

Weekly Meal Plan #33

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Thai Curry Pasta	Red Potato Mushroom Curry + Steamed rice + pickled onions	Persimmons Kale Avocado Soup	Leftover Thai Curry Pasta	Leftover Red Potato Mushroom Curry + Tortilla/parathas + Radish salad	TGIF! Take a break and chill!!!!!!	Black Beans Crust Pizza
NUTRITION FACTS	Calories: 595	Calories: 262 (excluding rice and onion)	Calories: 154	Calories: 595	Calories: 262 (excluding tortilla and radish salad)		Calories: 437
NOTES	Store the leftover Thai curry dressing for later use in the week.		Leftovers can be used for lunch the next day.				For vegan option leave out the egg and substitute with soaked chia seeds.

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> 1. Green Peas Zucchini Sweet Pancakes (Calories: 151) 2. Chickpea Flour Quinoa Fritters (Calories: 231) 3. Apricot Cucumber Chia Smoothie (Calories: 60) 4. Green Papaya Powder Spinach Quinoa Smoothie(Calories: 281) 	<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. Persimmons Kale Avocado Soup (Calories : 154)

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