Weekly Meal Planner

All recipes on tomatoblues.com

| Day | Breakfast | Lunch | Dinner |
| --- | --- | --- | --- |
| Mon | [Kesar Badam Overnight Oats](https://www.tomatoblues.com/kesar-badam-overnight-oats-saffron-flavored-overnight-oatmeal/) | [Moong Dal Cheela](https://www.tomatoblues.com/cheela-for-blog-hop-wednesdays-edition-2-week-8/) and yogurt  | [Ragi Dosa](https://www.tomatoblues.com/ragi-dosa-no-rice-fermented-ragi-dosa/)[Instant Pot Tiffin Sambar](https://www.tomatoblues.com/tiffin-sambar-instant-pot-stove-top/) |
| Tue | [Blueberry chia smoothie](https://www.tomatoblues.com/blueberry-chia-smoothie/) | [One pot brown rice Sambar Sadam](https://www.tomatoblues.com/sambar-sadam-easy-sambar-rice/)  [carrot beans curry](https://www.tomatoblues.com/carrot-beans-poriyal-recipe/) | [Broccoli soup](https://www.tomatoblues.com/broccoli-almond-soup-creamy-vegan/) |
| Wed | [Coriander poha](https://www.tomatoblues.com/coriander-poha/) | [Brown rice](https://www.tomatoblues.com/instant-pot-sona-masoori-rice-medium-grain-brown-rice/)[lemon rasam](https://www.tomatoblues.com/lemon-rasam-recipe-easy-south-indian-recipes/)  [broccoli fry](https://www.tomatoblues.com/pan-roasted-broccoli-recipe/) | [Vegan butternut chili](https://www.tomatoblues.com/butternut-squash-chili-vegan-gf/)  |
| Thurs | [Dosa](https://www.tomatoblues.com/ragi-dosa-no-rice-fermented-ragi-dosa/), [tomato chutney](https://www.tomatoblues.com/tomato-pudina-chutney/) | [Middle eastern Barley salad](https://www.tomatoblues.com/barley-salad-middle-eastern-style-barley-tabbouleh/) | [Persian lentil soup](https://www.tomatoblues.com/persian-lentil-soup-adasi/)  |
| Fri | [Vegan coffee banana smoothie](https://www.tomatoblues.com/vegan-coffee-banana-smoothie/) | [Rasam rice with quinoa](https://www.tomatoblues.com/sambar-sadam-easy-sambar-rice/), [Vazhakkai podimas](https://www.tomatoblues.com/vazhakkai-podimas/) | [Ragi chapati](https://www.tomatoblues.com/ragi-chapati-recipe-millet-recipes/), [capsicum zunka](https://www.tomatoblues.com/capsicum-zunka-recipe-side-dish-for-rotis-flatbreads/) |

Grocery List

| Veggies | Protein | Carbs |
| --- | --- | --- |
| * Broccoli
* Carrots
* Drumsticks
* Sweet peppers
* Cherry tomatoes
* Bell peppers
* Cucumbers
* Beans
* Onions
* Potatoes
* Cabbage
* Green chilis
* Ginger
* Garlic
* Lemon
* Butternut squash

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

Nuts* Almonds
* Walnuts

Canned produce* Canned tomatoes
* Canned black beans
* Vegetable stock

Fruit* Bananas
* Blueberries
* Dates
 | * Brown Sona Masoori rice
* Ragi flour
* Whole Ragi grains
* Rolled oats
* Wheat flour

Non-dairy* Almond milk

Frozen* Shredded coconut
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