

Weekly Meal Plan #52

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Thai Curry Red Rice Soup	Masala Spinach Farro	Happy Valentine's Day!!!!	Brown Rice Papaya Salad	Leftover Masala Spinach Farro + Yogurt	TGIF! Relax and stay calm 😊	Leftover Thai Curry Red Rice Soup
NUTRITION FACTS	Calories: 219	Calories: 183		Calories: 335	Calories: 183 (excluding yogurt)		Calories: 219
NOTES				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. Brown Rice Papaya Salad (Calories : 335)

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