with low sodium soy sauce, salt and pepper and toss in boiled noodles.		

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> <li><a href="#">Coffee Hemp Smoothie</a> (Calories: 367)</li> <li><a href="#">Caramelized Strawberry Sauce Pancakes</a> (Calories: 159)</li> <li><a href="#">Savory Kale Oatmeal Cups</a> (Calories: 258)</li> <li><a href="#">Papaya Oatmeal Bread Sticks</a> (Calories: 156) (ask me for vegan option)</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.