

Welcome to your weekly meal prep guide — created to make weekdays easier, healthier, and less stressful.

This plan is designed for busy days when you want nourishing homemade meals without spending hours in the kitchen every day. By preparing a few essentials ahead of time, you can enjoy balanced, flavorful meals throughout the week while saving time, energy, and decision fatigue.

Inside this guide, you'll find:

- A simple weekday meal menu
- Prep-ahead tips
- Easy homemade staples
- High-protein, wholesome meal ideas
- Time-saving kitchen routines

To see how I actually make everything,

[follow my YouTube channel . :](#)

Tarnveer Kaur @tarnveerkaurshorts

<https://www.youtube.com/@tarnveerkaurshorts>

where I've just started sharing my real-life meal prep routines, healthy recipes, kitchen systems, and detailed weekday menus step by step.

I'll be sharing:

- Easy meal prep ideas
- Healthy homemade recipes
- Doughs, sauces & freezer prep
- High-protein vegetarian meals
- Realistic kitchen routines
- Weekly menu inspiration
- Time-saving cooking tips

The goal is simple — making homemade food feel easier, calmer, and more doable in everyday life. Thank you for being here and supporting this journey. More detailed recipes, prep methods, and kitchen inspiration are coming soon.

Start with Boiling Milk, Making Paneer or ghee.

I weekly prepare the batch n keep ir for week for quick additions.

I have soaked chickpeas for tikki, urad dal and moong dal for bhalla yesterday night.

Hung curd for Paneer tikka

Chop :

Dice onion + tomato

corinder

mint

ginger

bhindi

beans

Mixer :

Soaked Urad + Moong dal for bhalle

Cut and store some carrot + cauliflower + zuchini for sambhar

you can store it together because we will use it in 2 days .

Keep Paper towel at bottom.

Grate :

paneer

beetroot

Boil :

Chane

amla

potato (for tikki + aloo beans sabji)

sweet potato

nutri

Spinach

My suggestion will be do all above items first and then one by one follow recipes and use these pre ready items.

Tikki with Paneer + Veggies

Ingredients

- 200 g paneer
- 1 carrot grated
- 1 boiled potato
- capsicum finely chopped optional
- coriander
- Amla + spinach puree
- green chili

Binding

- 3-4 tbsp rice flour
 - salt
 - black pepper
 - cumin
 - chili flakes optional
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Recipe

- Crumble paneer well
 - Squeeze extra water from zucchini
 - Mix paneer, vegetables and spices
 - Add rice flour gradually
 - Make soft tikki mixture
 - Shape into patties
 - Shallow fry on medium flame
- OR
- air fry/bake till golden
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Tips

- Rice flour helps crispiness
- If mixture feels wet, add more rice flour
- Chill mixture 15 minutes for easier shaping

Sunday Preparation Recipes :

Bhindi Masala

Ingredients

- 500 g bhindi
- 1 onion sliced
- 1 tsp ginger garlic paste
- 2 tbsp oil/ghee

Spices

- ½ tsp cumin
 - ½ tsp turmeric
 - 1 tsp coriander powder
 - ½ tsp red chili
 - salt
 - ½ tsp amchur
 - little garam masala
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Recipe

- Wash bhindi and dry completely before cutting
 - Heat oil and add cumin
 - Add onions and cook till light golden
 - Add ginger garlic paste
 - Add tomatoes and spices
 - Cook till tomatoes soften
 - Add bhindi and mix gently
 - Cook uncovered on medium flame
 - Stir occasionally, not continuously
 - Add amchur at end
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Tips

- No water needed
- Keeping pan uncovered reduces stickiness

- Lemon/amchur helps keep bhindi less slimy
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Nutrition Upgrade Ideas

- roasted besan
- crushed peanuts
- sesame seeds
- paneer cubes
- extra onions for fiber and sweetness

Paneer Herb Dip

Blend:

- paneer
- yogurt
- mint
- coriander
- lemon
- black pepper

Creamy and high protein.

Dry Mix for Chilla or Wraps:

Moong Dal flour + soya bean flour + moringa.
Sattu powder + besan + hemp seeds+ajwain
sattu powder + coconut + cardamom +mishri
Oats + Chia + nut seed powder

Healthy Cookie with Sweet Potato + Banana + Carrot

Ingredients

- 1 small sweet potato steamed
- 1 banana
- 1 small carrot grated
- 1 cup oats

- 1-2 tbsp cocoa powder
- cinnamon optional
- vanilla optional

Optional Add-ins

- pumpkin seeds
 - walnuts
 - dark chocolate chips
 - flaxseed
 - peanut butter
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Recipe

- Mash sweet potato and banana
- Add grated carrot
- Mix oats and cocoa powder
- Add optional ingredients
- Make soft cookie dough
- Scoop onto baking tray
- Flatten slightly
- Bake at 180°C about 15-20 minutes

OR

- Air fry till firm outside
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Tips

- For softer cookies → thicker dough
- For crispier cookies → bake longer
- If mixture feels wet, add extra oats

Healthy Ladoo with Beetroot + Coconut

Ingredients

- 1 cup grated or cooked beetroot
- 1 cup desiccated coconut
- ½ cup almond flour
- 2–3 soft dates OR banana for sweetness
- 1 tsp cardamom
- 1 tsp ghee optional

Optional Add-ins

- chia seeds
 - sesame seeds
 - cocoa powder
 - crushed nuts
-

Recipe

- Cook grated beetroot till moisture reduces

OR

- Mash cooked beetroot well
 - Blend dates if using
 - Mix beetroot, coconut and almond flour
 - Add cardamom and optional ingredients
 - Cook few minutes if mixture feels wet
 - Let cool slightly
 - Roll into ladoos
 - Coat with coconut if desired
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Tips

- More coconut = firmer ladoos
- Almond flour makes texture soft and rich
- Store refrigerated

Paneer Tikka

Ingredients

- 250 g paneer cubes
- 1 onion cubes
- 1 capsicum cubes
- Green chutney prepared
- Tofu sauce (tofu + water : grind.)
- thick yogurt or hung curd

Spices

- 1 tsp ginger garlic paste
- ½ tsp turmeric
- 1 tsp red chili
- 1 tsp coriander powder
- ½ tsp garam masala
- ½ tsp cumin powder
- ½ tsp chaat masala
- salt
- lemon juice

Marinade

- Mix yogurt and green chutney with all spices
- Add paneer, onion and capsicum , mushrooms
- Coat gently
- Marinate at least 30 minutes

Aloo Beans

Ingredients

- 2 potatoes cubed , 250 g beans chopped
- 1 onion chopped , 1 tsp ginger garlic paste
- 2 tbsp oil/ghee

Spices

- ½ tsp cumin , ½ tsp turmeric , 1 tsp coriander powder , ½ tsp red chili , salt , little garam masala
 - amchur optional
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Recipe

- Heat oil and add cumin
 - Add onions and cook till soft
 - Add ginger garlic and spices
 - Add potatoes and mix well
 - Cover and cook 5-7 minutes
 - Add beans . Mix and cook covered on low flame till soft
 - Stir occasionally . Finish with coriander and little amchur/lemon
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Monday Morning :

High-Protein Moong Dal Chilla

Ingredients

- Chilla dry batter

Optional Add-ins

- spinach
 - grated carrot
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Recipe

- Blend dry batter with ginger, chili and little water
 - Add cumin and salt
 - Mix into smooth batter
 - Heat tawa
 - Spread batter gently
 - Drizzle little oil/ghee
 - Cook both sides till golden
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High-Protein Roti Dough

Ingredients

- 2 cups whole wheat flour
 - $\frac{1}{4}$ - $\frac{1}{3}$ cup soy flour
 - 100-150 g soft tofu blended smooth
 - salt
 - warm water as needed
 - little oil/ghee
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Important Balance

Do not use too much soy flour.

Best ratio:

- mostly wheat
- small amount soy flour

Dough Method

- Blend tofu smooth
- Mix all dry ingredients
- Add tofu
- Add warm water slowly
- Knead soft
- Rest 20-30 minutes

Paneer Tikka Cooking

- Arrange marinated items on skewers or pan directly
 - Cook on medium flame with little oil/ghee .Turn gently till slightly charred from sides or
 - Bake/air fry at 200°C till edges become golden
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Optional Nutrition Upgrades

- add besan to marinade for coating
- sprinkle sesame seeds . add nutritional yeast

Cooking finished for the day ✨

Tuesday Morning :

High-Protein Poha + Little Millet

Ingredients

- 1 cup poha
 - ½ cup cooked little millet
 - ½ cup Edamame (Prepared)
 - ¼ cup peas (Prepared)
 - 2 tbsp peanuts
 - 1 onion chopped (Prepared)
 - curry leaves
 - green chili
 - mustard seeds
 - turmeric
 - salt
 - lemon
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Prep

- Soak/wash poha and keep aside
- Cook little millet separately till soft and fluffy
- Boil edamame and peas if needed

Recipe

- Heat oil/ghee
- Add mustard seeds, curry leaves and peanuts
- Add onions and green chili
- Add peas and edamame
- Add turmeric and salt
- Mix in cooked millet
- Add poha gently
- Cook 2-3 minutes only
- Finish with lemon and coriander

Besan Roti

Ingredients

- 1 cup whole wheat flour
- ½ cup besan
- salt
- ajwain
- cumin
- spinach puree (prepared)
- little turmeric (optional)
- coriander leaves
- warm water
- little oil/ghee

Recipe

- Mix wheat flour, besan , spinach amla puree and spices
- Add coriander if using
- Add warm water slowly
- Knead into soft dough
- Rest 15-20 minutes
- Divide into balls
- Roll gently with dry flour
- Cook on hot tawa from both sides

- Apply little ghee if desired
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Important Tip

Using only besan makes rotis crack easily.
Mixing with wheat gives softer rotis.

Sambhar

Ingredients

- 1 cup Toor Dal
- 1 onion sliced (Prepared)
- carrot + zuchini + cauliflower (prepared)
- curry leaves
- green chili

Spices

- 1-2 tbsp sambar powder
- ½ tsp turmeric
- salt
- tamarind pulp

Tempering

- mustard seeds
 - cumin
 - dry red chili
 - hing
 - oil/ghee
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Recipe

- Wash and pressure cook toor dal nad other dals if soaked till soft .Mash lightly
- Cook vegetables separately till tender
- Add tomatoes, turmeric and salt

- Add cooked dal . Add sambar powder and tamarind
 - Add water as needed . Simmer 10-15 minutes
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Tempering

- Heat oil/ghee . Add mustard seeds, cumin, hing, curry leaves and dry chili . Pour over sambar

Wednesday morning

Mixed Veg Idli Upma

Ingredients

- 5-6 idlis crumbled or cubed
- 1 onion chopped
- 1 carrot chopped
- beans chopped
- capsicum chopped
- peas
- curry leaves
- green chili
- coriander

Spices

- mustard seeds
 - cumin
 - turmeric
 - salt
 - little sambhar masala or pav bhaji masala optional
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Recipe

- Heat oil/ghee
- Add mustard seeds, cumin and curry leaves
- Add onions and green chili
- Add all vegetables and cook till slightly soft
- Add turmeric and salt

- Add crumbled idli
- Mix gently
- Cook 2-3 minutes only
- Finish with coriander and lemon

Quinoa + Spinach Veggie Bowl

Ingredients

- 1 cup quinoa
 - 2 cups water
 - Spinach Puree
 - peas
 - onion chopped
 - garlic
 - cumin
 - salt
 - black pepper
 - little lemon
-

Recipe

- Wash quinoa well
- Cook with water till fluffy
- Heat little oil/ghee
- Add cumin and onions
- Add carrots, zucchini and peas
- Cook till slightly soft
- Add spinach puree
- Add salt and pepper
- Simmer 2 minutes
- Mix cooked quinoa into vegetables
- Finish with lemon

High-Protein Chickpea Salad

Ingredients

- 1 cup boiled chana

- 1 cup soaked Soy Chunks
- 1 capsicum chopped
- cabbage shredded (prepared)
- lettuce chopped
- cucumber optional
- onion optional

Dressing

- lemon juice
 - black pepper
 - salt
 - roasted cumin powder
 - little olive oil
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Recipe

- Squeeze water well from soaked soya chunks
 - Chop roughly if pieces are large
 - Add chana, soy chunks and vegetables to bowl
 - Add dressing ingredients
 - Mix well
 - Rest 10 minutes before eating
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Nutrition Upgrade Ideas

Can also add:

- pumpkin seeds
- sesame

Healthy food ready ✓

Now the best part begins — enjoying the calm that comes after the cooking is done

Thursday Morning :

High-Protein Besan Chilla with Sattu

Ingredients

- Sattu + Besan Dry powder (Prepared)
 - onion chopped
 - green chili
 - coriander
 - ajwain
 - cumin
 - salt
 - water as needed
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Recipe

- Mix dry powder
- Add spices and vegetables (optional)
- Add water slowly to make smooth batter
- Rest batter 10 minutes
- Spread on hot tawa
- Drizzle little oil/ghee
- Cook both sides till golden

Tofu Scramble

Ingredients

- 200-250 g tofu + 1 onion chopped (prepared) + 1 tomato chopped + garlic optional (prepared)
 - coriander
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Recipe

- Crumble tofu with hands or fork
- Heat little oil/ghee
- Add cumin and onions
- Cook till soft
- Add garlic, tomato and capsicum (optional)
- Cook few minutes
- Add turmeric , black pepper , salt and tofu
- Mix gently
- Cook 3-5 minutes only
- Finish with coriander and lemon

Lobia :

Add basic gravy paste + lobia with enough water (Keep it not very watery for more protein).

4-5 whisters and its ready.

Roti dough ;

2 cups whole wheat flour + 1 carrot grated (prepared) + paneer puree . Knead into soft dough (Add little warm water only if needed)

Monday	Moong dal chilla + besan + moringa powder Chilla + greek yogurt + nut seed powder	Bhindi + roti Roti dough : whole wheat + soya flour + blended tofu Cucumber Sweet potato cookie	Paneer Tikka with Stir-Fried Veggies, Bell peppers, beans, broccoli, onions mint chutney
Night preparation	Soak Little millet (80% poha and 20 % little millet so soak quantity accordingly) Soak Arhar dal for Sambhar (add moong dal + chana dal for more protein)		
Tuesday	Poha + little millet : with edamame + peanuts + peas	beans aloo + roti dough roti (spinach) + beetroot ladoo + cucumber	Idli + sambhar (Make idli extar for breakfats)
Night preparation	Soak White chana and soya chunks		
Wednesday	Leftover Idli mixed veggies upma + chutney	Quinoa (Spinach + Paneer + veggies) sweet potato cookie	chana boiled + soya chunks soaked + pepper+cabbage + lettuce Salad Dressing : Dip
Night preparation	Soak Lobia If you want scramble tofu for morning Dice onion for tofu and store		
Thursday	Sattu powder + besan + chutney + scrambled tofu (Cook extra for diner)	Lobia + Roti Roti dough (Add grated carrot) + cucumber + roasted zuchini	long cheese sticks + Dip + scrambled tofu
Night preparation	Add milk/greek yougurt to dry oats Soak Rajma , Soak foxtail millet , Soak Rice		
Friday	Oats + Fruit + nut seed powder	Rice + foxtail millet + curd + tadka Beetroot ladoo	Rajma ragi + besan tacos