****Weekly Meal Planner

**All recipes on tomatoblues.com**

| **Day** | **Breakfast** | **Lunch** | **Dinner** |
| --- | --- | --- | --- |
| **Monday** | **A slice of** [**vegan zucchini bread**](https://www.tomatoblues.com/vegan-zucchini-bread/)**+ green tea** | [**Jeera rice**](https://www.tomatoblues.com/jeera-rice-recipe-rice-recipes/) **and** [**vegan red lentil dal**](https://www.tomatoblues.com/vegan-dahl-instant-pot-masoor-dal-red-lentils/) | [**Summer pasta salad**](https://www.tomatoblues.com/summer-pasta-salad-vegetarian/) |
| **Tuesday** | [**Mixed berry overnight oats**](https://www.tomatoblues.com/mixed-berry-overnight-oats/) | [**Whole wheat kulchas**](https://www.tomatoblues.com/wheat-kulcha-whole-wheat-kulcha-without-yeast/) **and** [**Paneer Taka Tak**](https://www.tomatoblues.com/paneer-taka-tak-recipe/) | [**Singapore Noodles**](https://www.tomatoblues.com/singapore-noodles-recipe/) |
| **Wednesday** | **Hard boiled eggs topped with** [**Chimichurri**](https://www.tomatoblues.com/cilantro-chimichurri-vegan-gluten-free-sauce/)**, toast and coffee** | **Rotis and** [**Bhindi Do Pyasa**](https://www.tomatoblues.com/restaurant-style-bhindi-do-pyasa-recipe/) | [**Instant Pot Broccoli Almond Soup**](https://www.tomatoblues.com/broccoli-almond-soup-creamy-vegan/) |
| **Thursday** | [**Carrot milk**](https://www.tomatoblues.com/carrot-milk-recipe-carrot-milkshake-for-breakfast/) **and toast** | [**Instant Pot Zucchini Stew**](https://www.tomatoblues.com/zucchini-kootu-vegan-zucchini-stew/) **and** [**Brown Sona Masoori Rice**](https://www.tomatoblues.com/instant-pot-sona-masoori-rice-medium-grain-brown-rice/) | [**Rava Kichdi**](https://www.tomatoblues.com/vegetable-rava-kichadi-recipe-breakfast-recipes/) **+ Yogurt** |
| **Friday** | [**Mango green smoothie**](https://www.tomatoblues.com/mango-spinach-smoothie-no-banana/) | **Rice,** [**lemon Rasam**](https://www.tomatoblues.com/lemon-rasam-recipe-easy-south-indian-recipes/) **and** [**Field beans curry**](https://www.tomatoblues.com/chettinad-avarakkai-poriyal-recipe/) | [**Moong Dal Cheela**](https://www.tomatoblues.com/cheela-for-blog-hop-wednesdays-edition-2-week-8/) |

Grocery List

| **Veggies** | **Fruits** | **Protein** | **Carbs** | **Dairy** |
| --- | --- | --- | --- | --- |
| * Zucchini
* Baby Spinach
* Carrots
* Corn
* Sweet peppers
* Cherry tomatoes
* Broccoli
* Okra
* Bell peppers
* Cucumbers
* Beans
* Peas
* Field beans
* Onions
* Potatoes
* Green chilis
* Ginger
* Garlic

Herbs* Parsley
* Dill
* Cilantro
* Mint
* Basil
* Curry leaves
 | * Mango
* Lemon
* Berries
* Avocado

Dried fruit* Figs
* Raisins

( Feel free to switch to other dried fruit that you have on hand) | * Red lentils
* Moong lentils
* Pigeon pea lentils ( toor dal)

Nuts* Almonds
* Walnuts
 | * Brown Sona Masoori rice
* Basmati
* Regular rice
* Semolina
* Rolled oats
* Rice noodles
* Wheat flour
 | * Milk
* Non dairy milk
* Yogurt
* Paneer
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