

## Weekly Meal Plan #68

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	<a href="#">Tofu Kidney Beans</a> <a href="#">Sun Dried Tomato</a> <a href="#">Burger with Sautéed Mushrooms</a>	<a href="#">Red Wine Vinegar Tofu with Quinoa</a>	<a href="#">Black Beans Salad with Papaya Sauce</a>	Leftover <a href="#">Red Wine Vinegar Tofu with Quinoa</a>	<a href="#">Orange Habanero Pasta</a>	TGIF! Take a break and enjoy the sunshine ☺	Leftover <a href="#">Tofu Kidney Beans</a> <a href="#">Sun Dried Tomato</a> <a href="#">Burger with Sautéed Mushrooms</a> as lettuce wrap
NUTRITION FACTS	Calories: 198 (excluding buns)	Calories: 411	Calories: 241	Calories: 411	Calories: 231		Calories: 198
NOTES			Leftovers can be used for lunch the next day.		Leftovers can be used for lunch the next day		

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> <li>1. <a href="#">Green Papaya Powder Spinach Quinoa Smoothie</a> (Calories: 281)</li> <li>2. <a href="#">Caramelized Strawberry Sauce Pancakes</a> (Calories: 159)</li> <li>3. <a href="#">Savory Kale Oatmeal Cups</a> (Calories: 258)</li> <li>4. <a href="#">Lentil Broccoli Breakfast Cutlets</a> (Calories: 173)</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Kidney Beans Salad with Parsley Macadamia Dressing</a> (Calories: 354)</li> <li>2. <a href="#">Black Beans Salad with Papaya Sauce</a> (Calories: 241)</li> <li>3. <a href="#">Spicy Carrot Amaranth Soup</a> (Calories: 401)</li> <li>4. <a href="#">Orange Habanero Pasta</a> (Calories: 231)</li> </ol>

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