

Weekly Meal Plan #20

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Away!	Away!	Red Wine Vinegar Tofu with Quinoa	Oats and Chickpeas Pilaf	Mixed green salad with Pineapple Poppy Raspberry Dip	Leftover Red Wine Vinegar Tofu with Quinoa	Herbed Black Rice Soup
NUTRITION FACTS			Calories: 411	Calories: 600	Calories: 100 (approx. including the salad ingredients)	Calories: 411	Calories: 275
NOTES				Leftovers can be sued for lunch the next day.	For the salad: mixed green leaves, cherry tomatoes, shredded carrots, chopped radish, raw cashews/almonds		Refrigerate the leftover to use it for lunch the next day.

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

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