

# Weekly Meal Plan #1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
HEALTHY QUICK DINNER	<a href="#">Oats Chickpeas Pilaf</a> + Plain Yogurt Raita (low fat plain yogurt, salt, sugar, cumin powder)	<a href="#">Baked Mustard Green Pasta</a>	<a href="#">Red Quinoa Cranberry Arugula Soup</a> + Side dinner roll	<a href="#">Chickpeas Salad in Cilantro Dip</a>	Leftover <a href="#">Oats Chickpeas Pilaf</a> + Onion salad (finely sliced red onions, salt, lemon juice)	TGIF Go out and indulge. Give yourself a break	Leftover <a href="#">Red Quinoa Cranberry Arugula Soup</a> + Leftover <a href="#">Chickpeas salad in Cilantro Dip</a>
NUTRITION FACTS	Calories: 350 + 100 = 450	Calories: 356	Calories: 131 (excluding the bread)	Calories: 489	Calories: 350 + 25 = 375		Calories: 131 + 300 = 431
NOTES	If boiling chickpeas/garbanzo beans then boil double the measurement and keep half of them refrigerated for later use. Reduced quantity of pilaf since accompanied with raita.	Refrigerate the leftover pasta and use it for lunch the next day.	Cook red quinoa over the weekend and refrigerate in an air tight container.	Use the refrigerated chickpeas from day1. The dip can be made couple of days before and refrigerated in an air tight container.(Just don't add lemon juice until ready to use the dip).			

Healthy Breakfast Ideas	Healthy Lunch Plan
<ol style="list-style-type: none"> <li><a href="#">Peanut Butter Oatmeal Porridge</a> (Calories: 240)</li> <li><a href="#">Chocolate Chip Spinach Oatmeal Waffles</a> (Calories: 170)</li> <li><a href="#">Arugula Quinoa Smoothie Bowl</a> (Calories: 251)</li> <li><a href="#">Pear Spinach Mango Smoothie</a> (Calories: 287)</li> </ol>	<ol style="list-style-type: none"> <li><a href="#">Cheesy Green Peas</a> (Calories: 345)</li> <li><a href="#">Chickpea Flour and Quinoa Fritters</a> (Calories: 231)</li> <li>Cucumber Tomato on whole grain bread with a slice of cheese</li> <li><a href="#">Tofu Salad with Herbed Persimmons</a> (Calories: 209)</li> </ol>

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