

Weekly Meal Plan #57

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Away!	Away!	Away! (For Birthday trip)	Turmeric Tofu Cashew Curry + Boiled quinoa	Kale Bulgur Soup + Whole grain dinner roll	Burnt Garlic Eggplant + Steamed rice	Leftover Turmeric Tofu Cashew Curry + Whole grain naan
NUTRITION FACTS				Calories: 534 (excluding quinoa)	Calories: 135 (excluding dinner roll)	Calories: 230 (excluding rice)	Calories: 534 (Excluding naan)
NOTES					Leftovers can be used for lunch the next day		

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> Peanut Butter Bulgur Waffles (Calories: 389) Carrot Bulgur Porridge (Calories: 341) Arugula Quinoa Smoothie Bowl (Calories: 251) Spinach Quinoa Porridge (Calories: 394) 	<ol style="list-style-type: none"> Brown Rice Tofu Scramble (Calories: 325) Black Beans salad with Papaya Sauce (Calories: 241) Oats and Chickpeas pilaf (Calories: 600) Black Rice Mango Salad (Calories: 319)

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