



Indian Meal Plan

(based on portions for one person)



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

Light drink and snack initially. Larger meal mid-morning

8oz chai tea (many varieties)
¼ cup misal pav (sprouts recipe)
Later on:
1-2 dosas (thin lentil crepes)
1 cup sambhar (lentil soup)
2 Tbsp onion chutney

8oz green tea
½ carrot, cabbage paneer (soft cheese) grilled sandwich
Later on:
¾ cup steamed rice noodles with sweetened coconut milk and cardamom

8oz chai tea
1-2 mushroom paniyaram (mini lentil/rice cakes)
Later on:
½ cup pongal (rice dish)
1 cup sambhar

8oz white tea
¼ cup misal pav
Later on:
1-2 poori (unleavened fried bread)
½ cup vegetables cooked in coconut curry
1 cup buttermilk

8oz black tea
½ veg frankie (spiced vegetables wrapped in roti)
Later on:
1 cup rava uppma (cream of wheat)
2 Tbsp mint chutney

8oz chai tea
1-2 mushroom paniyaram
Later on:
2 idlis
2 Tbsp peanut chutney
8oz thandai (milk and dried fruit)

8oz white tea
1-2 thin spinach pancakes with spicy yogurt
Later on:
1 cup poha (rice with peanuts, onions, spice, green peas)
1 cup buttermilk

Lunch

1 cup chloe bhature (chickpea curry)
1-2 poori (unleavened fried bread)
½ cup masala bhindi (okra with onions, fennel seeds and ginger)

½ cup lentil curry
1 roti (flatbread)
¾ cup sprouts salad
½ cup basmati rice
½ cup kulfi (ice cream flavored with cardamom, vanilla, pistachio or saffron)

1 cup fish curry
2 idlis (rice-dough pancakes)
2 Tbsp yogurt-based sauce with radish, coconut and black mustard seeds
2 Tbsp achaar

1 cup palak paneer (spinach puree with pressed soft cheese; can use cottage cheese but not traditional)
½ cup basmati rice
1 naan
½ cup chana masala (spiced chickpeas in tomato base)

1 kati roll (egg, vegetable and spice wrap in flatbread)
¾ cup sprouts salad
1-2 pieces pista barfi (pistachio fudge)

½ cup chicken curry
1 roti
½ cup spiced okra
½ cup quinoa

½ cup chana masala
1 cup black chana and coconut stew (eggplant, zucchini, gourd)
2 Tbsp cucumber and cumin sauce
2 Tbsp achaar
½ cup rice milk pudding

Dinner

Main meal. Usually includes rice and other small items.

1 cup quinoa pulao (vegetarian quinoa pilaf)
2 Tbsp achaar (similar to kimchi; flavorful pickles)
2 Tbsp mint chutney
½ cup aloo gobi (crisp potatoes and cauliflower)

2-4 momos (similar to dim sum; can add meat or poultry if desired)
½ cup basmati rice
1 cup cucumber salad
2 Tbsp tomato chutney

1 cup mashed roasted eggplant with vegetables and spices
1 paratha (flaky flatbread)
2 Tbsp cilantro chutney
½ cup rice milk pudding

1 serving tandoori chicken
1 chapati (flatbread)
¼ cup beetroot and radish salad
2 Tbsp yogurt sauce with mint

1.5 cup dal makhani (buttery lentil soup)
1 serving chili fish manchurian
1 naan
½ cup aloo gobi

1 cup egg curry
2 Tbsp achaar
½ cup basmati rice
1 chapati
½ cup gaajar halwa (grated carrot, sugar, milk and dried fruit)

1.5 cup biryani (mixed rice dish; can add meats if desired)
1 naan
½ cup basmati rice

Snack

Can be small or large like meals.

8oz black tea
1 cup grapes

8oz chai tea
1-2 samosas (potato-filled fried dough)
2 Tbsp mint chutney

8oz green tea
½ cup pomegranate arils

8oz chai tea
2/3 cup bhel puri (spicy puffed rice with vegetables)

8oz chai tea
1 mango

8oz white tea
¼ cup banana chips

8oz green tea
1-2 pieces dhokla (rice and chickpea cake)