

Weekly Meal Plan #62

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Vegan Red Chard Fettuccine	Red Potato Mushroom Curry + Whole wheat tortilla/chapatti	Mixed Green Farro Salad with Fresh Figs	Leftover Red Potato Mushroom Curry + Brown rice + Side mixed green salad	Leftover Vegan Red Chard Fettuccine + Lentil Mustard Green Sticks	TGIF! Take a break 😊	Away!
NUTRITION FACTS	Calories: 591	Calories: 262 (excluding tortilla/chapatti)	Calories: 399	Calories: 262 (excluding rice and salad)	Calories: 400 + 148 = 548		
NOTES			Cook Farro a day ahead or over the weekend and refrigerate in an air tight container. Leftovers can be used for lunch the next day.	For mixed green salad – green leaves of your choice, cherry tomatoes, hemp seeds, dash of balsamic vinaigrette.	Calories adjusted since fettuccine is accompanied with lentil sticks so the servings would reduce.		

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> 1. Coffee Hemp Smoothie (Calories: 367) 2. Caramelized Strawberry Sauce Pancakes (Calories: 159) 3. Savory Kale Oatmeal Cups (Calories: 258) 4. Habanero Cashew Sauce Bagels (Calories: 140) 	<ol style="list-style-type: none"> 1. Mixed Green Farro Salad with Fresh Figs (Calories: 399) 2. Pasta Mushroom Stir Fry (Calories: 496) 3. Chickpea flour Quinoa Fritters (Calories: 231) 4. Turmeric Tofu Oatmeal (Calories: 287)

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