



LUKE COUTINHO

Integrative & Lifestyle Medicine | Holistic Nutrition

Healthy and
Balanced Kids
Menu for
December
(Indian & International)



DECEMBER – 2020 (INDIAN MENU)

WEEK - 1

Week	Breakfast	Lunch	Dinner
Monday	Semiya poha+added vegetables and steamed sprouts/boiled egg with a dash of lemon.	Raw papaya and sesame seeds salad+choice of multigrain roti/rice+eggplant curry/chicken bharta+masur dal tadka.	Turmeric broth+Rajsthani masala dal and vegetable khichdi+stir fry vegetable salad with a dash of fresh herbs.
Tuesday	Beetroot ragi idli+coconut chutney/tomato chana dal chutney.	Steamed beetroot poriyal+stuffed moong dal paratha/sambar rice+amaranth leaves curry/spinach egg curry.	Bottle gourd and beetroot soup+ajwain roti+chettinad fish curry/chicken curry/vegetable avial cooked in coconut milk and mild spices.
Wednesday	Rice appam with vegetables and egg stew+onion garlic chutney.	Mixed kachumber salad+choice of jeera paratha+rajma curry/chettinad fish curry+cluster beans stir fry.	Tomato and basil soup+wheat roti pizza with spread of Indian homemade sauce, assorted vegetables, beans/chicken.
Thursday	Moong dal ajwain paratha/makhana sprouts thepla+A2 mint and curd dip.	Onion salad+choice of roti/rice+pumpkin korma/chicken korma+moong dal tadka.	Dal shorba+moong dal chilla with shredded vegetables+choice of tomato garlic chutney/moringa chutney.
Friday	Ragi upma/oats lentil appe+choice of chutney.	Radish sticks+arhar dal/chicken stew+steamed rice+A2 bottle gourd raita as per season and weather conditions.	A2 paneer marinated stir fry/fish stir fry+little millet masala khichdi+fresh turmeric and carrot pickle.
Saturday	Grilled sandwich with A2 paneer/sprouts/egg sandwich with added vegetables+avocado dip.	Steamed sprouts salad+sarson ka saag+makke ki roti+A2 curd at room temperature/kadhi.	Mushroom keema biryani/egg pulao/Bhuna chicken biryani+choice of raita.
Sunday	Vegetables oats and besan dhokla/egg cheela with coriander/mint chutney.	A2 Paneer biryani/chicken biryani/mushroom biryani+choice of raita.	Sweet corn vegetable and broccoli soup+baked wheat pav/buns with sweet potatoes and onion vada with spread of fresh garlic chutney.

WEEK - 2

Monday	Oats sattu beetroot chila with added sprouts/egg+mint chutney.	Fresh ginger and turmeric pickle+corn pulao+lobia curry/fish curry+ridge gourd sabzi.	Bottle gourd soup+beans stir fry+masala methi thepla/akki roti+choice of garlic dal.
Tuesday	Overnight soaked oats chia pudding+choice of nuts, seeds+drizzle of almond butter.	Carrot and cucumber salad+roti/rice+cabbage chana dal. poriyal+tomato rasam/chicken korma.	Spinach soup+oats and sattu vegetable pancakes+fresh coriander chutney/tomato garlic chutney.
Wednesday	Corn and sprouts poha+boiled egg.	Sliced onion salad+kofta curry/fish curry+jeera, ajwain roti+kala chana stir fry.	Macaroni peas and corn soup+vegetable frankie of multigrain flour+added sprouts/mushroom/egg/chicken, pickled onions and mint chutney.
Thursday	Ragi and sattu porridge sweet/savoury+choice of steamed sprouts/egg.	Sol kadhi+fresh methi and peas curry+ragi roti/steamed rice+chana dal tadka.	Grilled broccoli, capsicum and onion in mild spices+oats masala khichdi/daliya khichdi.
Friday	Vegetable uttapam/masala egg omelet+home made tomato sauce/dip.	Fresh carrot and ginger pickle+Punjabi chole+Missi roti+mint chutney.	Vegan kadhi/mixed vegetable soup+baingan bharta/chicken bharta+choice of ragi roti/bajra roti.
Saturday	Ragi chocolate sheera/ragi rava upma+coconut chutney.	Yellow moong dal and carrot koshimbir+dum aloo/stuffed egg curry+roti/rice+stir fry spinach poriyal with grated coconut.	Fresh corn and peas soup+choice of A2 Paneer wraps/shawarma wraps with shredded vegetables and curd dip.
Sunday	Radish and dal paratha made of multigrain flour+A2 curd with added cumin powder.	Choice of fresh salad+A2 paneer, capsicum curry/chicken masala+Jeera paratha/masala roti+sabot moong dal tadka.	Pumpkin soup+Mumbai masala sandwich of sourdough bread/gluten free bread+garlic dip.

WEEK - 3

Week	Breakfast	Lunch	Dinner
Monday	Mushroom dosa/egg dosa with added vegetables+drumstick sambar.	Fresh salad with basil and lemon dressing+mushroom/pumpkin korma/fish korma+coconut rice/lemon rice.	One pot lentil soup+baked vegetables served with rice/millet+grilled chicken/eggs/mushroom tikka
Tuesday	Masala thepla/ajwain missi roti+A2 curd.	Fresh amla pickle+spinach with cubed A2 paneer in fresh coconut milk/chicken in kasuri methi and coconut milk+garlic paratha/jowar roti.	Vegetable stew/chicken stew/rasam+masala pulao with chickpeas peas/kidney beans/lobia beans.
Wednesday	Pumpkin idli/carrot idly+moringa curry leaves chutney.	Carrot poriyal+mixed vegetable korma/egg masala curry+choice of lemon rice/tamarind rice/coconut rice.	Stuffed mix vegetable kulcha made of multigrain flour+grilled cauliflower/grilled chicken+choice of dips.
Thursday	A2 paneer paratha/egg paratha+tahini dip.	Boiled chickpeas salad+tawa bhindi masala/chicken korma+gujarati dal+choice of roti/rice.	Cold potato salad with sesame seeds+pudina roti/masala thepla+sabut moong dal.
Friday	Mini cabbage, carrot, spinach pancakes made of lentil flour/banana flour+onion, tomato, garlic chutney	Fresh carrot and ginger pickle+bottle gourd chana dal sabzi+Punjabi kadhi+steamed rice.	Corn soup+sattu bhakri+tomato methi curry/fish curry.
Saturday	Moong dal chila/lentil adai/egg adai+coriander mint chutney.	Cucumber salad+surti undhiyu+phulka roti+rice kheer made of A2 milk.	Fresh salad+A2 paneer kulcha/shawarma wraps+sweet potato soup.
Sunday	Dal puri/palak puri+tomato peanut chutney/curd dip as per choice.	Choice of salad+dum biryani/chicken biryani+mint dip.	Chicken cutlets/lentil cutlets+rajma pulao+vegetable korma.

WEEK - 4

Monday	Jowar vegetable upma with peas, carrots added chana dal tadka+choice of chutney.	Tomato rasam+A2 peas and paneer curry/tawa machli+pepper jeera chapati.	Pumpkin soup+masala khichdi+edamame stir fry.
Tuesday	Avocado oats dosa/egg dosa+flax chutney/curry leaves chutney.	Bean sprouts salad+Boneless chicken Farcha/dhansak masala+Paris style brown rice with rich flavors of cinnamon and peppercorns.	Kala chana chaat+buckwheat flour wraps made of A2 paneer/egg bhurji/chicken bhurji.
Wednesday	Sattu and sweet potato pancakes/sattu egg pancakes+choice of peanut butter/hazelnut spread homemade.	Carrot and onion salad+mix vegetables in bengali style with potato, pumpkin, brinjal+chana dal/fish curry+choice of roti+fresh chenna Bengali Sandesh.	Lemon and coriander soup+sprouts and spinach khichdi+sliced onion salad and fresh carrot pickle.
Thursday	Carrot and methi ragi roti/egg roti+A2 curd dip.	Shredded vegetable salad+methi aloo/peas aloo/egg aloo curry+green gram split dal+multigrain roti/paratha.	Masur soup+mix vegetable cutlets/chicken cutlets+millet pulao+mint dip.
Friday	Multigrain lentil crepe with mushrooms, choice of vegetables+garlic dal chutney.	Carrot, cucumber and tomato salad+Murgh makhani/mushroom makhani/A2 paneer and capsicum makhani+jeera dal+steamed rice.	Ragi masala dosa/need dosa+moringa sambar+tomato chutney.
Saturday	Ragi cacao almond milk smoothie+choice of nuts and seeds garnish+steamed sprouts/scrambled egg.	Chicken kebab/dal kebab+choice of fluffy palak puri/beetroot puri+masala chole+fresh mint chutney.	Tomato soup+Nutri pav bhaji/keema bhaji+choice of gluten free roti/pav/roti.
Sunday	A2 paneer tikka sandwich/boiled egg sandwich+chive of homemade spreads and dips.	Steamed bottle gourd raita+choice of hyderabadi paneer/chicken biryani+fresh carrot halwa made of A2 ghee.	Homemade hot and sour soup+sprouts and vegetable pulao/chicken and vegetable layered rice+stir fry mushroom in garlic sauce.

DECEMBER – 2020 (INTERNATIONAL MENU)

WEEK - 1

Week	Breakfast	Lunch	Dinner
Monday	Oats and almond flour avocado omelette+choice of home made pesto dip.	Sri Lankan curry with assorted vegetables, coconut milk, fresh red curry paste+steamed herbed rice+barbeque chicken/vegetables.	Steamed bok choy+mushroom stir fry/fish stir fry+lentil spaghetti with garlic, herbs and assorted vegetables.
Tuesday	Lentil crepes+almond milk with topped chia seeds and peanut butter.	Steamed broccoli with herbs+wheat/rice tortilla+chicken/beans cooked in mild sauces served with fresh caesar salad dressing.	Cream of spring onion soup+cauliflower rice+avocado dip with steamed vegetables.
Wednesday	Persian omelette with vegetables, spinach, cottage cheese and choice of gluten free bread.	Ratatouille with layers of yellow squash, zucchini, eggplant, pumpkin, and bell pepper served with flavorful tomato garlic sauce cooked with chicken/beans+choice of rice/tortilla.	Thai soup+pad thai noodles/chicken rice with coconut milk.
Thursday	Pumpkin and rice pancakes+choice of boiled egg/mushrooms stir fry	Steamed momos made of rice flour with sprouts filling+parsley, +bell pepper rice+stuffed egg/stuffed eggplant dressing.	Millet nachos salad with beans/eggs and salsa sauce+vegan cheese dressing+pasta in pesto sauce and assorted vegetables.
Friday	Overnight soaked oats chia pudding with almond milk , topped nuts and seeds as per choice.	Tomato basil lentil pasta salad+baked vegetable rice with layers of beans/marinated chicken cooked with fresh herbs, spices and garlic.	Clear chicken broth/vegetable broth+Rice chow mein with grilled vegetables in spicy garlic sauce.
Saturday	French toast+bean salad with lemon and basil dressing+choice of homemade salsa sauces.	Caprese salad+mushroom risotto/chicken risotto+festive special vegan cheese cake/home made plum cake	Lebanese fattoush salad+Mediterranean hummus bowls with choice of refried beans/chicken and spicy tomato basilico sauce.
Sunday	Baked egg/mushroom/cottage cheese casserole+choice of buckwheat tortilla with spread of dips/sauces.	Minestrone soup+quesadilla with beans/chicken/cottage cheese/eggs in choice of salsa sauce.	Kung Pao brussel sprouts/chicken+bell pepper parsley fried rice+rice pudding.

WEEK - 2

Monday	Egg quiche/mushroom quiche with tossed vegetables and avocado dip.	Cold potato salad+vegetable stew+fish curry rice/kidney bean curry rice.	Vegetable soup+Persian fish curry/mushroom curry with sesame sauce+baked saffron and cinnamon rice with broccoli and peas.
Tuesday	Rice pancakes/banana flour pancakes+hazelnut dip.	Stir fried cottage cheese steaks/chicken steaks+Bolognese with mushrooms/egg, thyme, rosemary+quinoa spaghetti with diced vegetables.	Basil soup+cauliflower crust pizza with vegetables/chicken and bolognese sauce.
Wednesday	Lentil waffles/egg waffles+almond milk topped with chia seeds.	Asparagus salad+burnt garlic rice+Thai red curry with mushrooms, sprouts/chicken.	Chicken kebabs/chicken/cottage cheese balls in hot sauce+burnt garlic rice+sweet cinnamon cold noodle dessert with chia topping.
Thursday	Honey based french crepes served with a choice of almond butter.	Steamed dimsum+baked rice with broccoli and parsley+egg curry.	Baked Au gratin with assorted vegetables+quesadilla/chicken quesadilla.
Friday	Baked sweet potato hash brown+choice of roasted red pepper dip.	Pumpkin curry/fish curry+Risi e Bisi (Italian rice & peas) curry with assorted vegetables, leeks and creamy mushroom sauce.	Hot and sour chicken/hot and sour mushroom+baked rice cakes with homemade hoisin sauce.
Saturday	Poached eggs with cilantro, chopped vegetables, herbs served with choice of gluten free bread/tortilla wraps.	Vegetable teriyaki/chicken teriyaki+Srilankan dhal curry+brinjal pahi/chicken pahi+steamed rice.	Lentil pasta soup+gluten free tortilla with loaded vegetables, salsa sauce and vegan cheese and sprouts dressing.
Sunday	Spinach and chicken/mushroom crepes with choice of vegan cheese sauce.	Curried chicken with coconut milk/lentil curry with beans and coconut milk+jasmine rice with assorted vegetables.	Soba noodle soup/chicken soup+stir fry vegetables in garlic sauce.

WEEK - 3

Week	Breakfast	Lunch	Dinner
Monday	Savoury pumpkin tarts+choice of almond milk smoothie with chopped nuts and seeds.	Guacamole salad+fajitas+pumpkin drop cookies (dessert treat)..	Homemade bruschetta+topping of corn and beans+cream of broccoli soup+vegan cheesecake.
Tuesday	Thin rice crepes with choice of raw honey topping/peanut butter topping.	Chicken patties/egg patties+singapore fried rice/noodles with added sprouts and beans.	Egg drop soup/mushroom soup+beans kebabs/chicken kebabs+choice of gluten free breadsticks+garlic chilli dip.
Wednesday	Savoury quinoa porridge+boiled egg/steamed sprouts with lemon dressing.	Burmese khow suey soup+assorted garlic rice with tossed vegetables and marinara sauce.	Chilly chicken/chilly mushroom+rice pancakes with added vegetables and dips.
Thursday	Vegan beetroot pancakes+coconut cream dressing+poached eggs.	Zucchini and lentil fritters/chicken fritters+one pot lentil and vegetables millet rice.	Chicken spring rolls/mix vegetable and sprouts spring roll+one pot gingery chicken/mushrooms and rice with peanut sauce.
Friday	Baked egg with spinach and mushroom sauce/baked potato with spinach and mushroom sauce.	Horse gram in coconut gravy+Korean egg rice/Korean vegetables rice.	Lentil and barley soup+spinach and mushroom/egg ravioli.
Saturday	Baked corn fritters+homemade salsa+steamed vegetables/boiled egg.	Chickpea stew+tomato and spinach pilaf/chicken pilaf.	Coconut and beetroot soup+tricolor seeks kebab+spicy singapore noodles.
Sunday	Potato rosti+scrambled eggs/minced mushroom in hot sauce	Mushroom/chicken quinoa risotto+baked corn in mushroom sauce.	Amaranth and lentil soup+tricolor lasagne with spinach sauce, creamy sauce and tomato sauce and beans stuffing.

WEEK - 4

Monday	Coconut flour pancakes with vegetables and avocado salsa.	Tomato and zucchini salad+Afghani fish curry/Afghani mix vegetable curry+lentil stew+choice of tortilla.	Steamed chicken momos/sprouts momos+broccoli and cauliflower base pizza with vegan cheese topping.
Tuesday	Baked beans frittata+roasted garlic dip.	Healthy rice burrito+choice of beans/chicken/mushrooms+pickled jalapeno+homemade sour cream dressing.	Quinoa beetroot beans kebab/salmon fry+mushroom rice with garlic sauce+festive special home made plum cake.
Wednesday	Thin classic mini vegan Apple tarts+cacao smoothie with topped chia seeds.	Lentil carrot curry+millet Tabbouleh+tahini dressing.	Layered rainbow salad with beans and yoghurt dressing+wholemeal wrap with peas hummus and assorted vegetables stuffing.
Thursday	Herbed spinach leftover tortilla with beans stuffing/scrambled egg stuffing with choice of spreads.	Swedish chicken balls/beans in hot sauce+corn and broccoli herbed rice.	Chicken/chickpea potato soup+gluten free empanadas with egg/sprouts and cheese filling+vegan sweet potato pie treat.
Friday	Amaranth porridge with peanut butter and seeds topping+boiled egg.	Easy Teriyaki rice bowl with roasted vegetables, bok choy broccoli, mushrooms/chicken	Garlic roasted cabbage salad+Jamaican rice and peas with thyme and coconut milk flavour.
Saturday	Gluten free bao buns with minced chicken filling/beans filling.	Miso soup+Japanese/chinese fried rice+egg salad with black sesame seed garnish.	Tom yum soup+chicken shashlik/mushroom shashlik+Rice noodles in mild gravy.
Sunday	French toast+chia pudding with coconut milk and cacao.	Asparagus salad+gluten free tacos+black beans filling/chicken filling+shredded vegetables filling with salsa+vegan cheese garnish.	Gluten free spaghetti aglio olio lentil pasta+barbeque cottage cheese/fish fry+fresh hummus dressing.

If there is any specific recipe you would like to receive from the above menu, please type in your request in the blog comment section and our Meal Planning Expert will help you out.

You will find the monthly menus on our website or you can leave your email address in the contact us section of our website (www.lukecouthinho.com) and we will email it to you.

Note :

- The menu is designed in a way that's healthy, balanced as well as tasty.
- Preferable oils to cook: cold-pressed coconut oil, peanut oil, sesame oil, wood pressed mustard oil and ghee.
- Avoid all kinds of refined oils.
- Extra virgin olive oil is suited for raw consumption only, like on salads, soups.
- Prefer chemical-free, local and fresh vegetables and fruits, however, peas can be frozen and herbs can be dried.
- Quantity can be as per kid's appetite, requirements and lifestyle.
- School going children, who are 3 years old and above can make use of this menu plan. (nursery to 10th grade)
- For recipes, please visit our recipe corner:
<https://lukecouthinho.com/blog/category/recipe-corner/>

Disclaimer: This is a general menu plan and does not address any medical condition. If your child has a medical condition or is taking medications, it is necessary to seek professional help and get a nutrition plan personalized to his/her case.



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/luke_couthinho



/lukecouthinho

www.lukecouthinho.com

Luke Coutinho Holistic Healing Systems Private Limited
Flat No. 902, 9th Floor, Le Papeyon, Mount Mary, Bandra (West), Mumbai - 400050
CIN U74999MH2017PTC295581

+91-9820682577

luke@lukecouthinho.com

www.lukecouthinho.com