

Weekly Meal Plan #53

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Vegetables in Chili Garlic Sauce + Brown rice	Spicy Carrot Amaranth Soup	Oatmeal Almond Pizza Crust	Leftover Vegetables in Chili Garlic Sauce + Veg Hakka noodles	Cashew Balsamic Quinoa Salad	TGIF! Relax and stay calm 😊	Leftover Spicy Carrot Amaranth Soup
NUTRITION FACTS	Calories: 97 (excluding rice)	Calories: 401	Calories: 571	Calories: 97 (excluding noodles)	Calories: 199		Calories: 401
NOTES			For the toppings: I will spread homemade pizza sauce, bell peppers, olives, onions		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.