

Weekly Meal Plan #35

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Chickpea Fusilli in Hemp Tahini Sauce	Cajun Butternut Squash Black Rice Salad	Kale Burger Soup	Barley Pilaf	Leftovers Cajun Butternut Squash Black Rice Salad	TGIF! Relax and enjoy your cheat day.	Leftover Kale Bulgur Soup
NUTRITION FACTS	Calories: 434	Calories: 206	Calories: 135	Calories: 324	Calories: 206		Calories: 135
NOTES	Leftovers can be used for lunch the next day.	Cook black rice a day ahead and refrigerate.	Cook bulgur a day ahead and refrigerate.	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. Chickpea Fusilli in Hemp Tahini Sauce (Calories : 434)

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