****Weekly Meal Planner

**All recipes on tomatoblues.com**

| **Day** | **Breakfast** | **Lunch** | **Dinner** |
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| **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** |
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| * 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 |