

MEAL PLAN MENU

Instructions: Pickup and delivery available Monday through Friday. Place the order for the full week at least 3 days ahead of pickup/delivery. In the order, list your desired breakfasts, lunches, and dinners (6 or 7 each, depending on your plan). We will then let you know which dishes should be consumed first.

Email your order to aryabhavan@aol.com and don't forget to include your desired pickup or delivery day & time (plus address for delivery).

R = ok for Raw meal plan

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GF = ok for Gluten-Free meal plan

BREAKFAST

Choose 1 item per day



R, GF

Indian Cereals (a bit spicy)



R, GF

Homemade Fruits & Nuts Granola



R, GF

Smoothie or Green Juice

(Chef's Choice)



GF

Fenugreek Pancake

Fenugreek has antioxidant properties, balances blood sugar and lowers cholesterol levels.

LUNCH

Choose 1 item per day



R, GF

Kale Salad

Fresh Organic Kale, Sliced Seasonal Fruits,
Sliced Almonds, Sunflower Seeds, Cranberries, Ginger.



R, GF

Indian Taco Salad

A delicious vegan fusion dish, flavored
with Indian spices.



R, GF

Organic Salad

Spinach, Tomato, Baby Arugula, Spring Mix,
Chickpeas, Alfalfa and Bean Sprouts, Raisins and Tofu.



R, GF

Veggie Rolls

A mix of avocado, Indian spices and vegetables wrapped
in a collard green leaf. Eat with your favorite dipping sauce.



R, GF

Stuffed Mushrooms

Bite-sized marinated mushrooms stuffed with
a paté of nuts, parsley, onions and a touch of India.



GF

Uttapam

Lentil and Rice pancake, topped with fresh garden vegetables

LUNCH



R, GF

Nori Rolls

A colorful embrace of fresh vegetables and paté of nuts and Indian spices wrapped in seaweed rolls.



Uppma

Wheat Farina (great source of Vitamin B-12) stir-fried with Mustard Seeds, Cumin, Onion, Tomato, Clove, Curry Leaves, Cinnamon and Lemon Juice. Garnished with Cashews and Cilantro.



R, GF

Raw Ravioli

Turnip ravioli stuffed with a paté of Indian spices and nuts.



R, GF

Raw Pizza

Raw crust of sunflower seeds, cauliflower and nuts, topped with homemade tomato sauce, jalapeño and mixed vegetables.



GF

Fenugreek Pancake

Fenugreek has antioxidant properties, balances blood sugar and lowers cholesterol levels.



R, GF

Indian Taco

Crunchy cabbage leaf stuffed with a mix of bell peppers, onions, Indian spices and other vegetables.

DINNER

Choose 2 items per day: 1 entree + 1 appetizer or dessert

Appetizers



GF

Samosa

Filled with peas and potatoes
(please specify if you want it gluten-free)



GF

Lilwa ni Kachori

Flour shell stuffed with mashed and spiced
Indian Pigeon Peas

Entrees



R, GF

Vitality Soup

Leafy green vegetables, salt, lemon,
onion and garlic. A great energy boost!
Comes with choice of organic brown rice,
quinoa, or bread (without for Raw plan)



GF

Dal Buzara

Fresh Moong Lentils, sautéed in Olive Oil with Cumin,
Fresh Green Tomato and Onion.
Great source of protein and antioxidants.
Comes with choice of organic brown rice, quinoa, or bread.

DINNER



GF

Sambar Soup

Prepared with Carrots, Zucchini, Radish,
Tomato, Eggplant and Curry Leaves.

Comes with choice of organic brown rice, quinoa, or bread.



R, GF

Zucchini Soup

Made with zucchini, celery, avocado and dill.
Comes with choice of organic brown rice,
quinoa, or bread (without for Raw plan)



GF

Organic Brown Rice Biryani

With stir-fried Broccoli, Carrots, Cauliflower, and Tomatoes.

Seasoned with Cumin, Clove, Bay Leaves, Turmeric,
Cinnamon and Sea Salt. Garnished with Raisins.



GF

Quinoa Biryani

With stir-fried Broccoli, Carrots, Cauliflower, and Tomatoes.

Seasoned with Clove and Sea Salt.
Garnished with Peas and Carrots.



GF

Baingan Bharta

Clay oven fresh roasted Eggplant, sauteed with Onion,
Green Peas, Tomato, Ginger, Garlic, and Indian spices.

Comes with choice of organic brown rice, quinoa, or bread.



GF

Chana Masala

Sun-dried Chickpeas seasoned with Cumin and Fresh Onion,
sauteed and topped with Tomato Gravy. A high-protein dish.

Comes with choice of organic brown rice, quinoa, or bread.

DINNER



GF

Malai Kofta

A Sweet Potato and Green Vegetable dumpling, topped with a delicious Cashew Gravy, garnished with Cardamom, Almond and Cashew. Arya Bhavan's Most Popular Dish! Comes with choice of organic brown rice, quinoa, or bread.



GF

Bhindi Masala

Fresh Okra, blended with Onion and Tomato, seasoned with Indian spices. A great source of fiber and rich in minerals. Comes with choice of organic brown rice, quinoa, or bread.



GF

Pau Bhaji

Cauliflower, Eggplant, Potato, Onion, Garlic and Tomato. Garnished with Lemon, Onion and Cilantro. Comes with choice of organic brown rice, quinoa, or bread.



GF

Cabbage and Potato Dish

Flavored with Mustard Seeds and Turmeric. Comes with choice of organic brown rice, quinoa, or bread.



R, GF

Cauliflower Dish

Flavored with Indian Spices. Comes with choice of organic brown rice, quinoa, or bread (without for Raw plan)



GF

Spinach and Eggplant Dish

Flavored with Indian Spices. Comes with choice of organic brown rice, quinoa, or bread.

DINNER



GF

Okra and Sweet Potato Dish

Flavored with Mustard Seeds, Cumin,
Turmeric, and a bit of Chili.

Comes with choice of organic brown rice, quinoa, or bread.



R, GF

Broccoli Dish

Flavored with Indian Spices.

Comes with choice of organic brown rice,
quinoa, or bread (without for Raw plan)



GF

Brussels Sprouts Dish

Flavored with Indian Spices.

Comes with choice of organic brown rice, quinoa, or bread.



R, GF

Kale Salad

Fresh Organic Kale, Sliced Seasonal Fruits,
Sliced Almonds, Sunflower Seeds, Cranberries, Ginger.



R, GF

Organic Salad

Spinach, Tomato, Baby Arugula, Spring Mix,
Chickpeas, Alfalfa and Bean Sprouts, Raisins and Tofu.



R, GF

Indian Taco Salad

A delicious vegan fusion dish, flavored
with Indian spices.

DINNER



R, GF

Stuffed Mushrooms

Bite-sized marinated mushrooms stuffed with a paté of nuts, parsley, onions and a touch of India.



R, GF

Veggie Rolls

A mix of avocado, Indian spices and vegetables wrapped in a collard green leaf. Eat with your favorite dipping sauce.



R, GF

Indian Taco

Crunchy cabbage leaf stuffed with a mix of bell peppers, onions, Indian spices and other vegetables.



R, GF

Raw Pizza

Raw crust of sunflower seeds, cauliflower and nuts, topped with homemade tomato sauce, jalapeño and mixed vegetables.

Desserts

The dessert is chosen by the Chef. Below is a list of desserts typically included in the meal plan.

If there is one or more you prefer not to get, please specify in the order email.



R, GF

Chocolate Truffles

Cacao and Coconut balls naturally sweetened with dates.



R, GF

Coconut Macaroons

Coconut and Almonds balls naturally sweetened with dates.

DINNER



R

Ice Cream

Strawberry, mango, chocolate-mint, or avocado;
all soy-free.



R, GF

Lemon Bar

Zesty creamy dessert bar, no added sugar.



R, GF

Chocolate Brownie

A chewy, mouth-watering blend of
raw organic cacao, dates, walnuts, and coconut flakes.