

Weekly Meal Plan #32

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Teff Tofu Salad	Peach Pecan Pasta	Black Beans Manchurian + Steamed rice	Leftover Peach Pecan Pasta	Barley Pilaf	TGIF! Take a break and chill!!!!!!	Leftover Black Beans Manchurian + Veg Hakka Noodles
NUTRITION FACTS	Calories: 245	Calories: 501	Calories: 230 (excluding rice)	Calories: 501	Calories: 324		Calories: 230 (excluding noodles)
NOTES	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"> 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. Teff Tofu Salad (Calories: 245) 2. Barley Pilaf (Calories: 324) 3. Brown Rice Tofu Scramble (Calories: 325) 4. Kumato Salad with Macadamia and Burrata (Calories: 303) for vegan option leave out burrata cheese.

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