

## Weekly Meal Plan #67

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Away!	Memorial Day!	<a href="#">Black Rice Mango Salad</a> + <a href="#">Detox Pear Bok Choy Soup</a>	<a href="#">Seitan and Pasta in Spicy peanut Sauce</a>	<a href="#">Garlicky Sesame Chickpeas</a> + Steamed rice / quinoa + Cucumber salad	<a href="#">Tofu Red Chard Scramble Sandwich</a>	Leftover <a href="#">Garlicky Sesame Chickpeas</a> + Steamed rice
NUTRITION FACTS			Calories: 319 + 135 = 454	Calories: 352	Calories: 370 (excluding rice and salad)	Calories: 120	Calories: 370 (Excluding rice)
NOTES			Black rice can be cooked over the weekend and refrigerated in an air tight container. Bring it to room temperature before using it in the salad.	Leftovers can be used for lunch the next day.	For cucumber salad – peel and slice cucumbers and sprinkle some black salt and squeeze lemon juice.	Leftovers can be used for lunch the next day.	

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> <li><a href="#">Peanut Butter Bulgur Waffles</a> (Calories: 389)</li> <li><a href="#">Carrot Bulgur Porridge</a> (Calories: 341)</li> <li><a href="#">Arugula Quinoa Smoothie Bowl</a> (Calories: 251)</li> <li><a href="#">Spinach Quinoa Porridge</a> (Calories: 394)</li> </ol>	<ol style="list-style-type: none"> <li><a href="#">Brown Rice Tofu Scramble</a> (Calories: 325)</li> <li><a href="#">Black Beans salad with Papaya Sauce</a> (Calories: 241)</li> <li><a href="#">Oats and Chickpeas pilaf</a> (Calories: 600)</li> <li><a href="#">Black Rice Mango Salad</a> (Calories: 319)</li> </ol>

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