

Weekly Meal Plan #79

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	Pumpkin Almond Burger Patties	Zucchini Pinto Beans Kofta in Spicy Cashew Curry + Boiled quinoa	Lentil Sweet Potato Salad with Green Sauce	Leftover Pumpkin Almond Burger Patties	Pasta Mushroom Stir Fry	TGIF! Relax and enjoy your cheat day.	Leftover Lentil Sweet Potato Salad with Green Sauce
NUTRITION FACTS	Calories: 413 (excluding buns)	Calories: 238 (excluding quinoa)	Calories: 428	Calories: 413 (excluding buns)	Calories: 496		Calories: 428
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"> Persimmons Pumpkin Orange Smoothie (Calories: 247) Chickpea Flour Quinoa Fritters (Calories: 231) Apricot Cucumber Chia Smoothie (Calories: 60) Peanut Butter Pumpkin Oatmeal Porridge (Calories: 240) 	<ol style="list-style-type: none"> Black Beans Oatmeal Pilaf (Calories: 255) Butternut Squash Sweet Potato Soup (Calories: 144) Pasta Mushroom Stir Fry (Calories: 496) Chickpea Fusilli in Hemp Tahini Sauce (Calories : 434)

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