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What to cook today!!!! Here are some ideas for a whole month! Mine is a vegetarian Indian household and here is some of what I make for my meals. We usually have roti during day (easier for lunch boxes also) and rice at night. Saturdays and Sundays I try to make something different. I am dividing this post into 4 weeks, so each post will have meal plans for 1 week of the month. So here's a vegetarian Indian meal plan for the first week, including breakfast, lunch, and dinner ideas. Please adjust portion sizes and ingredients according to your dietary preferences and requirements. Week 1 Day 1 - Monday: As Gobhi is considered to be heavy, let's balance out by making a simple tor dal for dinner. Breakfast - Vegetable Uppma Lunch - Roti with Aloo Gobi Dinner - Turvar (Arhar) dal with Rice Day 2: Tuesday Dal-chawal every night can get repetitive. Let's mix things up by alternating dal-rice with a different rice dish. Tonight it's vegetable biryani! I try to make it in the style of dum-cooked 5-Rivers Vegetable biryani from 4500 Miles from Dehli, the best curry house in Bristol. Breakfast - Poha - served with sev, lemon or even Tarrī or Chana rassa in Maharashtrian style Lunch - Bhindi do Pyaza and Dal Tadka with Roti. Dinner - Mixed Vegetable Biryani with Raita Day 3: Wednesday Rajma is very filling and heavy, so dinner is simple with moong dal. Dal with the skin on is very nutritious! Breakfast - Dhokla with Chutney Lunch - Rajma (Kidney Beans) Curry with Roti Dinner - Split Green Moong Dal (Chhike wali moong dal) with Rice Day 4: Thursday I have put together a huge list of paratha stuffing ideas whenever you are looking for which type of parathas to make. See also Smart Menu Plan Meals Ahead! Breakfast - Stuffed Paratha with Yogurt Lunch - Palak Paneer (Spinach and Paneer Curry) with Roti Dinner - Rassa-dal Aloo Matar with Rice Day 5: Friday If you need to pack tiffins early in the morning, roasting the brinjals the night before can make the bharta making process quicker. Breakfast - Sabudana Khichdi with curd Lunch - Baingan Bharta with Roti Dinner - Vegetable Pulao Day 6: Saturday Since we have chhole today, let's start with a light and healthy breakfast of chilla made from split moong dal. Breakfast - Moong Dal Chila/Cheela with Green chutney or yogurt Lunch - Chickpea Curry (Chhole or Chana Masala) with Roti Dinner - Whole Masoor Dal with Rice Day 7: Sunday Sunday is for something special, but that doesn't mean I want to slave all day in the kitchen! Soak enough lentils for making Idli and Dosa both and make Sambar to last all day! Breakfast - Idli with Sambar and Chutney Lunch - Lemon Rice or Tamarind Rice with Sambar Dinner - Masala Dosa with Sambar and Chutney Click here for Week 2 Shopping List Upma Rava/Sooji Wheat flour for Rotis and Parathas Besan Tuvār dal Urād Dal Moong dal (split) Moong dal (split, green) Masoor Dal, whole Rajma Chhole/Kabuli Chana Poha Sabudana Roasted gram for South Indian Chutney Coconut - fresh or desiccated Rice Cauliflower Potatoes Ladyfinger/Bhindi Spinach Brinjal Assorted vegetables like carrots, peas, beans Coriander for chutney and garnish Yoghurt/Dahi Paneer Dhokla mix (optional) Ready Idli/Dosa batter (Optional) Vegetarian Indian Meal Plan for a Month - Week 1 Indian Meal Plan with recipes for a week. Day wise weekly Indian Meal plan with recipes, grocery list and meal prep tips for everyday dinner under 30 minute. So a new week starts from tomorrow, and more than anything, what worries every busy woman like me is what to cook for my family so that despite a busy weekday schedule there is healthy homemade dinner on the table. And so you asked me to come up with a menu plan for all three meals which are doable, especially for those who have a very busy schedule. So, in this weekly Indian menu plan I have added ideas where you can do some batch cooking and repurpose one dish for a meal sometime during the week. I personally spend 2 hours doing meal prep and meal plan and for rest of the week most of my meals (full meals) are on table in almost 30 Minutes. Hope this helps you to plan your meals better an with less effort, no matter you are working person, stay at home Mom or work from your home person. These are mostly vegetarian Indian Meal plan ideas except in one of two meals I have added Eggs. My mantra is meal planning for the week and meal preparation for it in advance. Here is my guide to simple and easy Indian meal plan for a week your family can enjoy together every night for a week and maybe wish to take as lunch the next day. Moreover, to make your life simpler, I have added grocery list for simple Indian meal plan ideas. You can buy groceries during the weekend and keep them ready over the weekend. So, I have got you covered for next 5 days of meal plan which is mostly suitable for Indian meals. Now, all that you need to do is just take the pre-prepped food out, mix, cook and there is breakfast, lunch and dinner on the table in 20 minutes -30 Minutes. I am also adding a 20 Minutes meals section on the website, so that even if you are not really prepared as per this menu plan you can cook a decent Indian meal in under 20 Minutes. Can it get better than that? Yes, a lot! and I am hoping to make it better one day at a time. These are the things to buy during the weekend and preferably keep chopped and prepped in the fridge. 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Vegetables chopped Tamatar pyaz paste (onion paste and make fresh tomato puree) Ginger garlic paste Green Curry Paste Dal - Boil it Rajma Soak and Boil Dough kneaded Chopped coriander (for garnish), Chutney (as side) Green Curry Paste This is week 6 of Indian Meal plans You can check other Dinner plans likewise here: Today is the first day of the week and it is better to start easy. You can make pulao for dinner using all your favorite vegetables. Chopped vegetables during weekend prep can be used in making Thai Noodles salad and soup for lunch as well. Thai Noodles can be packed for lunch box as well. For breakfast, it is a wholesome meal of Vegetable poha with fruits and dahi which makes a complete meal. Burrito bowl for lunch can be made using rice and rajma that you cooked on Sunday. Dinner can be made quickly if you have boiled moong dal and potatoes during the weekend meal prep. Breakfast sandwich will take 10 Minutes to put together, you can pack it for lunch as well. If you eat lunch at home there is leftover moong dal from the previous night and leftovers arbi from Sunday meal. For Gujarati dal keep the boiled dal cooked on weekend and add fresh tadka. Baingan/eggplant for bharta can be roasted over the weekend as well. Breakfast can be made using leftover aloo and it should be ready in under 20 Minutes. For lunch, you can use onion paste and tomato puree that you made on weekend. Sookhi dal takes under 20 minutes if dal is soaked previous night. Breakfast takes just 5 minutes. Lunch is leftover Gujarati dal and karele ki sabzi (you can cook it over weekend too as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday I like to take it even easier than the week so after a good breakfast of Paratha and sabzi which takes 30-35 minutes. There are egg curry and frozen Malabar parotta for lunch and rest of day to relax or do grocery shopping because I do meal prep on Sunday morning. Dinner is mostly eating out or ordering in. Breakfast takes just 20 minutes as usual and for lunch and dinner, 2 hours spent during meal prep solves everything. If you like this recipe and made it Please rate the recipe. It helps us to reach more people. For the Latest updates Subscribe to Rekha's Whatsapp. You can follow me on Instagram, Facebook, Youtube, Pinterest for more food inspirations. Facebook784 Email X Note: This post contains affiliate links. As an Amazon Associate I earn from qualifying purchases. Meal planning 101 - Check out this essential guide to meal planning Indian food and learn all the tips that'll help take the stress out of making homecooked meals. Indian Meal Planning 101 Enter your email below, and we will send it straight to your inbox. As a bonus, you'll receive recipe ideas every week! If you prefer eating homemade meals to frozen food, this meal-prepping and planning guide is for you. Learn all the tips and tricks to make cooking weeknight meals a breeze. Many of us who grew up in India might find the concept of leftovers unfamiliar. Why? Two main reasons: Most middle-class families in India had the luxury of affordable labor, ensuring daily help with cooking or at least assistance with chopping vegetables. India's warm climate meant we usually cooked just what was needed for the day, as food tended to spoil rapidly, even with refrigeration. When you are used to fresh homemade food, all hell breaks loose when you have to travel abroad for work or studies. Suddenly, you're the chef, sous-chef, and the dishwasher all rolled into one. Add in the pressures of long work hours, seemingly endless commutes, and kids' packed schedules, and the luxury of a fresh homemade meal every day starts to feel like a distant dream. Having gone through the same grind, I have some tips and tricks for you that'll help you cook homemade food without waking up at the crack of dawn. When it comes to meal planning, everyone has their own style. Some folks like to plan, shop, prep, and whip up all their meals over the weekend, turning the weekdays into a simple reheat-and-eat affair. Others, meanwhile, might prep and chop on the weekend and churn out fresh meals every day from the prepped ingredients. Personally, I'm in the second camp because I like cooking fresh food every day. Irrespective of which method you prefer, here are the steps to follow - Let's begin with planning first. Note: In this post, I've focused solely on dinner options to keep things simple. Begin with planning just one meal daily. Once you feel you've got the hang of it, the same strategy can easily be applied to other meals. Here's my weekly meal planning process in a nutshell: Start by categorizing - think dals, biryaniys, pulses, curries, side dishes, rice dishes, and one-pot meals. And your family's favorite recipes under each category. Assign a theme for each day of the week. Use the categories above to pick a theme, and then, for each day, pick one recipe from that category. Here's an example of a 7-day Indian meal plan. Monday - Dal (E.g., Rasam, Sambar, Dal Fry, Tadka Dal - side dishes with Rice or roti) Tuesday - Potatoes or any other vegetable side dish (Dum Aloo, Aloo methi, Aloo Matar, etc.) + dal or roti Wednesday - Paneer (E.g., Palak Paneer, Matar Paneer, Paneer Makhani, etc.) + Roti or rice Thursday - Pulses (E.g., Channa masala, Chowli, Rajma, Mung, etc. with rice or roti) Friday - One pot meal (such as Vegetable Biryani, Khichdi, Pasta) Saturday - Seafood (E.g. Fish Curry, Shrimp Curry, Shrimp Pulao, Shrimp Biryani) Sunday - Chicken (Curry or Biryani) with rice or Parathas Load your meals into meal planning software such as Prepear (affiliate link) and generate your grocery list, or you can grab my 4-week meal plan. The other option is to use an Excel meal planning template and update it weekly. Make a shopping list - Make sure to check for existing ingredients in your pantry. Here's a helpful article that will guide you on how to track your pantry items and create a grocery list efficiently. Pro tips I like to meal plan once a month - it takes me less than 30 minutes using Prepear. Grab my 4-week meal plan from here. Grocery shop either late Friday evening or Saturday morning so that you have enough time for your next step - Meal prepping. There are several things that you can do over the weekend to make weeknight cooking less time-consuming. Here are some things I do over the weekend to plan for the week. Chop vegetables and freeze them - Ever tossed veggies because they began to spoil before you could use them? Here's a pro tip: dice and freeze! Beans, cabbage, cauliflower, and okra (bhindi), among others, retain their flavor well when frozen. I use frozen veggies most of the time for side dishes such as beans poriyal, cabbage poriyal, bhindi do pyaza, etc. Make curry sauce - This basic onion-tomato sauce is a life-saver. They store well for a week in the refrigerator (and freeze well too). It is a versatile sauce that you can use as a base for curries, including Makhani gravies, chicken curries, and even Dals. Here's a detailed post on how to make and use curry sauce. Chopped onions - When I am not using curry sauce, I keep a week's worth of onions chopped in the refrigerator. While the onions are being fried, I use the time to cut tomatoes, mince ginger/garlic, etc. Also, it is a rumor that stored onions turn poisonous. Peeled Garlic - You can either buy store-bought peeled garlic (available in Costco or most grocery stores) or peel them over the weekend. Roti dough - Roti dough stays perfectly well in the refrigerator for a couple of days. You can always make extra dough and store it in the freezer. For detailed instructions, read this post on how to make and store the perfect roti dough. Homemade ginger garlic paste - Don't let the taste of store-bought ginger garlic paste! Make a big batch of homemade ginger garlic paste (or ginger paste and garlic paste separately) and refrigerate for a week. Need it to last longer? Blend ginger and garlic, freeze the paste in an ice-cube tray, then transfer the frozen cubes to a Ziploc bag or freezer-safe glass container. It'll keep for about a month! Coriander chutney - Whip up some coriander chutney over the weekend. It pairs wonderfully with many breakfasts and snacks and retains its zesty flavor for several days. For bulk batches, freeze and store it just like the ginger-garlic paste method mentioned earlier. Storage solutions - You can store your frozen veggies in a freezer-safe Ziploc, but my prepped option is these reusable meal prep containers. How to stock your kitchen - Learn how to create a master grocery list, track your pantry items, and have a well-stocked kitchen to cook delicious meals anytime you want! How to meal plan - A detailed guide on how to start meal planning. Meal themes - how to use them - Check out these 20+ meal themes to help you create delicious meals that your whole family will love. How to meal prep Indian food - Meal prep is the secret behind stress-free weekday meals. Learn how to meal prep like a pro, even if you are a beginner. Pantry staples - Considering meal prepping? Make sure you have a few pantry staples always available in the kitchen so that you can meal prep whenever you have time. 30+ tips for meal planning success - Review these easy-to-follow tips and strategies that will help you meal plan and prep like a pro. Out of milk app - Learn how to use your phone to track your pantry items and create shopping lists by store. Meal planning is designed to simplify your cooking routine. If things don't go precisely as planned, give yourself a break. Consider designating a day for leftovers or your favorite takeout. Remember, flexibility can be a key ingredient, too! Before I sign off, let me quickly mention the meal planning app I use - Prepear. Prepear is an app that allows you to easily organize your recipes, plan your meals, and create your grocery list. While I have my recipes and meal plans on Prepear, you will also find 10,000+ recipe ideas from other bloggers. Meal planning has never been this easy. Find out more at Prepear.com. This post was originally published on January 19th, 2019, and was updated on April 03, 2020, and October 03, 2023, with new information. Anushree Shetty Indian Food Blogger Hi! I am Anu - former Project Manager, now a full-time blogger. With over 20 years of cooking experience, I'm here to share my secrets on how to cook Indian food quickly and easily...no processed ingredients needed. Indian Meal Plan with recipes for a week. Day wise weekly Indian Meal plan with recipes, grocery list and meal prep tips for everyday dinner under 30 minute. So a new week starts from tomorrow, and more than anything, what worries every busy woman like me is what to cook for my family so that despite a busy weekday schedule there is healthy homemade dinner on the table. And so you asked me to come up with a menu plan for all three meals which are doable, especially for those who have a very busy schedule. 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