

Weekly Meal Plan #76

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Thai Curry Pasta	Kidney Beans in Peanut Parsley Sauce + Brown rice	Persimmons Kale Avocado Soup	Leftover Thai Curry Pasta	Leftover Kidney Beans in Peanut Parsley Sauce + Boiled quinoa	TGIF! Take a break and chill!!!!!!	Jalapeno Cheese Tempeh Sandwich
NUTRITION FACTS	Calories: 595	Calories: 194 (excluding brown rice)	Calories: 154	Calories: 595	Calories: 194 (excluding quinoa)		Calories: 264
NOTES	Store the leftover Thai curry dressing for later use in the week.		Leftovers can be used for lunch the next day.				

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> Green Peas Zucchini Sweet Pancakes (Calories: 151) Chickpea Flour Quinoa Fritters (Calories: 231) Apricot Cucumber Chia Smoothie (Calories: 60) Antioxidant Blackberry Smoothie (Calories: 209) 	<ol style="list-style-type: none"> Teff Tofu Salad (Calories: 245) Barley Pilaf (Calories: 324) Brown Rice Tofu Scramble (Calories: 325) Persimmons Kale Avocado Soup (Calories : 154)

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