



Thai Meal Plan

(based on portions for one person)



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

1.5 cup rice soup with vegetables like Chinese celery and seafood (if desired)

1 banana

8oz Thai tea with star anise, cinnamon and flavored with sugar or condensed milk

3oz grilled chicken (cut in small pieces)

1 cup wheat noodles

2 Tbsp peanut sauce and spices

½ cup mango

8oz Thai tea

1.5 cup rice porridge with an egg, pork, cilantro and ginger

8oz Thai coffee (coffee grounds with cardamom and sweetened condensed milk)

1.5 cup red curry and rice

¼ cup dragon fruit

8oz Thai coffee

1.5 cup mango sticky rice in coconut milk

8oz Thai coffee

2 soft poached eggs (sometimes served in a shot glass)

½ cup patongon donuts or other small sweet

8oz Thai tea

1.5 cup rice porridge with herbs and peanuts

1 banana

8oz Thai coffee

Lunch

Main Meal:

¾ cup tom kha soup (coconut milk; vegetarian, chicken or whole head shrimp)

1 cup sticky rice

¾ cucumber salad with red chili and nam pla (salty fish sauce)

¾ cup dragon fruit

1 cup egg noodle soup with tofu

¾ cup bamboo shoots

¾ cup asparagus

½ cup sauteed vegetables

1.5 cup rice salad with fresh herbs, sprouts, lemongrass, cucumber, toasted coconut, chilies and tangy dressing

1 serving spicy basil with shrimp

1 cup jasmine rice

1 cup spicy papaya salad

Flavored with shrimp paste

1 cup tofu with green beans, bell pepper and spices

1 cup wheat noodles

¾ cup stir fry vegetables

½ cup Thai carrots with lime and peanut sauce

1 serving green curry beef with eggplant, bell pepper and chilies

1 cup sticky rice

½ cup asparagus

¼ cup bamboo shoots

Main Meal:
1 fillet white fish with coriander chili sauce

1 cup sticky rice

¾ cup stir fry vegetables

¾ Thai basil eggplant

Sriracha for dipping

Dinner

Served family style. Eat bite-size portions of several foods.

3oz braised pork flavored with fish sauce

1 cup jasmine rice

½ cup sweet chili green beans

8oz Thai tea

Main Meal:
6oz shrimp in garlic, chili and basil

Sriracha for dipping

½ cup vegetable medley

¼ cup Thai roasted green peas

8oz coffee with milk

Main Meal:

1 cup fried rice with chicken, chilies and fish sauce

Flavored with coconut milk

½ cup Thai carrots with lime and peanut sauce

8oz coffee with milk

Main Meal:

1 serving yellow curry chicken

1 cup sticky rice

½ cup vegetable medley

½ cup asparagus

8oz coffee with milk

Main Meal:

1-2 mini shrimp lettuce wraps

½ cup yellow curry with chickpeas

1 cup sticky rice

Flavored with cham pla (condiment of vinegar, hot pepper, carrot, garlic and sugar)

8oz coffee with milk

Main Meal:

1 serving tilapia in banana leaf with coconut sauce.

¾ cup green papaya salad with cashews

¼ cup Thai roasted green peas

8oz Thai tea

1.5 cup spicy drunken noodles (lime, chili, tofu, bok choy, herbs and spices)

8oz coffee with milk

Snack

1-2 small coconut griddle cakes (similar to pancakes with dried coconut and coconut milk)

1-2 pork satay

¾ cup fish sauce for dipping

1oz peanuts

¼ cup fried tofu cubes

2 Tbsp sweet chili sauce with crushed peanut

1-2 veggie spring rolls

Sriracha for dipping

¾ cups mango sticky rice in coconut milk

1-2 chicken satay

¾ cup fish sauce for dipping