

INDIAN
MEAL
PLANS
VEGETARIAN
MENU
PLANNING

JUNE 7-11

RECIPES ON
TOMATOBLUES.COM

MONDAY

Breakfast- Rava Idli and Tomato chutney.

Lunch- Rotis, Mushroom Rogan Josh, sprouts salad

Dinner- Singapore noodles

TUESDAY

Breakfast- Coriander Poha, yogurt

Lunch- Avocado paratha, Raswali kohlrabi

Dinner- Thai style quinoa salad

WEDNESDAY

Breakfast- Mango overnight oats

Lunch- Instant pot vegetable pulao, and Masoor dal tadka

Dinner- Tomato soup and garden salad

THURSDAY

Breakfast- Banana coffee smoothie with nuts

Lunch- Rice, sweet potato curry, Jeera Rasam, and carrot kosambari

Dinner- Sabudana Kichdi, yogurt

FRIDAY

Breakfast- Mandakki Upma (Pori Upma)

Lunch- Jeera rice, and Spinach Dal

Dinner- Easy Arabiatta pasta, and Mango lemonade

Carbs

1. Sabudana
2. Rolled oats
3. Rice noodles
4. Wheat flour
5. Pasta
6. Jasmine/
Basmati rice
7. Poha
8. Quinoa
9. Semolina
10. Murmura(Pori)

Veggies

1. carrots
2. beans
3. cucumbers
4. baby corn
5. cabbage
6. bell pepper
7. raw mango
8. mushrooms
9. curry leaves
10. tomatoes
11. spinach
12. Cilantro leaves
13. sweet potatoes

Protein

1. Peanuts
2. Masoor dal
3. Toor dal
4. Urad dal
5. Moong beans

Non dairy milk

Others

Soy sauce

Chili sauce

Sesame oil

chia seeds

Fruits

1. Mangoes
2. Avocado
3. Banana
4. Pomegranates
5. Lemon

Grocery List

By

tomatoblues.com