

INDIAN  
MEAL  
PLANS  
VEGETARIAN  
MENU  
PLANNING

JUNE 21-25

RECIPES ON  
TOMATOBUES.COM

MONDAY

Breakfast  
Toast, blueberry  
chia smoothie

Lunch  
Rajma  
Paratha, yogurt  
Dinner

Sponge dosa,  
Chana Ghashi

TUESDAY

Breakfast- Bread  
upma, Chai

Lunch- Rice, Instant  
Pot Green Moong  
Dal , carrot  
kosambari

Dinner- Akki rotti,  
Coconut chutney

WEDNESDAY

Breakfast

Mapillai Samba  
Adai, Jaggery and  
Tomato Chutney

Lunch  
Barley Salad, Aloe  
vera lemonade

Dinner  
Rajma quesadillas

THURSDAY

Breakfast  
Sponge dosa,  
leftover  
chutneys

Lunch  
Instant pot Bisi  
Bele Bath, mixed  
vegetable raita

Dinner  
Mapillai Samba  
Adai, Yogurt

FRIDAY

Breakfast  
Toast, Mango  
milkshake, nuts

Lunch  
Chapati, Vellai  
Kurma

Dinner  
Multigrain  
Thalipeet, Yogurt