

Weekly Meal Plan #27

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Thai Curry Pasta Salad	Vegetables in Chili Garlic Sauce + Brown rice	Brown Rice Tofu Scramble	Leftover Thai Curry Pasta Salad	Peaches and Potatoes "stir Fry" + Steamed rice	TGIF! Take a break and chill!!!!!!	Leftover Vegetables in Chili Garlic Sauce + Boiled quinoa
NUTRITION FACTS	Calories: 595	Calories: 97 (excluding rice)	Calories: 325	Calories: 595	Calories: 594 (excluding rice)		Calories: 97 (excluding quinoa)
NOTES	Make extra batch of the dressing and refrigerate to use it later in the week.	Make extra brown rice to use it the next day.	The leftovers can be used for lunch the next day.		Leftovers can be used for lunch the next day.		

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> Coffee Chia Smoothie Bowl (Calories: 309) Caramelized Strawberry Sauce Pancakes (Calories: 159) Blueberry Semolina Porridge Parfait (Calories: 152) Lentil Broccoli Breakfast Cutlets (Calories: 173) 	<ol style="list-style-type: none"> Peaches and Potatoes "stir fry" (Calories: 594) Asian Style Long Beans and Quinoa (Calories: 650) Brown Rice Tofu Scramble (Calories: 325) Masala Oatmeal (Calories: 258)

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