

Weekly Meal Plan #1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Healthy Quick DINNER	Butternut Squash Sweet Potato Soup + Side bread/dinner roll	Farro Black Beans Mexican Bowl	Lentil Curry Burger + Side Caesar salad	Leftover Butternut Squash Sweet Potato Soup + Quinoa Almond Herbed Bread Sticks	Leftover Farro Black Beans Mexican Bowl + Orange Thyme Mocktail	TGIF Go out and indulge. Give yourself a break	Leftover Lentil Curry Burger + Stuffed Mini Sweet Peppers
NUTRITION FACTS	Calories: 144 (excluding bread)	Calories: 435	Calories: 263 (excluding the salad)	Calories: 144 + 92 = 492	Calories: 300 + 91 = 391		Calories: 263 + 218 = 481
NOTES	Make twice the mentioned servings of the soup to use it later during the week.	Cook Farro during the weekend and refrigerate it in an air tight container.	Make the curry powder ahead of time and store in a glass jar in the spice rack to use it as and when needed. If desired you can also make the patties during weekend and refrigerate in air tight container.	For the bread sticks cook quinoa during the weekend and refrigerate it. Make sure to bring quinoa in the room temperature when planning to bake.	Reduce the portion of Mexican Bowl since it's accompanied with a beverage.		

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.