

Weekly Meal Plan #50

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Tofu Pumpkin Curry + Steamed rice	Pasta Mushroom Stir Fry	Kale Bulgur Soup	Leftover Tofu Pumpkin Curry + Boiled brown rice + onion salad	Teff Tofu Salad	TGIF! Enjoy and stay warm	Leftover Kale Bulgur Soup
NUTRITION FACTS	Calories: 437 (excluding rice)	Calories: 496	Calories: 135	Calories: 437 (excluding rice and salad)	Calories: 245		Calories: 135
NOTES		Leftovers can be used for lunch the next day.		For onion salad, slice it as thin as possible sprinkle salt and black pepper and squeeze fresh lemon juice on it. Mix it and serve.	Cook Teff a day ahead and refrigerate. Leftover salad can be used for lunch the next day.		

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> Lentil Broccoli Breakfast Cutlets (Calories: 173) Carrot Bulgur Porridge (Calories: 341) Arugula Quinoa Smoothie Bowl (Calories: 251) Cucumber Kale Ginger Smoothie (Calories: 212) 	<ol style="list-style-type: none"> Cranberry Barley Soup (Calories: 250) Teff Tofu Salad (Calories: 245) Asian Style Long Beans and Quinoa (Calories: 650) Pasta Mushroom Stir Fry (Calories : 496)

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