

## 30 Minutes Healthy Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
DINNER UNDER 30 MINUTES	<a href="#">Arugula Pasta Rhubarb Chia Salad</a>	<a href="#">Oats and Chickpeas Pilaf</a>	<a href="#">Red Quinoa and Paneer Asian Fusion</a>	<a href="#">Chickpeas Zucchini Burger</a> + A side ceaser salad	<a href="#">Brown Rice Tofu Scramble</a>	<a href="#">Kumato Salad with Burrata and Macadamia Nuts</a> + <a href="#">Quick Spinach Sauce Bread</a>	<a href="#">Red Quinoa and Paneer Asian Fusion</a> (left over from Day 3) + <a href="#">Kale Honey Dew Melon Smoothie</a>
NUTRITION FACTS	Calories: 429	Calories: 600	Calories: 583	Calories: 206 (excluding the calories for salad and the burger buns)	Calories: 325	Calories: 303 + 142 + 445	Calories: 389 + 126 = 413
NOTES	Make the salad dressing during the weekend and refrigerate	Soak chickpeas a night ahead and pressure cook in the morning. Canned chickpeas ca also be used and no pre prep required.	Cook quinoa ahead and refrigerate. Cook this recipe twice the measurement for later use.	The extra burger patties can be refrigerated for a week and consumed as and when required.	Any leftover can be used for lunch next day.	Takes only 15 minutes to bake this bread and can be used for breakfast/lunch next day.	Reduced the quantity for Quinoa Asian Fusion since it's accompanied by the smoothie.

Healthy Breakfast ideas under 400 calories	Healthy Lunch Plan under 500 calories
<ol style="list-style-type: none"> <li><a href="#">Pineapple Coconut Tropical Smoothie</a> (Calories: 299)</li> <li><a href="#">Spinach Amaranth Breakfast Muffins</a> (Calories: 199)</li> <li><a href="#">Butterscotch Carrot Millet Waffles</a> (Calories: 180)</li> <li><a href="#">Quick spinach sauce bread</a> + with boiled eggs or sandwich with tomato, lettuce/spinach and cheese(Calories : 142)</li> </ol>	<ol style="list-style-type: none"> <li><a href="#">Black Rice Mango Salad</a> (Calories: 319)</li> <li><a href="#">Chickpeas Zucchini Burger</a> (Calories: 206)</li> <li><a href="#">Brown Rice Tofu Scramble</a> (Calories: 325)</li> <li><a href="#">Black Bean Salad with Papaya Sauce</a> (Calories: 241)</li> </ol>

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