

Weekly Meal Plan #49

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Black Beans Curry + Boiled quinoa	Cilantro Tofu Soup	Cajun Butternut Squash and Black Rice Salad	Leftover Black Beans Curry + Brown rice	Leftover Cilantro Tofu Soup	TGIF! Enjoy and stay warm	Leftover Cajun Butternut Squash and Black Rice Salad
NUTRITION FACTS	Calories: 369 (excluding quinoa)	Calories: 125	Calories: 206	Calories: 369 (excluding rice)	Calories: 125		Calories: 206
NOTES							

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> 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) 	<ol style="list-style-type: none"> 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.