

## Weekly Meal Plan #80

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	<a href="#">Cajun Spiced Butternut Squash Black Rice salad</a>	<a href="#">Vegan Pepper Jack Fettuccine</a>	<a href="#">One Post Jackfruit Quinoa Pilaf</a>	<a href="#">Apple Pumpkin Soup with Caramelized Onions</a>	Away! Celebrating Indian Festival ( Diwali) With friends and family.	Away!!!! Taking a break because family is visiting.	Leftover <a href="#">Cajun Spiced Butternut Squash Black Rice salad</a>
NUTRITION FACTS	Calories: 206	Calories: 345	Calories: 300	Calories: 133			Calories: 206
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"> <li><a href="#">Persimmons Pumpkin Orange Smoothie</a> (Calories: 247)</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="#">Chocolate Hummus Waffles</a> (Calories: 209)</li> </ol>	<ol style="list-style-type: none"> <li><a href="#">Tofu Red Chard Sandwich</a> (Calories: 120)</li> <li><a href="#">Butternut Squash Sweet Potato Soup</a> (Calories: 144)</li> <li><a href="#">Cranberry Bok Choy Soup</a> (Calories: 123)</li> <li><a href="#">Red Quinoa Cranberry Arugula Soup</a> (Calories : 131)</li> </ol>

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