

Weekly vegan meal plan - May 2020

Grocery list

	Breakfast	Lunch	Snack	Dinner
	(Fresh fruit & <u>Ginger Tea</u> with every breakfast serving)	(<u>Ragi Roti</u> & simple salad in every lunch serving)		(Rice/Whole millets & papad in every dinner serving)
M	<u>Ragi Malt</u>	<u>Kashmiri Baingan</u>	Coffee/ Tea with a choice of any two or three snacks from below choices: 1. Cookies 2. Fresh fruits 3. Nuts & Dried fruits 4. Mini lentil pancakes 5. Toast 6. Namkeen	<u>Black gram dal</u>
T	Banana Toast	Green chickpeas Curry		<u>Spinach Dal</u>
W	<u>Masala Oats</u>	<u>Arbi Masala</u> (Colocasia)		<u>Chole Masala</u> (Chickpeas Curry)
Th	<u>Lentil Pancakes</u>	<u>Potato in Coconut Milk Curry</u>		<u>Dal Tadka</u>
F	<u>Granola</u> with Soy Milk	<u>Soya mince vegetable fry</u>		<u>Sabut Moong dal</u>
Sa	BRUNCH Uttapam with Coconut chutney			Mixed Yellow Dal
Su	BRUNCH <u>Aloo paratha</u> and <u>Mango Lassi</u>			<u>Rajma Masala</u>

prep notes

QUARANTINE COOKING DAYS! All meals are cooked fresh in limited quantity everyday. The dal/lentils from the dinner day-before can be made in larger quantity to serve with lunch the next day.

PRODUCE

Onions
Tomato
Spinach
Fresh Coriander
Carrot
Cucumber
Green Chickpeas
Lime
Ginger
Garlic
Green chilies
Fresh Fruits (Banana, apples, melon, oranges, grapes, papaya)

Bread
Soy Milk

PANTRY

Chickpeas, Red Kidney beans & Lentils
Oats
Millet & Lentil Flour
Basmati Rice
Brown Rice
Papad
Nuts

"The simple act of caring is heroic" - Edward Albert