

## Weekly Meal Plan #26

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>HEALTHY QUICK DINNER</b>	<a href="#">Roasted Cauliflower Curry</a> + Naan/tortilla	<a href="#">Asian Style Long Beans and Quinoa</a>	<a href="#">Spicy Carrot Amaranth Soup</a>	Leftover <a href="#">Roasted Cauliflower Curry</a> + Steamed rice	<a href="#">Masala Oatmeal</a>	TGIF! Take a break and chill!!!!!!	Leftover <a href="#">Spicy Carrot Amaranth Soup</a> + Dinner roll
<b>NUTRITION FACTS</b>	Calories: 336 (excluding naan/tortilla)	Calories: 650	Calories: 401	Calories: 336 (excluding rice)	Calories: 258		Calories: 401 (excluding diner roll)
<b>NOTES</b>		Leftovers can be used for lunch the next day. Boil quinoa a day ahead and refrigerate.	Boil Amaranth over the weekend and refrigerate.		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 Chia Smoothie Bowl</a> (Calories: 309)</li> <li>2. <a href="#">Caramelized Strawberry Sauce Pancakes</a> (Calories: 159)</li> <li>3. <a href="#">Blueberry Semolina Porridge Parfait</a> (Calories: 152)</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="#">Asian Style Long Beans and Quinoa</a> (Calories: 650)</li> <li>3. <a href="#">Cajun Spiced Sweet Potato Cilantro Pilaf</a> (Calories: 425)</li> <li>4. <a href="#">Masala Oatmeal</a> (Calories: 258)</li> </ol>

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