

## HEALTHY VEGETARIAN MEAL PLAN UNDER 500 CALORIES

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
DINNER UNDER 500 CALORIES	<u>Oatmeal almond pizza</u> + <u>simple cucumber salad</u>	<u>One Pot Veggie Quinoa</u>	<u>Farro Black Beans Mexican Bowl</u>	<u>Penne in Carrot Sauce</u> + <u>Mixed Green Salad with Fresh Figs</u> (exclude farro)	<u>Apple Spinach Soup</u> + <u>One Pot Veggie Quinoa</u> (left over from day 2)	<u>Iron Rich Veggie Beetroot Curry</u> + Steam rice or Quinoa	<u>Wheat Berries with Paneer and Veggies</u> + <u>Watermelon Smoothie</u>
NUTRITION FACTS	Calories: 285 + 91 = 376	Calories: 478	Calories: 435	Calories: 346 + 118 = 464	Calories: 150 + 318 = 468	Calories: 152 (excluding rice/quinoa).	Calories: 263 + 150 = 413
NOTES	Make cucumber salad a night before and refrigerate. Serving size 1 slice of pizza per person since accompanied with salad.		Cook farro ahead of time if desired and refrigerate.	Reducing the portion sizes. (Pasta - servings changed to 6) (Salad - servings changed to 7).	Reduced portion size for veggie quinoa. Servings changed to 6 since this meal is accompanied with soup		Paneer is an Indian cottage cheese which can be replaced with American cottage cheese.

Healthy Breakfast ideas under 400 calories	Healthy Lunch Plan under 500 calories
<ol style="list-style-type: none"> <li><u>Velvet Apricot Oatmeal Smoothie</u> (Calories: 345)</li> <li><u>Spinach Amaranth Breakfast Muffins</u> (Calories: 199)</li> <li><u>Blueberry Smoothie Spelt Pancakes</u> (Calories: 142)</li> <li><u>Red Quinoa Oatmeal Bread</u> + with boiled eggs or sandwich with tomato, lettuce/spinach and cheese(Calories : 232)</li> </ol>	<ol style="list-style-type: none"> <li><u>Masala Oatmeal</u> (Calories: 258)</li> <li><u>Black Beans &amp; Brown Rice with Garlicky Kale</u> (Calories: 416)</li> <li><u>Tofu Chickpeas Lettuce Wraps</u> (Calories: 161)</li> <li><u>Black Bean Salad with Papaya Sauce</u> (Calories: 241)</li> </ol>

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