



100+

# INDIAN FAMILY MEAL IDEAS

Includes-

Meal planning tips

Indian meal options

My family meal options printable

Indian grocery list printable

Weekly meal plan printable

Weekly food diary printable

There's nothing like a delicious home-cooked meal. Even better if it comes pre-planned because that's what we all stress about the most, isn't it?

What should I cook? What different can I make? How can I make sure we're eating right? If only you had an easy way of getting these questions answered.

No more stress buddy! Presenting you an approach that not only fills stomachs but gives you a chance at being more mindful about what you cook and eat as a family.

In fact you maybe already doing this in your head but are just not able to put it together or as in my case become forgetful.

This approach has helped me immensely in ensuring that I get the peace of mind I deserve over meal times, especially with a hectic routine. I'm sure it will help you too.

RubitaH

1. Read through the meal ideas listed in pages 4-8. **Mark them in different ways.** You can choose your own categories. Mine usually go like these-

- family favourites
- want to try
- easy peasy
- nutritious musts
- to double and freeze

Now take a print out of the "My family meal options" (refer page 9) and **write down the meal options in the categories of your choice.** This is a one-time step which makes your routine so much easier!!

If you wish put this print out up in your kitchen somewhere or put it together in a binder along with your favourite recipes.

2. Now choose at the start of every week, just 6 dinner meal options for the week. Write them down in the "Weekly Meal plan" (refer page 11)

Why dinner? Breakfast and lunch are still easy to manage, but it is the dinner that catches most interest and is demanding of variety and flavour. It is the time when your family sits together after a hectic day. So by planning your dinner meals way ahead, you will find yourself less stressed to cook through the week.

The rest of the meals you can plan as the week passes and can be ones that are "easy-peasy" or "nutritious musts"

3. Next **look at your schedule for the week**. Do you have a festival coming? Do you have plans for dinner or a party to attend? Any work events coming up? Plan or leave out the meals for those days.

4. **List the recipe source against the meals** that you put down in the menu, if required.

5. Next, **write down the ingredients of your chosen meal options, in your grocery list (refer page 10)**.

6. If required, **prep your meals** a day or two in advance. Marinate the meat, chop the vegetables, cook the base curry, knead the dough, soak the pulses etc

For instances when you get caught up with work or might want to eat out or order in or just don't have the mood to cook, check if you can **repurpose any left overs** (rajma rice can become an indian burrito, chicken curry can become a chicken bafla) else **keep some instant meals handy**. At home we either order in or have instant noodles or a sandwich or even leftover curry with toast!

6. **Record as you eat during the week** with the help of the food diary (refer page 12). This will help you strategize better for the next week and also give you an idea of how well you managed planning your meals during the week.

# What's Cookin'?

---

- Carrot/coconut/banana pancakes
- Bread upma
- Potato or cauliflower paratha
- Besan cheela
- Poha
- Semiya upma
- Poori chole
- Sandwiches
- Scrambled eggs with spinach/ bell peppers
- Sausages with toast
- Masala/cheese omlette
- French toast
- Waffles
- Oatmeal
- Daliya
- Croissants

## BREAKFAST IDEAS

- Upma
- Idli with tomato chutney and coconut chutney
- Green gram dosa with sambhar
- Idiyappam with sweet coconut milk
- Poori with potato masala
- Puttu with kadala curry
- Appam with chicken or vegetable stew
- Idiyappam with egg curry
- Wheat dosa with masala powder
- Paniyaram with coconut chutney
- Chicken puttu
- Egg dosa
- Appam with Fish Molee

# What's Cookin'?

---

- Palak paneer
- Mix veg curry
- Veg korma
- Methi matar malai
- Veg Jalfrezi
- Lobia curry
- Cauliflower makhani
- Aloo palak/gobi/matar
- Thoran (Cabbage, beans, carrot, beetroot, pumpkin, snakegourd, bottlegourd, green gram, red gram, spinach)
- Pumpkin/beetroot erissery
- Aviyal
- Mango/pineapple pullussery

## LUNCH OR DINNER IDEAS

### RICE

- Veg/Paneer/chicken fried rice
- Tomato rice
- Chicken/mutton/fish biryani
- Mushroom/veg pulav
- Chole rice
- Rajma rice

### Gravy or side dish (Veg)

- Chilli gobi/soya/chicken
- Paneer bhurji
- Paneer butter masala
- Shahi Paneer
- Matar paneer
- Chana masala
- Peas masala
- Dal makhani

# What's Cookin'?

---

Gravy or side dish (Non-Veg)

- Chicken/mutton curry
- Fish curry
- Butter chicken
- Pepper chicken
- Chicken kurma
- Chicken/mutton roast
- Chicken mappas
- Egg Roast/masala
- Netholi fry
- Mussels fry
- Fish/chicken fry
- Tandoori chicken
- Chicken tikka
- Achari chicken
- Prawn masala
- Chicken chettinad

## LUNCH OR DINNER IDEAS

Contd....

- Tomato/soya curry
- Stir fry vegetables
- Ladyfinger/drumstick/onion/bittergourd theeyal
- Tomato/moong/mango/sambhar dal
- Buttermilk
- Baingan bharta
- Kadhi
- Lauki/paneer kofta
- Sarson ka saag
- Dum aloo
- Mushroom methi
- Green peas masala
- Thai red/yellow/green curry
- Potato/cauliflower curry
- Kalan
- Rasam
- Gatte ki sabzi

# What's Cookin'?

---

- Butter/ Garlic/ whole wheat Naan
- Wheat buns
- Dinner rolls
- Bafla/ Baati
- Pathiri
- Pooori
- Bhatura
- Appam
- Idiyappam
- Parotta
- Neer Dosa
- Pav
- Garlic/stuffed kulcha
- Thepla
- Pita Bread

## LUNCH OR DINNER IDEAS

Contd...

- Chicken/beef/pork vindaloo
- Laal maas
- Mutton kofte
- Chicken/beef cutlets
- Rogan Josh
- Crab masala
- Palak chicken
- Egg bhurji masala
- Green chicken curry
- Chicken/beef chukka
- Mutton chaap
- Chicken cafe real

## BREADS

- Wheat/Jowar/Bajra/Ragi/Soya/Roomali/Misi/Akki Roti/Chapathi

# What's Cookin'?

---

- Chicken Au Gratin
- Vegetable cheese crepes
- Mushroom quesadillas
- Spinach and corn enchiladas
- Veg/ paneer/ mushroom/ chicken wrap
- Bread and soup

## LUNCH OR DINNER IDEAS

### OTHER

- Hakka noodles
- Chicken/spinach/mushroom pasta
- Chicken/vegetable quiche
- Chicken/veg lasange
- Chicken/veg salad
- Chicken/veg/mushroom/ pizza
- Khichadi
- Chicken/Fish/Prawn pie
- Sausage/vegetable casserole
- Grilled Chicken
- Chicken Shawarma
- Lamb/beef/chicken steaks
- Couscous and chicken
- Quinoa and chicken



# MY FAMILY MEAL OPTIONS

# GROCERY LIST



**FRUITS &  
VEGGIES:**



**MEAT & SEAFOOD:**



**DAIRY:**



**GRAINS:**



**LENTILS & PULSES**



**SPICES &  
CONDIMENTS:**



**BEVERAGES AND  
SNACKS:**



**BAKED ITEMS:**

# Weekly Meal Plan

BREAKFAST

LUNCH

DINNER

SUN

MON

TUES

WED

THURS

FRI

SAT

# WEEKLY FOOD DIARY

MONTH

WEEK NO.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

That's it!

A streamlined approach to your meal planning that will definitely make your everyday routine less stressful.

If you're ready to cook, check out some [recipes](#) from my website.

Interested in diving into more than just recipes?

[Click here](#) to receive my emails on pursuing a fulfilling life or check out my blog posts [here](#).

### About Rubitah

Rubitah is a Life Coach ,an ex-Social Work professional and the founder of Being Rubitah. Her mission is to inspire everyone who wants a family life, to enjoy it too, with love and faith.

.....