YOUR COMPLETE GUIDE

Two-Week Meal Plan

Grocery Lists & Recipe Cards

14 Complete Recipes with Nutritional Info

Prep Times, Cook Times & Serving Sizes

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Friday - Dal Makhani with Chapati

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Week 1 Grocery List

Everything you need for Week 1 meals, organized by category for efficient shopping.

PROTEINS

- Firm tofu (2 blocks, ~700g)
- Tilapia fillets (4 fillets, ~500g)
- Beef steak or flank (500g)
- Paneer cheese (400g)
- Chicken thighs or legs (600g)
- Ground beef (500g)
- Eggs (6)
- Plain Greek yogurt (500g)

VEGETABLES & FRESH PRODUCE

- Broccoli (2 large heads)
- Snap peas (250g)
- French beans (300g)
- Lemons (3)
- Garlic (2 heads)
- Onions (4 large)
- Tomatoes (6 medium)
- Cucumber (2)
- Mixed vegetables (500g frozen or fresh)
- Fresh cilantro (1 bunch)
- Fresh mint (1 small bunch)
- Ginger root (100g)
- Green chilies (4-5)

PANTRY & DRY GOODS

- Quinoa (300g)
- Jasmine or basmati rice (1kg)
- Green or brown lentils (400g)
- Biryani spice mix (1 packet)
- Naan bread (4 pieces)
- Shawarma spice blend
- Teriyaki sauce (250ml)
- Soy sauce (light)
- Sesame oil
- Vegetable or canola oil
- Olive oil

SPICES & SEASONINGS

- Cumin seeds & ground cumin
- Coriander powder
- Turmeric powder
- Garam masala
- Paprika
- Red chili powder
- Cinnamon stick
- Cardamom pods
- Cloves
- Bay leaves
- Black pepper
- Salt
- Dried herbs (oregano, thyme)

Week 2 Grocery List

Everything you need for Week 2 meals, organized by category for efficient shopping.

PROTEINS

- Eggs (12)
- Ground beef (800g)
- Tilapia fillets (4 fillets, ~500g)
- Chickpeas (2 cans, 800g drained)
- Firm tofu (2 blocks, ~700g)
- Black lentils (urad dal) (300g)
- Kidney beans (1 can, 400g)
- Plain yogurt (500g)

VEGETABLES & FRESH PRODUCE

- Bell peppers (6 large, mixed colors)
- Spinach (500g fresh)
- Tomatoes (8 medium)
- Onions (5 large)
- Garlic (2 heads)
- Ginger root (100g)
- Sweet potatoes (4 medium)
- Cucumber (2)
- Green beans or mixed vegetables (300g)
- Fresh cilantro (1 bunch)
- Fresh basil (1 small bunch)
- Lime (2)
- Lemongrass (2 stalks, optional)
- Green chilies (3-4)

PANTRY & DRY GOODS

- Basmati rice (800g)
- Coconut milk (2 cans, 800ml)
- Whole wheat bread (1 loaf)
- Naan bread (4 pieces)
- Whole wheat chapati/flatbread (4-6)
- Tomato paste (2 tbsp)
- Red curry paste (3-4 tbsp)
- Fish sauce (1 tbsp)
- Vegetable oil
- Olive oil

SPICES & SEASONINGS

- Cumin seeds & ground cumin
- Coriander powder
- Turmeric powder
- Garam masala
- Paprika
- Cayenne pepper
- Cinnamon
- Black pepper
- Salt
- Dried oregano
- Fresh or dried thyme

Week 1 Recipe Cards

SUNDAY

Teriyaki Tofu with Broccoli, Snap Peas & French Beans

Prep: 15 min **Cook:** 20 min **Total:** 35 min **Serves:** 4

INGREDIENTS

- 1 block firm tofu (~350g), pressed and cubed
- 1 head broccoli, cut into florets
- 150g snap peas, trimmed
- 150g french beans, trimmed
- 4 tbsp teriyaki sauce
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 2 cloves garlic, minced
- 1 tbsp ginger, grated
- 2 tbsp vegetable oil
- 1 tbsp sesame seeds (garnish)
- Cooked jasmine rice, to serve

INSTRUCTIONS

1. Press tofu for 15 minutes to remove excess moisture, then cut into 2cm cubes.
2. Heat 1 tbsp vegetable oil in a large non-stick pan over medium-high heat. Fry tofu cubes until golden on all sides, about 8 minutes. Remove and set aside.
3. In the same pan, heat remaining oil. Add broccoli and cook for 3 minutes.
4. Add snap peas and french beans. Stir-fry for another 3-4 minutes until tender-crisp.
5. Add garlic and ginger, cook for 30 seconds until fragrant.
6. Return tofu to the pan. Pour in teriyaki sauce and soy sauce. Toss to coat everything evenly.
7. Sprinkle with sesame seeds and serve hot over steamed jasmine rice.

NUTRITION PER SERVING: Calories: **380** Protein: **18g** Carbs: **42g** Fat: **16g**

MONDAY

Oven Baked Tilapia with Lemon Herb Quinoa

Prep: 10 min **Cook:** 25 min **Total:** 35 min **Serves:** 4

INGREDIENTS

- 4 tilapia fillets (~500g)
- 1 cup quinoa, rinsed
- 2 cups vegetable or chicken broth
- 2 lemons (1 juiced, 1 sliced)
- 3 cloves garlic, minced
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh dill (or 1 tsp dried)
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt and black pepper
- Butter or oil for sautéing

INSTRUCTIONS

1. Preheat oven to 200°C (400°F). Line a baking sheet with parchment paper.
2. Place quinoa and broth in a saucepan. Bring to a boil, reduce heat, cover and simmer for 15 minutes until fluffy.
3. Pat tilapia fillets dry. Drizzle with olive oil, lemon juice, minced garlic, oregano, salt and pepper.
4. Arrange fillets on the baking sheet. Top each with a lemon slice.
5. Bake for 12-15 minutes until fish flakes easily with a fork.
6. Fluff cooked quinoa with a fork. Stir in parsley, dill, and a drizzle of olive oil.
7. Serve baked tilapia over the lemon herb quinoa with extra lemon wedges.

NUTRITION PER SERVING: Calories: **340** Protein: **32g** Carbs: **28g** Fat: **12g**

TUESDAY

Beef & Broccoli Stir-Fry with Steamed Rice

Prep: 15 min **Cook:** 15 min **Total:** 30 min **Serves:** 4

INGREDIENTS

- 500g beef steak, thinly sliced against the grain
- 2 heads broccoli, cut into small florets
- 3 cloves garlic, minced
- 1 tbsp ginger, grated
- 3 tbsp soy sauce
- 2 tbsp oyster sauce (or hoisin)
- 1 tbsp cornstarch
- 2 tbsp vegetable oil
- 1 tsp sesame oil
- 2 tbsp water
- Steamed jasmine rice, to serve

INSTRUCTIONS

1. Toss sliced beef with 1 tbsp soy sauce and cornstarch. Let marinate for 10 minutes.
2. Mix remaining soy sauce, oyster sauce, sesame oil, and water in a small bowl. Set aside.
3. Heat 1 tbsp oil in a wok or large pan over high heat. Stir-fry beef in batches for 2-3 minutes until browned. Remove and set aside.
4. Add remaining oil to the wok. Stir-fry broccoli for 3-4 minutes until bright green and tender-crisp.
5. Add garlic and ginger, cook for 30 seconds until fragrant.
6. Return beef to the wok. Pour in the sauce mixture. Toss everything together for 1-2 minutes until sauce thickens and coats the beef and broccoli.
7. Serve immediately over steamed rice.

NUTRITION PER SERVING: Calories: **420** Protein: **35g** Carbs: **38g** Fat: **16g**

WEDNESDAY

Paneer Tikka with Roasted Vegetables & Naan

Prep: 20 min **Cook:** 25 min **Total:** 45 min **Serves:** 4

INGREDIENTS

- 400g paneer, cubed
- 1 bell pepper, cubed
- 1 onion, cut into chunks
- 1 cup yogurt
- 2 tbsp tikka masala paste
- 1 tbsp lemon juice
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp garam masala
- 2 tbsp oil
- Fresh cilantro, for garnish
- 4 naan breads, warmed

INSTRUCTIONS

1. Whisk yogurt with tikka masala paste, lemon juice, turmeric, cumin, and garam masala to make the marinade.
2. Coat paneer cubes and vegetables in the marinade. Let sit for at least 15 minutes (or up to 2 hours in the fridge).
3. Preheat oven to 200°C (400°F). Thread paneer and vegetables onto skewers (or spread on a baking tray).
4. Brush with oil and bake for 20-25 minutes, turning halfway, until paneer is golden and vegetables are charred at the edges.
5. Alternatively, grill on a hot griddle pan for 3-4 minutes per side.
6. Sprinkle with fresh cilantro and serve with warm naan bread.

NUTRITION PER SERVING: Calories: **480** Protein: **22g** Carbs: **38g** Fat: **26g**

THURSDAY

Mujadara with Shawarma Spices & Cucumber Yogurt Salad

Prep: 10 min Cook: 35 min Total: 45 min Serves: 4

INGREDIENTS

- 1 cup green or brown lentils
- 1 cup basmati rice
- 3 large onions, thinly sliced
- 2 tsp shawarma spice blend
- 1 tsp cumin
- 1/2 tsp cinnamon
- 3 cups vegetable broth
- 4 tbsp olive oil
- 1 cup Greek yogurt
- 1 cucumber, diced
- 1 clove garlic, minced
- 1 tbsp fresh mint, chopped
- 1 tbsp lemon juice
- Salt and pepper

INSTRUCTIONS

1. Rinse lentils and rice separately. Set aside.
2. Heat 2 tbsp oil in a pot over medium heat. Fry onions until deeply caramelized and crispy, about 15 minutes. Remove half for topping.
3. Add shawarma spices, cumin, and cinnamon to the remaining onions. Cook for 1 minute.
4. Add lentils and broth. Bring to a boil, then simmer for 15 minutes.
5. Add rice and remaining onions. Cover and cook on low for 15 minutes until rice is tender.
6. Meanwhile, make cucumber salad: mix yogurt, diced cucumber, garlic, mint, lemon juice, salt, and pepper.
7. Serve mujadara topped with crispy onions and a side of cucumber yogurt salad.

NUTRITION PER SERVING: Calories: **450** Protein: **18g** Carbs: **62g** Fat: **14g**

FRIDAY

Chicken Biryani with Roasted Vegetables & Garlic Yogurt

Prep: 25 min **Cook:** 45 min **Total:** 70 min **Serves:** 4

INGREDIENTS

- 600g chicken thighs, bone-in
- 2 cups basmati rice, soaked 30 min
- 2 onions, sliced
- 3 tomatoes, chopped
- 4 tbsp biryani masala
- 1 cup yogurt
- 1/4 cup fried onions
- Saffron strands in 2 tbsp warm milk
- Mixed vegetables (carrots, beans, cauliflower) 400g
- 2 tbsp oil
- 2 tbsp ghee
- Fresh cilantro and mint
- 1 cup yogurt + 2 cloves garlic (for garlic yogurt)

INSTRUCTIONS

1. Marinate chicken in yogurt, half the biryani masala, and salt for at least 30 minutes.
2. Heat oil and ghee in a large pot. Fry onions until golden. Remove and set aside.
3. Add marinated chicken to the pot. Sear for 5-6 minutes until browned.
4. Add tomatoes, remaining biryani masala, cilantro, and mint. Cook for 10 minutes.
5. Layer soaked rice over the chicken. Pour in 3.5 cups water and saffron milk.
6. Top with fried onions. Cover tightly and cook on low for 25 minutes.
7. Toss vegetables with oil, salt, and pepper. Roast at 200°C for 20 minutes.
8. Mix yogurt with crushed garlic and salt for garlic yogurt dip.
9. Serve biryani with roasted vegetables and garlic yogurt on the side.

NUTRITION PER SERVING: Calories: **580** Protein: **32g** Carbs: **58g** Fat: **24g**

SATURDAY

Beef with Cucumber Raita

Prep: 10 min Cook: 20 min Total: 30 min Serves: 4

INGREDIENTS

- 500g ground beef or beef strips
- 1 onion, finely chopped
- 3 tomatoes, chopped
- 3 cloves garlic, minced
- 1 tbsp ginger, grated
- 1 tsp cumin
- 1 tsp coriander powder
- 1/2 tsp turmeric
- 1/2 tsp garam masala
- 2 tbsp oil
- Fresh cilantro, chopped
- Cooked rice or flatbread, to serve
- 1 cucumber, grated
- 1 cup yogurt
- 1 tsp cumin, roasted
- Fresh mint leaves

INSTRUCTIONS

1. Heat oil in a pan. Add onions and cook until soft and golden, about 5 minutes.
2. Add garlic and ginger. Cook for 1 minute until fragrant.
3. Add beef. Break up and cook until browned all over, about 6-8 minutes.
4. Add cumin, coriander, turmeric, and salt. Mix well.
5. Add chopped tomatoes. Cook for 8-10 minutes until tomatoes break down and form a thick sauce.
6. Stir in garam masala and fresh cilantro. Cook for 2 more minutes.
7. For raita: squeeze excess water from grated cucumber. Mix with yogurt, roasted cumin, salt, and chopped mint.
8. Serve beef curry with steamed rice or flatbread and a generous dollop of cucumber raita.

NUTRITION PER SERVING: Calories: **410** Protein: **28g** Carbs: **16g** Fat: **26g**

Week 2 Recipe Cards

SUNDAY

Shakshuka with Whole Wheat Bread

Prep: 10 min **Cook:** 25 min **Total:** 35 min **Serves:** 4

INGREDIENTS

- 8 eggs
- 6 ripe tomatoes, diced (or 1 can 400g)
- 2 bell peppers, sliced
- 1 onion, sliced
- 4 cloves garlic, minced
- 2 tsp cumin
- 1 tsp paprika
- 1/2 tsp cayenne pepper
- 1/4 tsp cinnamon
- 3 tbsp olive oil
- 2 tbsp tomato paste
- Fresh parsley or cilantro
- Feta cheese, crumbled (optional)
- Salt and black pepper
- Whole wheat bread, toasted

INSTRUCTIONS

1. Heat olive oil in a large skillet over medium heat. Add onions and peppers. Cook until soft, about 5 minutes.
2. Add garlic, cumin, paprika, cayenne, and cinnamon. Cook for 1 minute until fragrant.
3. Add tomatoes and tomato paste. Season with salt and pepper. Simmer for 10 minutes until sauce thickens.
4. Make 8 wells in the sauce. Crack an egg into each well.
5. Cover and cook for 8-10 minutes until egg whites are set but yolks are still runny.
6. Sprinkle with fresh herbs and crumbled feta if using.
7. Serve directly from the skillet with toasted whole wheat bread for dipping.

NUTRITION PER SERVING: Calories: **320** Protein: **18g** Carbs: **22g** Fat: **18g**

MONDAY

Beef Kofta Stuffed Bell Peppers with Salad

Prep: 20 min **Cook:** 35 min **Total:** 55 min **Serves:** 4

INGREDIENTS

- 500g ground beef
- 4 large bell peppers, tops removed and seeded
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 2 tbsp fresh parsley, chopped
- 1 tsp cumin
- 1 tsp coriander
- 1/2 tsp cinnamon
- 1/4 tsp allspice
- 3 tbsp tomato paste
- 1 can diced tomatoes (400g)
- 2 tbsp olive oil
- Salt and pepper
- Mixed green salad, to serve

INSTRUCTIONS

1. Preheat oven to 190°C (375°F).
2. Mix ground beef with half the onion, garlic, parsley, cumin, coriander, cinnamon, allspice, salt, and pepper.
3. Stuff each bell pepper with the beef mixture, pressing down gently.
4. Heat oil in an oven-safe pan. Sear stuffed peppers top-side down for 2 minutes.
5. Flip peppers upright. Add remaining onions, tomato paste, and diced tomatoes around the peppers.
6. Cover and bake for 30-35 minutes until peppers are tender and beef is cooked through.
7. Serve each stuffed pepper with the tomato sauce spooned over and a fresh side salad.

NUTRITION PER SERVING: Calories: **380** Protein: **28g** Carbs: **18g** Fat: **22g**

TUESDAY

Tilapia in Coconut Sauce with Rice

Prep: 10 min Cook: 20 min Total: 30 min Serves: 4

INGREDIENTS

- 4 tilapia fillets (~500g)
- 1 can coconut milk (400ml)
- 1 onion, sliced
- 3 cloves garlic, minced
- 1 tbsp ginger, grated
- 1 tsp turmeric
- 1 tsp cumin
- 1/2 tsp chili flakes
- 2 tbsp lime juice
- 2 tbsp fish sauce
- 1 tbsp vegetable oil
- Fresh cilantro, for garnish
- Steamed rice, to serve

INSTRUCTIONS

1. Season tilapia fillets with salt and pepper. Set aside.
2. Heat oil in a large skillet over medium heat. Fry tilapia for 2-3 minutes per side until golden. Remove and set aside.
3. In the same pan, add onions. Cook until soft, about 3 minutes.
4. Add garlic, ginger, turmeric, cumin, and chili flakes. Cook for 1 minute.
5. Pour in coconut milk, lime juice, and fish sauce. Stir well and bring to a gentle simmer.
6. Return tilapia to the pan. Spoon sauce over the fish. Simmer for 5-7 minutes until fish is cooked through and sauce thickens slightly.
7. Garnish with fresh cilantro and serve over steamed rice.

NUTRITION PER SERVING: Calories: **420** Protein: **30g** Carbs: **28g** Fat: **22g**

WEDNESDAY

Chickpea & Spinach Curry with Naan

Prep: 10 min Cook: 25 min Total: 35 min Serves: 4

INGREDIENTS

- 2 cans chickpeas, drained (800g)
- 500g fresh spinach, washed
- 1 onion, finely chopped
- 3 tomatoes, chopped
- 4 cloves garlic, minced
- 1 tbsp ginger, grated
- 1 tsp cumin seeds
- 1 tsp turmeric
- 1 tsp garam masala
- 1/2 tsp red chili powder
- 1 tsp coriander powder
- 2 tbsp oil
- 1/2 cup water or vegetable broth
- Fresh cilantro
- 4 naan breads, warmed

INSTRUCTIONS

1. Heat oil in a large pan. Add cumin seeds and let them sizzle for 30 seconds.
2. Add onions and cook until golden, about 5 minutes.
3. Add garlic and ginger. Cook for 1 minute.
4. Add turmeric, coriander, chili powder, and garam masala. Stir for 30 seconds.
5. Add chopped tomatoes. Cook until they soften and form a paste, about 5 minutes.
6. Add chickpeas and water. Stir well, cover, and simmer for 10 minutes.
7. Add spinach in batches, stirring until wilted. Cook for another 3-4 minutes.
8. Sprinkle with garam masala and fresh cilantro. Serve with warm naan bread.

NUTRITION PER SERVING: Calories: **440** Protein: **16g** Carbs: **58g** Fat: **16g**

THURSDAY

Beef Mince with Tomato & Cucumber Salad & Baked Sweet Potatoes

Prep: 15 min **Cook:** 35 min **Total:** 50 min **Serves:** 4

INGREDIENTS

- 500g ground beef
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tsp cumin
- 1 tsp paprika
- 1/2 tsp cinnamon
- 2 tbsp tomato paste
- 1 can diced tomatoes (400g)
- 4 medium sweet potatoes
- 2 tbsp olive oil
- 2 cucumbers, diced
- 4 tomatoes, diced
- 1 red onion, thinly sliced
- 2 tbsp lemon juice
- Fresh parsley
- Salt and pepper

INSTRUCTIONS

1. Preheat oven to 200°C (400°F). Scrub sweet potatoes and prick with a fork. Place on a baking tray and bake for 30-35 minutes until tender.
2. Heat oil in a skillet. Add onions and cook until soft, about 4 minutes.
3. Add garlic, cumin, paprika, and cinnamon. Cook for 1 minute.
4. Add ground beef. Cook, breaking up, until browned, about 6-8 minutes.
5. Stir in tomato paste and diced tomatoes. Season with salt and pepper. Simmer for 10-15 minutes until thickened.
6. For salad: combine diced cucumber, tomatoes, red onion, lemon juice, olive oil, salt, and pepper.
7. Serve beef mince with baked sweet potatoes (split open and fluff with a fork) and fresh salad on the side.

NUTRITION PER SERVING: Calories: **490** Protein: **28g** Carbs: **42g** Fat: **24g**

FRIDAY

Dal Makhani with Cucumber Salad & Chapati

Prep: 10 min Cook: 45 min Total: 55 min Serves: 4

INGREDIENTS

- 1 cup black lentils (urad dal), soaked 4 hours
- 1/2 cup kidney beans, soaked (or 1 can)
- 1 onion, finely chopped
- 3 tomatoes, pureed
- 4 cloves garlic, minced
- 1 tbsp ginger, grated
- 1 tsp cumin seeds
- 1/2 tsp turmeric
- 1 tsp garam masala
- 1/2 cup cream or coconut cream
- 2 tbsp butter or ghee
- 1 tsp red chili powder
- Fresh cilantro
- 1 cucumber, sliced
- 1/2 cup yogurt
- 1 tsp roasted cumin powder
- Whole wheat chapati or flatbread

INSTRUCTIONS

1. Drain soaked lentils and beans. Pressure cook or boil in fresh water until completely soft and mashable, about 30-40 minutes.
2. Heat butter in a large pan. Add cumin seeds and let them sizzle.
3. Add onions and cook until deep golden, about 8 minutes.
4. Add garlic and ginger. Cook for 1 minute.
5. Add turmeric, chili powder, and tomato puree. Cook until oil separates, about 8-10 minutes.
6. Add the cooked lentils and beans with their liquid. Stir well and simmer for 15 minutes.
7. Stir in cream and garam masala. Simmer for 5 more minutes. Garnish with cilantro.
8. For salad: toss cucumber slices with yogurt, roasted cumin, and salt.
9. Serve dal makhani hot with cucumber salad and warm chapati.

NUTRITION PER SERVING: Calories: **460** Protein: **18g** Carbs: **58g** Fat: **18g**

SATURDAY

Thai Tofu Curry with Vegetables & Rice

Prep: 15 min Cook: 20 min Total: 35 min Serves: 4

INGREDIENTS

- 1 block firm tofu (~350g), cubed
- 1 can coconut milk (400ml)
- 3-4 tbsp Thai red curry paste
- 1 bell pepper, sliced
- 1 zucchini, sliced
- 1 cup green beans, trimmed
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 tbsp ginger, grated
- 1 tbsp fish sauce (or soy sauce)
- 1 tbsp brown sugar
- 1 tbsp lime juice
- 2 tbsp oil
- Fresh Thai basil or regular basil
- Steamed jasmine rice, to serve

INSTRUCTIONS

1. Press tofu for 10 minutes, then cut into cubes. Fry in oil until golden on all sides. Remove and set aside.
2. In the same pan, add a little more oil if needed. Fry curry paste for 1 minute until fragrant.
3. Add onions, garlic, and ginger. Cook for 2 minutes.
4. Add coconut milk, fish sauce, brown sugar, and lime juice. Stir well and bring to a gentle simmer.
5. Add bell pepper, zucchini, and green beans. Simmer for 8-10 minutes until vegetables are tender-crisp.
6. Return tofu to the curry. Gently stir and heat through for 2-3 minutes.
7. Tear fresh basil leaves and stir through just before serving.
8. Serve hot over steamed jasmine rice.

NUTRITION PER SERVING: Calories: **420** Protein: **14g** Carbs: **32g** Fat: **28g**