

Weekly Meal Plan #45

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Tofu Pumpkin Curry + Steamed rice	Cranberry Bok Choy Soup	Kidney Beans Salad with Parsley Macadamia Dressing	Leftover Tofu Pumpkin Curry + Brown rice	Leftover Kidney Beans Salad with Parsley Macadamia Dressing	Away!	Christmas Eve!
NUTRITION FACTS	Calories: 437 (excluding rice)	Calories: 123	Calories: 354	Calories: 437 (excluding brown rice)	Calories: 123		
NOTES		Leftovers can be used for lunch the next day.					

Healthy Breakfast Ideas	Healthy Lunch Ideas
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)	1. Tofu Red Chard Sandwich (Calories: 120) 2. Cranberry Bok Choy Soup (Calories: 123) 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.