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 |