

Weekly Meal Plan #8

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|-----------------------------|----------------------------------------------|-------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| HEALTHY QUICK DINNER | <u>One Pot Veggie Quinoa</u> | <u>Oats and Chickpeas Pilaf</u> | <u>Grilled Sweet Potato Wraps</u> + <u>Pear Ginger Mocktail</u> | Leftover <u>One Pot Veggie Quinoa</u> + <u>Black Beans Salad with Papaya Sauce</u> | <u>Tofu Chickpeas Lettuce Wrap</u> + <u>Chinese Oatmeal</u> | TGIF!!! Take Out Day because we all need a break ☺ | Leftover <u>Tofu Chickpeas stuffing</u> In whole wheat tortillas + <u>Cucumber Kale Ginger Smoothie</u> |
| NUTRITION FACTS | Calories: 478 | Calories: 600 | Calories: 305+51 = 356 | Calories: 350 + 241 = 591 | Calories: 161 + 400 = 561 | | Calories: 161 + 212 = 373 (Excluding the tortillas) |
| NOTES | | Leftovers can be used for lunch the next day. | | Leftover salad can be used for lunch the next day. Servings and calories adjusted for quinoa since its accompanied with salad. | | | |

| Healthy Breakfast Ideas | Healthy Lunch Ideas |
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| <ol style="list-style-type: none"> 1. <u>Peanut Butter Bulgur Waffles</u> (Calories: 389) 2. Sprouted whole grain bread with Almond Butter (Calories: 160+60=220) 3. <u>Arugula Quinoa Smoothie Bowl</u> (Calories: 251) 4. <u>Spinach Quinoa Porridge</u> (Calories: 394) | <ol style="list-style-type: none"> 1. <u>Asian Long Beans with Quinoa</u> (Calories: 650) 2. <u>Black Beans salad with Papaya Sauce</u> (Calories: 241) 3. <u>Oats and Chickpeas pilaf</u> (Calories: 600) 4. <u>Arugula Pasta Rhubarb Chia Salad</u> (Calories: 429) |

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