

Weekly Meal Plan #5

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Happy Valentine's Day!!!! Have a wonderful day and spread love everywhere ☺	<u>Vegetables in Chili Garlic Sauce</u> + Brown rice/garlic noodle	<u>Kumato Salad with Burrata and Macadamia nuts</u> + Whole grain bread	<u>Detox Pear Bok Choy Soup</u> + A small serving of brown rice topped with 1 tsp butter, a pinch of salt and black pepper	Leftover <u>Vegetables in Chili Garlic Sauce</u> + Steamed rice/noodles	TGIF!!! Take Out Day because we all need a break ☺	<u>Grilled Cabbage Ricotta Sandwich</u>
NUTRITION FACTS		Calories: 97 (excluding rice/noodle)	Calories: 303 (excluding the bread)	Calories: 135 + 300 = 435	Calories: 97 (excluding rice/noodles)		Calories: 610
NOTES		Prepare the chili garlic sauce over the weekend and refrigerate in an airtight container.	Left over salad can be used for lunch the next day.	For counting the calories I have included the calories for 1 cup brown rice + 1 tsp butter. This is an approx. estimate.			You may use whole grain bread for this recipe.

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> <u>Carrot Bulgur Porridge</u> (Calories: 341) <u>Savory Sweet Potato Bread</u> with Almond Butter (Calories: 163+60=223) <u>Arugula Quinoa Smoothie Bowl</u> (Calories: 251) <u>Red Chard Pancakes</u> (Calories: 298) 	<ol style="list-style-type: none"> <u>Tofu Chickpeas Lettuce Wrap</u> (Calories: 161) <u>Kumato Salad with Burrata and Macadamia Nuts</u> (Calories: 303) Cucumber Tomato on <u>Savory Sweet Potato Bread</u> with a slice of cheese (Calories: 350) <u>Cajun Butternut Squash & Black Rice Salad</u> (Calories: 206)

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