

Weekly Meal Plan #46

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Christmas! Family time	Spiced Apple Carrot Soup	Sweet and Spicy Tofu + Brown rice	Farro Salad in Butternut Squash Dressing	Leftover Sweet and Spicy Tofu + Brown rice	Away!	New Year Eve! Party Hard!!!!
NUTRITION FACTS		Calories: 91	Calories: 215 (excluding rice)	Calories: 311	Calories: 215 (excluding rice)		
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. Spiced Apple Carrot Soup (Calories: 91) 4. Farro Salad in Butternut Squash Dressing (Calories : 311)

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