

Weekly Meal Plan #47

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	<u>Cranberry Barley Soup</u>	<u>Chickpeas and Mini Sweet Peppers Salad</u>	<u>Cauliflower in Kale Coconut Curry</u> + Whole wheat tortilla/paratha	Leftover <u>Cranberry Barley Soup</u>	Leftover <u>Chickpeas and Mini Sweet Peppers Salad</u> + <u>Garlic Jalapeno Oatmeal Rolls</u>	TGIF! Enjoy and stay warm	Leftover <u>Cauliflower in Kale Coconut Curry</u> + Naan + side onion salad
NUTRITION FACTS	Calories: 250	Calories: 489	Calories: 371 (excluding tortilla/paratha)	Calories: 250	Calories: 489 + 96 = 585		Calories: 371 (excluding naan and salad)
NOTES							

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> 1. <u>Lentil Broccoli Breakfast Cutlets</u> (Calories: 173) 2. <u>Carrot Bulgur Porridge</u> (Calories: 341) 3. <u>Arugula Quinoa Smoothie Bowl</u> (Calories: 251) 4. <u>Cucumber Kale Ginger Smoothie</u> (Calories: 212) 	<ol style="list-style-type: none"> 1. <u>Tofu Red Chard Sandwich</u> (Calories: 120) 2. <u>Cranberry Bok Choy Soup</u> (Calories: 123) 3. <u>Spiced Apple Carrot Soup</u> (Calories: 91) 4. <u>Farro Salad in Butternut Squash Dressing</u> (Calories : 311)

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