

Weekly Meal Plan #59

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Iron Rich Veggie Beetroot Curry + White/Brown rice	Masala Spinach Farro + Yogurt (dairy free/regular)	Cheesy Green Peas + Simple Cucumber Salad	Vegan Lentil Cheese Soup	Leftover Iron Rich Veggie Beetroot Curry + Boiled quinoa + Radish salad with salt and lemon juice	TGIF!!!! A break to enjoy the spring air ☺	Leftover Vegan Lentil Cheese Soup
NUTRITION FACTS	Calories: 152 (excluding rice)	Calories: 183 (excluding yogurt)	Calories: 345 + 91 = 436	Calories: 222	Calories: 152 (excluding quinoa and radish salad)		Calories: 222
NOTES		Boil Farro over the weekend. Leftovers can be used for lunch the next day.	Use vegan cheese of your choice for the cheesy green peas for vegan option. For cucumber salad use plain almond yogurt for vegan option.				

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> Mango Coconut Chia Energy Drink (Calories: 139) Chocolate Chip Spinach Oatmeal Waffles (Calories: 170) Amaranth Breakfast Cereal (Calories: 198) Peanut Butter Bulgur Waffles (Calories: 389) 	<ol style="list-style-type: none"> Masala Spinach Farro(Calories: 183) Quick Spinach Bread with lettuce, tomato, salt, pepper (Calories: 284) Oats and Chickpeas pilaf (Calories: 600) Simple Cucumber Salad(Calories: 91)

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