

Weekly Meal Plan #70

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Father's Day Away!	Vegan Jackfruit Turmeric Curry + Steamed rice	Baked Black Beans in Vegan Cheese Sauce + Dinner roll	Tofu Mushroom Quinoa Scramble	Leftover Baked Black Beans in Vegan Cheese Sauce + Dinner rolls	TGIF! Take a break and enjoy the sunshine ☺	Leftover Vegan Jackfruit Turmeric Curry + Steamed rice + Side salad
NUTRITION FACTS		Calories: 284 (excluding rice)	Calories: 365 (excluding dinner rolls)	Calories: 291	Calories: 365 (excluding rolls)		Calories: 284 (excluding rice + side salad)
NOTES				Leftovers can be used for lunch the next day.			

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> 1. Strawberry Quinoa Breakfast Bars (Calories: 176) 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. Tofu Mushroom Quinoa Scramble (Calories: 291)

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