

Healthy Quick Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Healthy Quick DINNER	Vegan Red Chard Fettuccine	Cajun Barley Soup	Lentil Curry Burger + Side Caesar salad	Leftover Vegan Red Chard Fettuccine + Quinoa Almond Herbed Bread Sticks	Cajun Spiced Sweet Potato Cilantro Pilaf	Leftover Lentil Curry Burger + Stuffed Mini Sweet Peppers	Leftover Cajun Barley Soup + Persimmons Pumpkin Orange Smoothie
NUTRITION FACTS	Calories: 591	Calories: 187	Calories: 263 (excluding the salad)	Calories: 400 + 92 = 492	Calories: 425	Calories: 263 + 218 = 481	Calories: 187 + 247 = 434
NOTES	Make the red chard sauce during the weekend and refrigerate to use as and when required.	Cook Barley according to the recipe instructions during the weekend and refrigerate to use as and when required.	Make the curry powder ahead of time and store in a glass jar in the spice rack to use it as and when needed.	Reduced Portion of Fettuccine since it is accompanied with bread sticks.	Cook brown rice a day ahead and refrigerate. Leftover pilaf can be used for lunch next day.		

Healthy Breakfast Ideas	Healthy Lunch Plan
<ol style="list-style-type: none"> Pumpkin Amaranth Porridge (Calories: 317) Grilled Cabbage Ricotta Sandwich (Calories: 610) Peanut Butter Bulgur Waffles (Calories: 389) Savory Sweet Potato Bread + with boiled eggs or sandwich with tomato, lettuce/spinach and cheese (Calories : 163) 	<ol style="list-style-type: none"> Chinese Oatmeal (Calories: 400) Cabbage Oatmeal Frittata (Calories: 325) Brown Rice Tofu Scramble (Calories: 325) Tofu Salad with Herbed Persimmons (Calories: 209)

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