

## Weekly Meal Plan #28

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>HEALTHY QUICK DINNER</b>	<a href="#">Cilantro Edamame Burger</a>	<a href="#">Kidney Beans Spinach Masala</a> + Steamed rice	<a href="#">Barley Pilaf</a>	Leftover <a href="#">Kidney Beans Spinach Masala</a> + Garlic naan + side salad	<a href="#">Arugula Pasta Rhubarb Chia Salad</a>	TGIF! Take a break and chill!!!!!!	Leftover <a href="#">Cilantro Edamame Burger</a> + <a href="#">Honey Dew Blueberry Salsa</a>
<b>NUTRITION FACTS</b>	Calories: 136 (excluding buns)	Calories: 225 (excluding rice)	Calories: 324	Calories: 225 (excluding naan and side salad)	Calories: 429		Calories: 136 + 11 = 147 (excluding buns)
<b>NOTES</b>	Refrigerate the leftovers to use the burger patties later in the week.		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"> <li>1. <a href="#">Popped Amaranth Honey Dew Cucumber Smoothie Bowl</a> (Calories: 281)</li> <li>2. <a href="#">Coffee Hemp Smoothie</a> (Calories: 367)</li> <li>3. <a href="#">Arugula Quinoa Smoothie Bowl</a> (Calories: 251)</li> <li>4. <a href="#">Lentil Broccoli Breakfast Cutlets</a> (Calories: 173)</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Peaches and Potatoes "stir fry"</a> (Calories: 594)</li> <li>2. <a href="#">Asian Style Long Beans and Quinoa</a> (Calories: 650)</li> <li>3. <a href="#">Brown Rice Tofu Scramble</a> (Calories: 325)</li> <li>4. <a href="#">Arugula Pasta Rhubarb Chia Pasta</a> (Calories: 429)</li> </ol>

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