

Weekly Meal Plan #74

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Basil Lentil Vegetable Curry + Steamed rice/quinoa	7 Ingredient Green Monster Veggie Burger	Red Potato Mushroom Curry + Steamed rice	Leftover 7 Ingredient Green Monster Veggie Burger	Leftover Basil Lentil Vegetable Curry + Boiled quinoa	TGIF! Take a break and chill!!!!!!	Leftover Red Potato Mushroom Curry + Naan and a side salad
NUTRITION FACTS	Calories: 234 (excluding rice/quinoa)	Calories: 80 (excluding buns)	Calories: 262 (excluding rice)	Calories: 80	Calories: 234 (excluding quinoa)		Calories: 262 (excluding naan)
NOTES		Refrigerate the leftover patties for later use in the week.					

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> 1. Tahini Black Beans Fritters (Calories: 175) 2. Coffee Hemp Smoothie (Calories: 367) 3. Arugula Quinoa Smoothie Bowl (Calories: 251) 4. Lentil Broccoli Breakfast Cutlets (Calories: 173) 	<ol style="list-style-type: none"> 1. Peaches and Potatoes "stir fry" (Calories: 594) 2. Asian Style Long Beans and Quinoa (Calories: 650) 3. Brown Rice Tofu Scramble (Calories: 325) 4. Arugula Pasta Rhubarb Chia Pasta (Calories: 429)

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