

## Weekly Meal Plan #81

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>HEALTHY QUICK DINNER</b>	<a href="#">Sriracha Butternut Squash Amaranth Soup</a>	<a href="#">Farro Salad in Butternut Squash Dressing</a>	<a href="#">Jalapeno Cheese Pasta</a>	Leftover <a href="#">Farro Salad in Butternut Squash Dressing</a>	Leftover <a href="#">Jalapeno Cheese Pasta</a>	TGIF!!!!!!	Leftover <a href="#">Sriracha Butternut Squash Amaranth Soup</a>
<b>NUTRITION FACTS</b>	Calories: 164	Calories: 311	Calories: 575	Calories: 311	Calories: 575		Calories: 164
<b>NOTES</b>							

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> <li>1. <a href="#">Almond Butter Hemp Smoothie</a> (Calories: 253)</li> <li>2. <a href="#">Pumpkin Pie Spice Spelt Waffles</a> (Calories: 165)</li> <li>3. <a href="#">Apricot Cucumber Chia Smoothie</a> (Calories: 60)</li> <li>4. <a href="#">Tahini Black Beans Fritters</a> (Calories: 175)</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Tofu Red Chard Sandwich</a> (Calories: 120)</li> <li>2. <a href="#">Butternut Squash Sweet Potato Soup</a> (Calories: 144)</li> <li>3. <a href="#">Quinoa Lima Beans Pilaf</a> (Calories: 414)</li> <li>4. <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.