

Weekly Meal Plan #3

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	<u>Iron Rich Veggie Beetroot Curry</u> + Steamed rice/brown rice	<u>Savory Sweet Potato Bread</u> + As a panini (with a hint of butter, tomato sauce, chopped green bell pepper, sliced tomato mozzarella cheese)	<u>Cajun Spiced Kale Barley Soup</u> + Side mixed green and cherry tomato salad with drizzled EVOO, salt and pepper	<u>Cottage Cheese Spinach Pasta</u>	Leftover <u>Iron Rich Veggie Beetroot Curry</u> + Boiled Quinoa + Onion salad (finely sliced red onions, salt, lemon juice)	TGIF Go out and indulge. Give yourself a break	Leftover <u>Cajun Spiced Barley Soup</u> + Side garlic sticks
NUTRITION FACTS	Calories: 152 (excluding rice)	Calories: 400	Calories: 187 (excluding the salad)	Calories: 414	Calories: 152 +240+ 25 = 417		Calories: 187 (excluding the garlic sticks)
NOTES		Bake the bread over the weekend and refrigerate the sliced bread in an air tight container.	Cook barley over the weekend and refrigerate in an air tight container.		While calculating the calories, I included full serving of the curry, 1 cup boiled quinoa and onion salad.		Feel free to choose your favorite garlic bread/sticks to accompany this soup.

Healthy Breakfast Ideas	Healthy Lunch Plan
<ol style="list-style-type: none"> <u>Peanut Butter Oatmeal Porridge</u> (Calories: 240) <u>Savory Sweet Potato Bread</u> with Almond Butter (Calories: 163+60=223) <u>Arugula Quinoa Smoothie Bowl</u> (Calories: 251) <u>Pear Spinach Mango Smoothie</u> (Calories: 287) 	<ol style="list-style-type: none"> <u>Cheesy Green Peas</u> (Calories: 345) <u>Chickpea Flour and Quinoa Fritters</u> (Calories: 231) Cucumber Tomato on <u>Savory Sweet Potato Bread</u> with a slice of cheese (Calories: 350) <u>Tofu Salad with Herbed Persimmons</u> (Calories: 209)

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