

Weekly Meal Plan #48

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Cilantro Edamame Burger	Red Pear Butternut Squash Soup with Quinoa	Asian Style Long Beans and Quinoa	Persimmons Kale Avocado Soup	Leftover Cilantro Edamame Burger	TGIF! Enjoy and stay warm	Leftover Red Pear Butternut Squash Soup with Quinoa
NUTRITION FACTS	Calories: 136	Calories: 248	Calories: 650	Calories: 154	Calories: 136		Calories: 248
NOTES		Boil double the batch of quinoa to be used the next day.	Leftovers can be used the next day for lunch.	Leftovers can be used for lunch the next day.			

Healthy Breakfast Ideas	Healthy Lunch Ideas
1. Lentil Broccoli Breakfast Cutlets (Calories: 173) 2. Carrot Bulgur Porridge (Calories: 341) 3. Arugula Quinoa Smoothie Bowl (Calories: 251) 4. Cucumber Kale Ginger Smoothie (Calories: 212)	1. Cranberry Barley Soup (Calories: 250) 2. Chickpeas and Mini Sweet Pepper Salad (Calories: 489) 3. Asian Style Long Beans and Quinoa (Calories: 650) 4. Persimmons Kale Avocado Soup (Calories : 154)

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