

Weekly Meal Plan #44

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Cauliflower in Kale Coconut Curry + Whole wheat Paratha	Chickpea Fusilli in Hemp Tahini Sauce	Red Pear Butternut Squash Soup with Quinoa	Leftover Cauliflower in Kale Coconut Curry + Peas pulao	Leftover Chickpea Fusilli in Hemp Tahini Sauce	Away!	Away!
NUTRITION FACTS	Calories: 371 (excluding paratha)	Calories: 434	Calories: 248	Calories: 371 (excluding pulao)	Calories: 434		
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. Butternut Squash Chia Spelt Waffles (Calories: 218) 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. Red Pear Butternut Squash Soup with Quinoa (Calories: 248) 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.