

## Weekly Meal Plan #78

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Out for long weekend	Out for long weekend	<a href="#">Vegan Chopped Salad with Chickpea Sour Cream Dressing</a>	<a href="#">Butternut Squash Sweet Potato Soup</a>	<a href="#">Seitan and Pasta in Spicy Peanut Sauce</a>	Leftover <a href="#">Butternut Squash Sweet Potato Soup</a> + Dinner roll	Leftover <a href="#">Seitan and Pasta in Spicy Peanut Sauce</a>
NUTRITION FACTS			Calories: 88	Calories: 144	Calories: 352	Calories: 144 (excluding dinner rolls)	Calories: 144
NOTES			Leftovers can be used for lunch the next day.				

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> <li><a href="#">Green Peas Zucchini Sweet Pancakes</a> (Calories: 151)</li> <li><a href="#">Chickpea Flour Quinoa Fritters</a> (Calories: 231)</li> <li><a href="#">Apricot Cucumber Chia Smoothie</a> (Calories: 60)</li> <li><a href="#">Superfood Green Smoothie</a> (Calories: 245)</li> </ol>	<ol style="list-style-type: none"> <li><a href="#">Teff Tofu Salad</a> (Calories: 245)</li> <li><a href="#">Barley Pilaf</a> (Calories: 324)</li> <li><a href="#">Butternut Squash Tofu salad</a> (Calories: 294)</li> <li><a href="#">Persimmons Kale Avocado Soup</a> (Calories : 154)</li> </ol>

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