

## Weekly Meal Plan #24

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>HEALTHY QUICK DINNER</b>	<a href="#">Lentil Curry Burger</a>	<a href="#">Red Wine Vinegar Tofu with Quinoa</a>	<a href="#">Black Beans Salad with Papaya Sauce</a>	Leftover <a href="#">Red Wine Vinegar Tofu with Quinoa</a>	<a href="#">Apple Spinach Soup</a>	TGIF! Take a break and enjoy the sunshine ☺	Leftover <a href="#">Lentil Curry Burger</a> As lettuce wrap
<b>NUTRITION FACTS</b>	Calories: 263 (excluding buns)	Calories: 411	Calories: 241	Calories: 411	Calories: 150		Calories: 263
<b>NOTES</b>			Leftovers can be used for lunch the next day.		For vegan option use vegan cheddar style cheese.		

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> <li>1. <a href="#">Green Papaya Powder Spinach Quinoa Smoothie</a> (Calories: 281)</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="#">Lentil Broccoli Breakfast Cutlets</a> (Calories: 173)</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="#">Black Beans Salad with Papaya Sauce</a> (Calories: 241)</li> <li>3. <a href="#">Spicy Carrot Amaranth Soup</a> (Calories: 401)</li> <li>4. <a href="#">Apple Spinach Soup</a> (Calories: 150)</li> </ol>

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