

## Weekly Meal Plan #42

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>HEALTHY QUICK DINNER</b>	Celebrating Diwali!!! (Indian festival of lights)	Away!!!! (Halloween)	<a href="#">Sweet Potato Pomegranate Soup</a>	<a href="#">Asian Farro with Tofu Sriracha Dressing</a>	<a href="#">Black Beans &amp; Brown Rice with Garlicky Kale</a>	Leftover <a href="#">Asian Farro with Tofu Sriracha Dressing</a>	Leftover <a href="#">Black Beans &amp; Brown Rice with Garlicky Kale</a>
<b>NUTRITION FACTS</b>			Calories: 154	Calories: 400	Calories: 416	Calories: 400	Calories: 416
<b>NOTES</b>			Leftovers can be used for lunch the next day.				

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> <li>1. <a href="#">Butternut Squash Amaranth Bagels</a> (Calories: 204)</li> <li>2. <a href="#">Chickpea Flour Quinoa Fritters</a> (Calories: 231)</li> <li>3. <a href="#">Apricot Cucumber Chia Smoothie</a> (Calories: 60)</li> <li>4. <a href="#">Chocolate Hummus Waffles</a> (Calories: 209)</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Tofu Red Chard Sandwich</a> (Calories: 120)</li> <li>2. <a href="#">Sweet Potato Pomegranate Soup</a> (Calories: 154)</li> <li>3. <a href="#">Cranberry Bok Choy Soup</a> (Calories: 123)</li> <li>4. <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.