

## Weekly Meal Plan #23

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>HEALTHY QUICK DINNER</b>	Happy Father's Day!	Leftovers from Sunday special meal.	<a href="#">Thai Curry Red Rice Soup</a>	<a href="#">Black Beans Manchurian</a> + Brown rice	<a href="#">Masala Spinach Farro</a>	Leftover <a href="#">Thai Curry Red Rice Soup</a>	Leftover <a href="#">Black Beans Manchurian</a> + Hakka noodles
<b>NUTRITION FACTS</b>			Calories: 219	Calories: 230 (excluding rice)	Calories: 183	Calories: 219	Calories: 230 (excluding noodles)
<b>NOTES</b>			Cook red rice a day ahead and refrigerate. Prepare the curry powder over the weekend and store in a glass jar.		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="#">Spinach Quinoa Porridge</a> (Calories: 394)</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="#">Amaranth Breakfast Cereal</a> (Calories: 198)</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="#">Spicy Carrot Amaranth Soup</a> (Calories: 401)</li> <li>4. <a href="#">Masala Spinach Farro</a> (Calories: 183)</li> </ol>

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