

Weekly Meal Plan #36

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Thai Curry Red Rice Soup	Black Beans Oatmeal Pilaf	Leftover Thai Curry Red Rice Soup	Kidney Beans Spinach Masala + Whole Wheat tortilla	Chickpea salad in Cilantro Dip + Quinoa Chia Dinner Rolls	TGIF! Relax and enjoy your cheat day.	Leftover Kidney Beans Spinach Masala + Cumin pulao
NUTRITION FACTS	Calories: 219	Calories: 255	Calories: 219	Calories: 225 (excluding tortillas)	Calories: 489 + 112 = 601		Calories: 225 (excluding pulao)
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"> Green Peas Zucchini Sweet Pancakes (Calories: 151) Chickpea Flour Quinoa Fritters (Calories: 231) Apricot Cucumber Chia Smoothie (Calories: 60) Persimmons Pumpkin Orange Smoothie (Calories: 247) 	<ol style="list-style-type: none"> Black Beans Oatmeal Pilaf (Calories: 255) Barley Pilaf (Calories: 324) Chickpea Salad in Cilantro Dip (Calories: 489) 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.