

## Weekly Meal Plan #9

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	<a href="#">Roasted Cauliflower Curry</a> + Steamed Rice/Quinoa + Pickled onions	<a href="#">Brown Rice Tofu Scramble</a>	<a href="#">Black Rice Mango Salad</a> + <a href="#">Detox Pear Bok Choy Soup</a>	Simple stir fry grain free pasta with your choice of veggies and season with salt and pepper	Leftover <a href="#">Roasted Cauliflower Curry</a> + Whole grain naan + Cucumber salad	TGIF!!!  Take Out Day because we all need a break ☺	Leftover <a href="#">Detox Pear Bok Choy Soup</a> + Garlic bread
NUTRITION FACTS	Calories: 336 (excluding rice and pickled onions)	Calories: 325	Calories: 319 + 135 = 454	Calories: approx. 300 -400	Calories: 336 (excluding naan and salad)		Calories: 135 (Excluding the bread)
NOTES	For pickled onions – thinly slice the red onions or use the small red onions and soak them in vinegar and salt until ready to use.	Leftovers can be used for lunch the next day.	Black rice can be cooked over the weekend and refrigerated in an air tight container. Bring it to room temperature before using it in the salad.	Will cook this recipe on spot with the leftover vegetables in my refrigerator.	For cucumber salad – peel and slice cucumbers and sprinkle some black salt and squeeze lemon juice.		

Healthy Breakfast Ideas	Healthy Lunch Ideas
<ol style="list-style-type: none"> <li><a href="#">Peanut Butter Bulgur Waffles</a> (Calories: 389)</li> <li><a href="#">Carrot Bulgur Porridge</a> (Calories: 341)</li> <li><a href="#">Arugula Quinoa Smoothie Bowl</a> (Calories: 251)</li> <li><a href="#">Spinach Quinoa Porridge</a> (Calories: 394)</li> </ol>	<ol style="list-style-type: none"> <li><a href="#">Brown Rice Tofu Scramble</a> (Calories: 325)</li> <li><a href="#">Black Beans salad with Papaya Sauce</a> (Calories: 241)</li> <li><a href="#">Oats and Chickpeas pilaf</a> (Calories: 600)</li> <li><a href="#">Black Rice Mango Salad</a> (Calories: 319)</li> </ol>

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