

Weekly Meal Plan #38

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Red Wine Vinegar Tofu with Quinoa	Tofu Salad with Herbed Persimmons	Persimmons Kale Avocado Soup	Leftover Tofu Salad with Herbed Persimmons	Leftover Red Wine Vinegar Tofu with Quinoa	TGIF! Relax and enjoy your cheat day.	Dinner out with friends 😊
NUTRITION FACTS	Calories: 411	Calories: 209	Calories: 154	Calories: 209	Calories: 411		
NOTES							

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> 1. Persimmons Pumpkin Orange Smoothie (Calories: 247) 2. Chickpea Flour Quinoa Fritters (Calories: 231) 3. Apricot Cucumber Chia Smoothie (Calories: 60) 4. Peanut Butter Pumpkin Oatmeal Porridge (Calories: 240) 	<ol style="list-style-type: none"> 1. Black Beans Oatmeal Pilaf (Calories: 255) 2. Butternut Squash Sweet Potato Soup (Calories: 144) 3. Pasta Mushroom Stir Fry (Calories: 496) 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.