

Weekly Meal Plan #31

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Basil Vegetable Lentil Curry + Steamed rice	Cilantro Edamame Burger	Vegan Red Chard Fettuccine	Leftover Basil Vegetable Lentil Curry + Boiled quinoa	Leftover Vegan Red Chard Fettuccine	TGIF! Take a break and chill!!!!!!	Leftover Cilantro Edamame Burger + Spicy Strawberry Walnut Dip
NUTRITION FACTS	Calories: 234 (excluding rice)	Calories: 136 (excluding buns)	Calories: 591	Calories: 234 (excluding quinoa)	Calories: 591		Calories: 136+23 = 159 (excluding buns)
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. 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.