

Weekly Meal Plan #41

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Burnt Garlic Eggplant + Brown rice	Spiced Apple Carrot Soup + Quinoa Chia Dinner Rolls	Oats and Chickpeas Pilaf	Leftover Burnt Garlic Eggplant + Hakka noodles	Leftover Spiced Apple Carrot Soup + Quinoa Chia Dinner Rolls	TGIF! Take a break, enjoy take out and snuggle in your blanket	Leftover Oats and Chickpeas Pilaf
NUTRITION FACTS	Calories: 230 (excluding brown rice)	Calories: 91+112 = 203	Calories: 600	Calories: 230 (excluding noodles)	Calories: 91+112 = 203		Calories: 600
NOTES		Bake dinner rolls over the weekend and store them.					

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.