

Weekly Meal Plan #43

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Coconut Sriracha Long Beans + Brown rice	Thai Curry Red Rice Soup	Lentil Sweet Potato Salad with Green Sauce	Leftover Thai Curry Red Rice Soup	Leftover Lentil Sweet Potato Salad with Green Sauce	TGIF! Dinner out 😊	OUT with friends 😊
NUTRITION FACTS	Calories: 456 (excluding rice)	Calories: 219	Calories: 428	Calories: 219	Calories: 428		
NOTES	Leftovers can be used for lunch the next day.						

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> 1. Butternut Squash Amaranth Bagels (Calories: 204) 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. Sweet Potato Pomegranate Soup (Calories: 154) 3. Cranberry Bok Choy Soup (Calories: 123) 4. Coconut Sriracha Long Beans (Calories : 456)

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