

## Weekly Meal Plan #39

|                      | Day 1   | Day 2  | Day 3  | Day 4  | Day 5   | Day 6                                    | Day 7  |
|----------------------|---|--|--|--|---|--|--|
| HEALTHY QUICK DINNER | <a href="#">Sweet and Spicy Tofu</a><br>+<br>Brown rice | <a href="#">Almond Sauce Spaghetti with Corn Salsa</a> | <a href="#">Tofu Red Chard Scramble Sandwich</a> | Leftover<br><a href="#">Sweet and Spicy Tofu</a><br>+<br>Hakka noodles | <a href="#">Red Quinoa Cranberry Arugula Soup</a> | TGIF!<br>Relax and enjoy your cheat day. | Leftover<br><a href="#">Almond Sauce Spaghetti with Corn Salsa</a> |
| NUTRITION FACTS      | Calories: 215<br>(excluding brown rice)                 | Calories: 302  | Calories: 120                                    | Calories: 215<br>(excluding noodles)                                   | Calories: 131                                     |  | Calories: 302  |
| NOTES                |   | Prepare corn salsa over the weekend and refrigerate.   | 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"> <li><a href="#">Persimmons Pumpkin Orange Smoothie</a> (Calories: 247)</li> <li><a href="#">Chickpea Flour Quinoa Fritters</a> (Calories: 231)</li> <li><a href="#">Apricot Cucumber Chia Smoothie</a> (Calories: 60)</li> <li><a href="#">Chocolate Hummus Waffles</a> (Calories: 209)</li> </ol> | <ol style="list-style-type: none"> <li><a href="#">Tofu Red Chard Sandwich</a> (Calories: 120)</li> <li><a href="#">Butternut Squash Sweet Potato Soup</a> (Calories: 144)</li> <li><a href="#">Pasta Mushroom Stir Fry</a> (Calories: 496)</li> <li><a href="#">Red Quinoa Cranberry Arugula Soup</a> (Calories : 131)</li> </ol> |

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