

Weekly Meal Plan #30

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Mushroom Pepper Masala + Brown rice	Coconut Sriracha Long Beans + Brown rice	Farro Black beans Mexican Bowl	Leftover Mushroom Pepper Masala + Paratha	Oatmeal Almond Pizza	TGIF! Take a break and chill!!!!!!	Leftover Farro Black Beans Mexican Bowl
NUTRITION FACTS	Calories: 379 (excluding rice)	Calories: 456 (excluding rice)	Calories: 435	Calories: 379 (excluding paratha)	Calories: 571		Calories: 435
NOTES		Leftovers can be used for lunch as salad the next day.					

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. Coconut Sriracha Long Beans (Calories: 456) 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.