

Weekly Meal Plan #51

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Basil Vegetable Lentil Curry + Steamed rice	Vegan Red Chard Fettuccine	Cashew Balsamic Quinoa Salad	Leftover Basil Vegetable Lentil Curry + Steamed rice	Detox Pear Bok Choy Soup	TGIF! Enjoy and stay warm	Leftover Cashew Balsamic Quinoa Salad
NUTRITION FACTS	Calories: 234 (excluding rice)	Calories: 591	Calories: 199	Calories: 234 (excluding rice)	Calories: 135		Calories: 199
NOTES		Leftovers can be used for lunch the next day.			Leftovers can be used for lunch the next day.		

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> 1. Lentil Broccoli Breakfast Cutlets (Calories: 173) 2. Chocolate Hummus Waffles (Calories: 209) 3. Arugula Quinoa Smoothie Bowl (Calories: 251) 4. Cucumber Kale Ginger Smoothie (Calories: 212) 	<ol style="list-style-type: none"> 1. Detox Pear Bok Choy Soup (Calories: 135) 2. Teff Tofu Salad (Calories: 245) 3. Vegan Red Chard Fettuccine (Calories: 591) 4. 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.