

Weekly Meal Plan #69

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Turmeric Tofu Cashew Curry + Roti + Side salad	Cauliflower in Kale Coconut Curry + Roti + Side salad	Brown Rice Salad with Coconut Sriracha Dressing	Leftover Turmeric Tofu Cashew Curry + Steamed rice	Persimmons Kale Avocado Soup	TGIF! Take a break and enjoy the sunshine ☺	Leftover Cauliflower in Kale Coconut Curry + Steamed rice
NUTRITION FACTS	Calories: 534 (excluding roti and salad)	Calories: 371 (excluding roti and salad)	Calories: 576	Calories: 534 (excluding rice)	Calories: 154		Calories: 371 (excluding rice)
NOTES		Roti and salad can be used from the previous day.	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"> 1. Green Papaya Powder Spinach Quinoa Smoothie (Calories: 281) 2. Caramelized Strawberry Sauce Pancakes (Calories: 159) 3. Savory Kale Oatmeal Cups (Calories: 258) 4. Lentil Broccoli Breakfast Cutlets (Calories: 173) 	<ol style="list-style-type: none"> 1. Kidney Beans Salad with Parsley Macadamia Dressing (Calories: 354) 2. Brown Rice Salad with Coconut Sriracha Dressing (Calories: 576) 3. Persimmons Kale Avocado Soup (Calories: 154) 4. Orange Habanero Pasta (Calories: 231)

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