

Weekly Meal Plan #40

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Asian Tofu Curry + Brown rice	Cranberry Bok Choy Soup	Masala Spinach Farro	Away! Celebrating Indian Festival with friends.	Leftover Asian Tofu Curry + Brown rice	TGIF! Leftovers from Day 4	Leftover Masala Spinach Farro
NUTRITION FACTS	Calories: 397 (excluding brown rice)	Calories: 123	Calories: 183		Calories: 397 (excluding rice)		Calories: 183
NOTES		Leftovers can be used for lunch the next day.					

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. Chocolate Hummus Waffles (Calories: 209) 	<ol style="list-style-type: none"> 1. Tofu Red Chard Sandwich (Calories: 120) 2. Butternut Squash Sweet Potato Soup (Calories: 144) 3. Cranberry Bok Choy Soup (Calories: 123) 4. Red Quinoa Cranberry Arugula Soup (Calories : 131)

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