

Weekly Meal Plan #34

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Out for long weekend	Out for long weekend	Butternut Squash Tofu salad with Toasted Hazelnuts	Butternut Squash Sweet Potato Soup	Basil Vegetable Lentil Curry + Steamed rice	Leftover Butternut Squash Sweet Potato Soup + Dinner roll	Leftover Basil Vegetable Lentil Curry + Boiled quinoa
NUTRITION FACTS			Calories: 294	Calories: 144	Calories: 234 (excluding rice)	Calories: 144 (excluding dinner rolls)	Calories: 234 (excluding quinoa)
NOTES			Leftovers can be used for lunch the next day.				

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. Butternut Squash Tofu salad (Calories: 294) 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.