

## Weekly Meal/Navaratri Planner

	Smoothie/Juice	Naivedyam	Lunch	Prasadam	Dinner
Day 1	Spinach, blueberries, avocado, honey, almond milk	Sakkarai pongal	Roast beet salad with kale, oranges	Kabuli chana sundal with mango	Capsicum rice with spinach raitha.
Day 2	Spinach, pear, coconut water, dates	Thayir sadham	Aloo curry, sambar	Lobiya sundal	Chapathi with dal and okra
Day 3	Kale, Apple, coconut water	Venn pongal with gothsu or chutney	Spinach koottu, cauliflower curry	Peanut sundal	Pesto Tomato Sandwiches
Day 4	Kale, banana, blackberry	Puli avilor puliyodharai	Puli avil	Kala chana sundal	Tomato rasam with cauliflower curry
Day 5	Strawberries, coconut milk, banana, hemp	Lemon vermicelli or lemon rice	Lemon vermicelli, kootu and cabbage curry	Chana dal sundal	Chapathi with kabuli chana curry, salad
Day 6	Orange, kale, kiwi	Thengai sadham	Thengai sadham with mint cucumber raitha	Moth sundal	Khichdi and Kadhi with Moong sprouts
Day 7	Parsley, cucumber, spinach, green apple	Sweet sadham/kalkandu sadham	Sabudana Khichdi	Mung dal sundal	Tomato dal, bittergourd curry, rice
Day 8	Smoothie	Paal payasam	Tomato paratha	Corn sundal	Adai or pesarattu
Day 9	Smoothie	Akkara Vadisal	Rava Upma	Green peas sundal	Rasam with aloo roast

# Weekly Meal Planner

Sep 15-21

	Smoothie/Juice	Breakfast	Snack 1	Nikhil Lunch	Snack 2	Dinner	Notes
Sunday							
Monday	1.5 cup coconut water 1/2 cup coconut flesh 1/2 banana 1/2 cup of your favorite berries (here I've used frozen raspberries) 1 Tbsp. hemp powder 1 Tbsp. cacao powder 2 Tbsp. chia seeds 1 Tbsp. maca Toppings	Cereal/Semiya Upma		Semiya Upma		Chapathi, 5 yellow dal, tomato, cucumber salad, cabbage green chili curry	
Tuesday	Pistachios Hemp seeds Cacao nibs 1/2 cup frozen blueberries 1 large ripe banana 1/4 cup old fashioned or rolled oats* 1 cup soymilk 1 tbsp shelled hemp seeds 1 tsp chia seeds	Yoghurt oatmeal		Hung curd sandwich		Garlic rasam, quinoa, cauliflower curry, salad	
Wednesday	Pineapple, coconut flesh, kale or spinach and hemp seeds.	Rava Idli/eggs on toast		Rava idli		Stuffed aloo paratha, salad and yoghurt	
Thursday	Pineapple juice, carrot, celery, spinach	Half fry and toast		Quesadilla with cheese and onion, green chili		Pulao and black dal or egg curry?	
Friday	Banana, dates, almond milk smoothie	Overnight oats		Lemon vermicelli		Tomato rasam, sambar, beans curry or tindora	

Saturday  
Sunday

Juice  
Juice

Poha  
Poha

Out  
Out

Out  
out