****Weekly Meal Planner

**All recipes on tomatoblues.com**

| **Day** | **Breakfast** | **Lunch** | **Dinner** |
| --- | --- | --- | --- |
| **Mon** | [**Ragi cabbage paratha**](https://www.tomatoblues.com/ragi-chapati-recipe-millet-recipes/)**, mixed vegetable pickles and yogurt.** | **Lunch-** [**Brown rice**](https://www.tomatoblues.com/instant-pot-sona-masoori-rice-medium-grain-brown-rice/)**,** [**cabbage Thoran**](https://www.tomatoblues.com/cabbage-thoran-recipe-south-indian/) **and** [**Vatha Kuzhambu**](https://www.tomatoblues.com/arachuvitta-vathal-kuzhambu-recipe-tambrahm-recipes/) | **Dinner-** [**Moroccan lentil soup**](https://www.tomatoblues.com/vegan-moroccan-red-lentil-soup-instant-pot-recipe/) |
| **Tue** | **Breakfast-** [**Millet Pongal**](https://www.tomatoblues.com/thinai-ven-pongal-healthy-foxtail-millet-khara-pongal/)**,** [**Instant Pot Tiffin Sambar**](https://www.tomatoblues.com/tiffin-sambar-instant-pot-stove-top/) | **Lunch-** [**Gobi Parathas**](https://www.tomatoblues.com/gobi-paratha-recipe-stuffed-flatbread-recipes/)**, yogurt, pickles,** [**carrot radish salad**](https://www.tomatoblues.com/carrot-radish-cucumber-salad-recipe-easy-salad-recipes/) | **Dinner-** [**Millet Idlis**](https://www.tomatoblues.com/samai-idli-recipe-how-to-make-little-millet-idli/)**, leftover sambar** |
| **Wed** | **Breakfast-** [**Millet dosas**](https://www.tomatoblues.com/samai-idli-recipe-how-to-make-little-millet-idli/)**,** [**Onion mint chutney**](https://www.tomatoblues.com/onion-mint-chutney-idli-dosa/) | **Lunch- Rice,** [**Vendakai Puli Kuzhambu,**](https://www.tomatoblues.com/vendakkai-puli-kuzhambu-recipe-step-step/) [**Beans Paruppu Usili**](https://www.tomatoblues.com/beans-paruppu-usili-recipe-video/) | **Dinner-** [**Rava dosa**](https://www.tomatoblues.com/rava-dosa-semolina-crepes/)**, leftover chutney** |
| **Thurs** | **Breakfast-** [**Pesto**](https://www.tomatoblues.com/almond-cilantro-pesto/) **sandwiches** | **Lunch-** [**Kovil Puliodharai**](https://www.tomatoblues.com/kovil-puliyodharai-recipe/)**,** [**potato curry**](https://www.tomatoblues.com/mashed-potato-curry-recipe-poriyal-and-thoran-recipes/) | **Dinner-** [**Barley salad**](https://www.tomatoblues.com/barley-salad-middle-eastern-style-barley-tabbouleh/) |
| **Fri** | **Breakfast- Oatmeal with fruits** | **Lunch-** [**Keerai Kootu**](https://www.tomatoblues.com/keerai-kootu-lentil-stew-with-spinach/)**,** [**Dhania Kuzhambu**](https://www.tomatoblues.com/dhania-kuzhambu-recipe/) **and rice** | **Dinner- Uthapams with dosa batter and** [**bell pepper chutney**](https://www.tomatoblues.com/red-bell-pepper-chutney/) |

Grocery List

| **Veggies** | **Protein** | **Carbs** |
| --- | --- | --- |
| * Cabbage
* Spinach
* Carrots
* Drumsticks
* Sweet peppers
* Cherry tomatoes
* Okra
* Bell peppers
* Cucumbers
* Beans
* Cauliflower
* Radish
* Onions
* Potatoes
* Green chilis
* Ginger
* Garlic

Herbs* Parsley
* Cilantro
* Mint
* Curry leaves
 | * Red lentils
* Urad Dal
* Pigeon pea lentils ( toor dal)
* Moong Dal

Nuts* Almonds
* Walnuts
 | * Brown Sona Masoori rice
* Regular rice
* Semolina
* Rolled oats
* Wheat flour
 |