

Weekly Meal Plan #58

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Baked Black Beans in Vegan Cheese Sauce	Cashew Balsamic Quinoa Salad	Away! (Yashvi's birthday)	Vegetable Coconut Amaranth Pilaf	Leftover Baked Black Beans in Vegan Cheese Sauce + Whole grain bread (toasted)	Leftover Cashew Balsamic Quinoa Salad	Away! Yashvi's birthday party
NUTRITION FACTS	Calories: 365	Calories: 199		Calories: 457	Calories: 365 (excluding toast)	Calories: 199	
NOTES		The dressing can be refrigerated for later use.	(I will be cooking her favorite things)	Leftovers can be used for lunch the next day.			

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> 1. Peanut Butter Bulgur Waffles (Calories: 389) 2. Carrot Bulgur Porridge (Calories: 341) 3. Arugula Quinoa Smoothie Bowl (Calories: 251) 4. Spinach Quinoa Porridge (Calories: 394) 	<ol style="list-style-type: none"> 1. Vegetable Coconut Amaranth Pilaf (Calories: 457) 2. Black Beans salad with Papaya Sauce (Calories: 241) 3. Oats and Chickpeas pilaf (Calories: 600) 4. 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.