



Sample Meal Planner -- Vegan/Vegetarian

(Weeks 1-4)

Days	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Monday	Oatmeal with optional raisins 1/3 banana 1 tsp honey, brown sugar, milk, no topping	Orange dal soup with turnips & carrots, steamed basmati rice	Same soup with whole wheat tortilla or chapatti, ghee, steamed broccoli	Kitcheree with mung beans, carrots and spinach	Rice pudding
Tuesday	Cream of wheat cooked with same options	Split mung dal, baked acorn squash, 1 chapatti with ghee	Same dal, steamed basmati rice, stir-fried curried green beans	Kitcheree with orange dal and carrots. Apple crisp for dessert	Same kitcheree as soup (add water) with steamed bok choy
Wednesday	Vegetable soup with basmati rice	Vegetable soup, baked sweet potato, 1 chapatti with ghee	Kitcheree with split mung beans, carrots and green beans. Spinach added at end.	Orange dal soup with carrots. Dessert: baked pears with ginger/nutmeg	Kitcheree leftovers, soupy.
Thursday	Kitcheree from yesterday or oatmeal.	Orange dal soup with vegetables, 1 chapatti with ghee	Same soup with stir-fried okra, basmati rice. Graham crackers with ghee for dessert.	Kitcheree with kale and carrots	Kitcheree soup (leftover, add water)
Friday	If not hungry, vegetable soup with 2-3 vegetables without grain	Chapati sandwich with kitcheree from yesterday; root vegetable broth	Mung bean dal, baked squash, basmati rice, cottage cheese	Orange lentil kitcheree with carrots and turnips.	Same kitcheree, add water to make soupy. One new steamed vegetable.
Saturday	Egg white omelet, chapatti with ghee. Or oatmeal.	Okra, kale, cilantro stew (stir fry with more water), chapatti & ghee	Zucchini, yellow squash, sweet red pepper stew, cottage cheese, rice pudding	Mung bean dal with carrots and green beans; baked yam	Leftovers, no yam.
Sunday	Leftovers from yesterday or cream of wheat, oatmeal, etc.	Chapati sandwich with mung dal and carrot	Split mung soup with carrots, turnips. Steamed broccoli, basmati rice	Same soup with steamed or stir-fried cauliflower, cottage cheese	Vegetable soup, chapatti with ghee.