

Weekly Meal Plan #71

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Vegan Seitan Cilantro Masala + Steamed rice	Asian Style Long Beans and Quinoa	Spicy Carrot Amaranth Soup	Leftover Vegan Seitan Cilantro Masala + Steamed rice	Masala Oatmeal	TGIF! Take a break and chill!!!!!!	Long weekend begins!!!!
NUTRITION FACTS	Calories: 243 (excluding rice)	Calories: 650	Calories: 401	Calories: 243 (excluding rice)	Calories: 258		
NOTES		Leftovers can be used for lunch the next day. Boil quinoa a day ahead and refrigerate.	Boil Amaranth over the weekend and refrigerate.		Leftovers can be used for lunch the next day.		

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> 1. Coffee Chia Smoothie Bowl (Calories: 309) 2. Caramelized Strawberry Sauce Pancakes (Calories: 159) 3. Blueberry Semolina Porridge Parfait (Calories: 152) 4. Lentil Broccoli Breakfast Cutlets (Calories: 173) 	<ol style="list-style-type: none"> 1. Kidney Beans Salad with Parsley Macadamia Dressing (Calories: 354) 2. Asian Style Long Beans and Quinoa (Calories: 650) 3. Cajun Spiced Sweet Potato Cilantro Pilaf (Calories: 425) 4. Masala Oatmeal (Calories: 258)

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