

## Weekly Meal Plan #21

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Away! (Hosting guests)	Away! (Hosting guests)	<a href="#">Kidney Beans Salad with Parsley Macadamia Dressing</a>	<a href="#">Kale Bulgur Soup</a>	<a href="#">Mushroom Pepper Masala</a> + Brown rice	Leftover <a href="#">Kale Bulgur Soup</a> + Side Caesar salad	Leftover <a href="#">Mushroom Pepper Masala</a> + Naan
NUTRITION FACTS			Calories: 354	Calories: 135	Calories: 379 (excluding rice)	Calories: 135 (excluding salad)	Calories: 379 (excluding naan)
NOTES			Leftovers can be used for lunch the next day.				

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="#">Strawberry Chia Amaranth Parfait</a> (Calories: 342)</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Kidney Beans Salad with Parsley Macadamia Dressing</a> (Calories: 354)</li> <li>2. <a href="#">Pasta Mushroom Stir Fry</a> (Calories: 496)</li> <li>3. <a href="#">Kale Bulgur Soup</a> (Calories: 135)</li> <li>4. <a href="#">Herbed Black Rice Soup</a> (Calories: 275)</li> </ol>

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