

Weekly Meal Plan #29

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Red Wine Vinegar Tofu with Quinoa	Vegan Red Chard Fettuccine	Grilled Sweet Potato Wraps	Leftover Vegan Red Chard Fettuccine	Leftover Red Wine Vinegar Tofu with Quinoa	TGIF! Take a break and chill!!!!!!	Leftover Grilled Sweet Potato Wraps
NUTRITION FACTS	Calories: 411	Calories: 591	Calories: 305	Calories: 591	Calories: 411		Calories: 305
NOTES							

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> 1. Popped Amaranth Honey Dew Cucumber Smoothie Bowl (Calories: 281) 2. Coffee Hemp Smoothie (Calories: 367) 3. Arugula Quinoa Smoothie Bowl (Calories: 251) 4. Lentil Broccoli Breakfast Cutlets (Calories: 173) 	<ol style="list-style-type: none"> 1. Peaches and Potatoes "stir fry" (Calories: 594) 2. Asian Style Long Beans and Quinoa (Calories: 650) 3. Brown Rice Tofu Scramble (Calories: 325) 4. Arugula Pasta Rhubarb Chia Pasta (Calories: 429)

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