

## Weekly Meal Plan #61

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>HEALTHY QUICK DINNER</b>	Easter! Family time and egg hunting for the kids	<a href="#">Pan Seared Tempeh Soup</a>	<a href="#">Thai Curry Pasta Salad</a>	<a href="#">Baked Black Beans in Vegan Cheese Sauce</a>	Leftover <a href="#">Thai Curry Pasta Salad</a>	TGIF! Take a break 😊	Leftover <a href="#">Baked Black Beans in Vegan Cheese Sauce</a> + Toast on the side
<b>NUTRITION FACTS</b>		Calories: 176	Calories: 595	Calories: 365	Calories: 595		Calories: 365 (excluding the toast)
<b>NOTES</b>		Leftovers can be used for lunch the next day.					

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> <li>1. <a href="#">Pineapple Coconut Tropical Smoothie</a> (Calories: 299)</li> <li>2. <a href="#">Coffee Quinoa Pancakes with Carrot Frosting</a> (Calories: 357)</li> <li>3. <a href="#">Amaranth Breakfast Cereal</a> (Calories: 198)</li> <li>4. <a href="#">Strawberry Chia Amaranth Parfait</a> (Calories: 342)</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Cajun Spiced Sweet Potato Cilantro Pilaf</a> (Calories: 425)</li> <li>2. <a href="#">Pasta Mushroom Stir Fry</a> (Calories: 496)</li> <li>3. <a href="#">Chickpea flour Quinoa Fritters</a> (Calories: 231)</li> <li>4. <a href="#">Pan Seared Tempeh Soup</a> (Calories: 176)</li> </ol>

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