

## Weekly Meal Plan #19

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>HEALTHY QUICK DINNER</b>	<a href="#">Vegan Red Chard Fettuccine</a>	<a href="#">Red Potato Mushroom Curry</a> + Whole wheat tortilla/chapatti	<a href="#">Mixed Green Farro Salad with Fresh Figs</a>	Leftover <a href="#">Red Potato Mushroom Curry</a> + Brown rice + Side mixed green salad	Leftover <a href="#">Vegan Red Chard Fettuccine</a> + <a href="#">Lentil Mustard Green Sticks</a>	TGIF! Take a break 😊	Away!
<b>NUTRITION FACTS</b>	Calories: 591	Calories: 262 (excluding tortilla/chapatti)	Calories: 399	Calories: 262 (excluding rice and salad)	Calories: 400 + 148 = 548		
<b>NOTES</b>			Cook Farro a day ahead or over the weekend and refrigerate in an air tight container. Leftovers can be used for lunch the next day.	For mixed green salad – green leaves of your choice, cherry tomatoes, hemp seeds, dash of balsamic vinaigrette.	Calories adjusted since fettuccine is accompanied with lentil sticks so the servings would reduce.		

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> <li>1. <a href="#">Coffee Hemp Smoothie</a> (Calories: 367)</li> <li>2. <a href="#">Caramelized Strawberry Sauce Pancakes</a> (Calories: 159)</li> <li>3. <a href="#">Savory Kale Oatmeal Cups</a> (Calories: 258)</li> <li>4. <a href="#">Papaya Oatmeal Bread Sticks</a> (Calories: 156) (ask me for vegan option)</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Mixed Green Farro Salad with Fresh Figs</a> (Calories: 399)</li> <li>2. <a href="#">Pasta Mushroom Stir Fry</a> (Calories: 496)</li> <li>3. <a href="#">Chickpea flour Quinoa Fritters</a> (Calories: 231)</li> <li>4. <a href="#">Beans Paneer Stuffed Millet Cups</a> (Calories: 218) (use tofu for vegan option)</li> </ol>

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