

INDIAN
MEAL
PLANS
VEGETARIAN
MENU
PLANNING

JUNE 7-11

RECIPES ON
TOMATOBUES.COM

MONDAY

Millet Idli +
Peanut Chutney+
Watermelon
Agua Fresca
BREAKFAST

Roti+ Zucchini
Channa Dal
+Chopped
Mangoes
LUNCH

Kanda Poha
DINNER

TUESDAY

Millet Dosa+
Tomato Thokku
BREAKFAST

Curry leaves rice+
carrot raita+
Brinjal Podi
Curry+Sliced
Cukes+ Oranges
LUNCH

Palak Paratha+
Zucchini Raita+
Tomato Thokku
DINNER

WEDNESDAY

Chocolate Peanut
Butter overnight
oats+leftover
watermelon juice
BREAKFAST

Thai Basil fried
rice+ Cucumber
salad
LUNCH

Chilled curd
semiya+ Instant
mango pickle
DINNER

THURSDAY

Ragi Puttu +
Banana Gulkand
Milkshake
BREAKFAST

Lemon Rice+
Vazhakai Varuval
LUNCH

Vegetable wheat
rava upma+
yogurt+ Mango
Milkshake
DINNER

FRIDAY

Adai +tomato
chutney
BREAKFAST

Rice+ Drumstick
Sambar+ Carrot
beans poriyal
LUNCH

Uthapams with
leftover batter and
chutney
DINNER

Carbs

1. Barnyard Millet
2. Rolled oats
3. Ragi flour
4. Wheat flour
5. Vermicelli
6. Jasmine/
Basmati rice
7. Poha
8. Cracked wheat
(Wheat Rava)

Protein

1. Peanuts
2. Channa dal
3. Toor dal
4. Urad dal

Fruits

1. Mangoes
2. Banana
3. Watermelon
4. Oranges

Veggies

1. carrots
2. beans
3. cucumbers
4. baby corn
5. cabbage
6. bell pepper
7. raw mango
8. drumstick
9. eggplants
10. curry leaves
11. tomatoes
12. zucchini
13. Raw plantains

Dairy Milk

Others

Soy sauce

Chili sauce

Sesame oil

Grocery List

By

tomatoblues.com