

Weekly Meal Plan #63

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Away! (Hosting guests)	Away! (Hosting guests)	Kidney Beans Salad with Parsley Macadamia Dressing	Kale Bulgur Soup	Mushroom Pepper Masala + Brown rice	Leftover Kale Bulgur Soup + Side Caesar salad	Leftover Mushroom Pepper Masala + Naan
NUTRITION FACTS			Calories: 354	Calories: 135	Calories: 379 (excluding rice)	Calories: 135 (excluding salad)	Calories: 379 (excluding naan)
NOTES			Leftovers can be used for lunch the next day.				

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. Strawberry Chia Amaranth Parfait (Calories: 342) 	<ol style="list-style-type: none"> 1. Kidney Beans Salad with Parsley Macadamia Dressing (Calories: 354) 2. Pasta Mushroom Stir Fry (Calories: 496) 3. Kale Bulgur Soup (Calories: 135) 4. Herbed Black Rice Soup (Calories: 275)

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