

## Weekly Meal Plan #7

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	<a href="#">Red Potato Mushroom Curry</a> + Brown rice/steamed white rice)	<a href="#">Asian Long Beans with Quinoa</a>	<a href="#">Arugula Pasta Rhubarb Chia Salad</a>	<a href="#">Spicy Carrot Amaranth Soup</a> + <a href="#">Kale Arugula Salad with Yogurt Dip</a>	Leftover <a href="#">Red Potato Mushroom Curry</a> + Whole wheat tortilla + small cup of rice.	TGIF!!!  Take Out Day because we all need a break ☺	Leftover <a href="#">Spicy Carrot Amaranth Soup</a> + Dinner roll/bread sticks/soup sticks + Small cup of fresh fruits
NUTRITION FACTS	Calories: 262 (Excluding rice)	Calories: 650	Calories: 429	Calories: 401 + 136 = 537	Calories: 262 (Excluding tortilla and rice)		Calories: 401 (Excluding the bread and fruits)
NOTES		Boil quinoa over the weekend and refrigerate in an air tight container. Leftovers can be used for lunch the next day.	Make the rhubarb dressing over the weekend and refrigerate in a glass container. Left overs can be used for lunch the next day.	Boil amaranth over the weekend and refrigerate in an air tight container. Make the yogurt dip a day ahead and refrigerate in a glass container.			

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> <li><a href="#">Peanut Butter Bulgur Waffles</a> (Calories: 389)</li> <li>Sprouted whole grain bread with Almond Butter (Calories: 160+60=220)</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="#">Asian Long Beans with Quinoa</a> (Calories: 650)</li> <li><a href="#">Kumato Salad with Burrata and Macadamia Nuts</a> (Calories: 303)</li> <li>Cucumber Tomato on sprouted whole grain bread with a slice of cheese (Calories: 380)</li> <li><a href="#">Arugula Pasta Rhubarb Chia Salad</a> (Calories: 429)</li> </ol>

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