

Weekly Meal Plan #77

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Yellow Curry Veggie Quinoa with Tofu	Mixed Green Farro Salad and fresh Figs	Paleo Beetroot Tortilla In a wrap style with veggies and salad.	Leftover Yellow Curry Veggie Quinoa with Tofu	Kidney Beans Salad with Cheesy Avocado Dressing	Away!	Long weekend starts!!!! 😊
NUTRITION FACTS	Calories: 458	Calories: 399	Calories: 159	Calories: 458	Calories: 430		
NOTES		Boil Farro over the weekend and refrigerate in an air tight container. Bring it to room temperature before tossing into this salad.			Leftovers can be used for lunch the next day.		

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> 1. Pineapple Coconut Tropical Smoothie (Calories: 299) 2. Carrot Oatmeal Breakfast Patties (Calories: 119) 3. Amaranth Breakfast Cereal (Calories: 198) 4. Peanut Butter Bulgur Waffles (Calories: 389) 	<ol style="list-style-type: none"> 1. Masala Spinach Farro(Calories: 183) 2. Mixed Green Farro Salad and Fresh Figs (Calories: 399) 3. Kidney Beans Salad with Cheesy Avocado Dressing (Calories: 430) 4. Turmeric Tofu Oatmeal(Calories: 287)

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