

Weekly Meal Plan #72

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Lentil Curry Burger	Red Wine Vinegar Tofu with Quinoa	Black Beans Salad with Papaya Sauce	Leftover Red Wine Vinegar Tofu with Quinoa	Vegan Lentil Cheese Soup	TGIF! Take a break and enjoy the sunshine ☺	Leftover Lentil Curry Burger As lettuce wrap
NUTRITION FACTS	Calories: 263 (excluding buns)	Calories: 411	Calories: 241	Calories: 411	Calories: 222		Calories: 263
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"> Superfood Green Smoothie (Calories: 245) Caramelized Strawberry Sauce Pancakes (Calories: 159) Savory Kale Oatmeal Cups (Calories: 258) Lentil Broccoli Breakfast Cutlets (Calories: 173) 	<ol style="list-style-type: none"> Kidney Beans Salad with Parsley Macadamia Dressing (Calories: 354) Black Beans Salad with Papaya Sauce (Calories: 241) Spicy Carrot Amaranth Soup (Calories: 401) Vegan Lentil Cheese Soup (Calories: 222)

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