

Weekly Meal Plan #66

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Roasted Cauliflower Curry + Naan/tortilla	Asian Style Long Beans and Quinoa	Spicy Carrot Amaranth Soup	Leftover Roasted Cauliflower Curry + Steamed rice	Masala Oatmeal	TGIF! Take a break and chill!!!!!!	Leftover Spicy Carrot Amaranth Soup + Dinner roll
NUTRITION FACTS	Calories: 336 (excluding naan/tortilla)	Calories: 650	Calories: 401	Calories: 336 (excluding rice)	Calories: 258		Calories: 401 (excluding diner roll)
NOTES		Leftovers can be used for lunch the next day. Boil quinoa a day ahead and refrigerate.	Boil Amaranth over the weekend and refrigerate.		Leftovers can be used for lunch the next day.		

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> Coffee Chia Smoothie Bowl (Calories: 309) Caramelized Strawberry Sauce Pancakes (Calories: 159) Blueberry Semolina Porridge Parfait (Calories: 152) Lentil Broccoli Breakfast Cutlets (Calories: 173) 	<ol style="list-style-type: none"> Kidney Beans Salad with Parsley Macadamia Dressing (Calories: 354) Asian Style Long Beans and Quinoa (Calories: 650) Cajun Spiced Sweet Potato Cilantro Pilaf (Calories: 425) Masala Oatmeal (Calories: 258)

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