

Weekly Meal Plan #25

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Away! Long weekend	Away! July 4th	Red Potato Mushroom Curry + Steamed rice	Cajun Spiced Sweet Potato Cilantro Pilaf	Kidney Beans Salad with Macadamia Dressing	Leftover Red Potato Mushroom Curry + Naan/tortilla	Leftover Kidney Beans Salad with Macadamia Dressing + Dinner roll
NUTRITION FACTS			Calories: 262 (excluding rice)	Calories: 425	Calories: 354	Calories: 262 (excluding naan/tortilla)	Calories: 354 (excluding diner roll)
NOTES				Leftovers can be used for lunch the next day.			

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> Green Papaya Powder Spinach Quinoa Smoothie (Calories: 281) Caramelized Strawberry Sauce Pancakes (Calories: 159) Savory Kale Oatmeal Cups (Calories: 258) Lentil Broccoli Breakfast Cutlets (Calories: 173) 	<ol style="list-style-type: none"> Kidney Beans Salad with Parsley Macadamia Dressing (Calories: 354) Black Beans Salad with Papaya Sauce (Calories: 241) Cajun Spiced Sweet Potato Cilantro Pilaf (Calories: 425) Apple Spinach Soup (Calories: 150)

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