

Weekly Meal Plan #64

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|-----------------------------|---|---|--|--|---|----------------------|---|
| HEALTHY QUICK DINNER | Roasted Cauliflower Curry + Naan and side salad | Chickpeas Zucchini Burger | Chickpea Salad in Cilantro Dip | Leftover Roasted Cauliflower Curry + Steamed rice | Spicy Carrot Amaranth Soup | TGIF Take a break | Leftover Chickpeas Zucchini Burger |
| NUTRITION FACTS | Calories: 336 (excluding naan and salad) | Calories: 206 | Calories: 489 | Calories: 336 (excluding rice) | Calories: 401 | | Calories: 206 |
| NOTES | | | Leftovers can be used for lunch the next day. | | Cook amaranth over the weekend and refrigerate in an air tight container. Leftovers can be used for lunch the next day. | | |

| Healthy Breakfast Ideas | Healthy Lunch Ideas |
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| <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. Spicy Carrot Amaranth Soup (Calories: 401) 4. Chickpeas Salad in Cilantro Dip (Calories: 489) |

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