

Weekly Meal Plan #6

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	<u>Thai Curry Red Rice Soup</u> + Side Salad (baby arugula, cherry tomatoes, EVOO, salt and pepper)	<u>Oatmeal Almond Pizza Crust</u> With your choice of toppings	<u>Black Beans and Brown Rice with Garlicky Kale</u> + Sliced Cucumber	<u>Oatmeal Almond Pizza Crust</u> + Side Caesar Salad	Leftover <u>Thai Curry red Rice Soup</u> + <u>Skinny Carrot Fritters</u>	TGIF!!! Take Out Day because we all need a break ☺	Away!!!!
NUTRITION FACTS	Calories: 219 + 200 = 419	Calories: 571	Calories: 416	Calories: 571 (excluding salad)	Calories: 219 + 26 + 245		
NOTES		Make 2 pies and refrigerate 1 pie for later use during the week.	Left overs can be used for lunch the next day.		Feel free to increase the servings of the fritters since they are small in size. Calories may vary accordingly.		Saturday Night is socializing night remember – “Indulge Mindfully” ☺

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> <u>Carrot Bulgur Porridge</u> (Calories: 341) Sprouted whole grain bread with Almond Butter (Calories: 160+60=220) <u>Arugula Quinoa Smoothie Bowl</u> (Calories: 251) <u>Red Chard Pancakes</u> (Calories: 298) 	<ol style="list-style-type: none"> <u>Black Beans Brown Rice with Garlicky Kale</u> (Calories: 416) <u>Kumato Salad with Burrata and Macadamia Nuts</u> (Calories: 303) Cucumber Tomato on sprouted whole grain bread with a slice of cheese (Calories: 380) <u>Kale Arugula Grape Salad</u> (Calories: 136)

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