

Weekly Meal Plan #22

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Roasted Cauliflower Curry + Naan and side salad	Dry Rub Tofu Spelt Elbows	Chickpea Salad in Cilantro Dip	Leftover Roasted Cauliflower Curry + Steamed rice	Spicy Carrot Amaranth Soup	TGIF Take a break	Leftover Dry Rub Tofu Spelt Elbows
NUTRITION FACTS	Calories: 336 (excluding naan and salad)	Calories: 425	Calories: 489	Calories: 336 (excluding rice)	Calories: 401		Calories: 425
NOTES		For vegan option use vegan cheese of your choice.	Leftovers can be used for lunch the next day.		Cook amaranth over the weekend and refrigerate in an air tight container. Leftovers can be used 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. Strawberry Chia Amaranth Parfait (Calories: 342) 	<ol style="list-style-type: none"> 1. Kidney Beans Salad with Parsley Macadamia Dressing (Calories: 354) 2. Pasta Mushroom Stir Fry (Calories: 496) 3. Spicy Carrot Amaranth Soup (Calories: 401) 4. Chickpeas Salad in Cilantro Dip (Calories: 489)

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