

## **Dhamma Sukha Menu with Ingredients**

### **Day 0:**

Refried Beans

Tortillas

White & Brown Rice

Green salad, condiments, and dressing

Corn Chips

Guacamole (avocado)

- Avocado
- Tomato
- Onion
- Cilantro
- Jalapeno pepper
- Salt
- Black pepper powder
- Garlic powder
- Lime juice

Salsa sauce

- Tomato
- Onion
- Cilantro
- Jalapeno pepper
- Salt

### **Day 1:**

Penne Pasta

Roasted Zucchini

- Cooking oil
- Salt
- Black pepper powder
- Garlic powder

Butter & Yogurt

White & Brown Rice

Chocolate Mint

Mozzarella Cheese

Garlic Bread

- Dried Parsley or Oregano
- Garlic
- Butter
- French bread

Salad & Dressing

Spaghetti Sauce

- Spaghetti Sauce or Marinara (can)
- Onions
- Garlic
- Olive Oil
- Basil Dried
- Oregano Dried
- Sugar White

**Day2:**

## Sautéed Tofu, Pineapples &amp; Vegetables

- Tofu
- Oil
- Pineapple chunk
- Canned (cup)
- Pineapple juice
- Green Bell Pepper
- Carrot
- Onion
- Garlic
- Ginger
- Green Onion chopped
- Cilantro chopped
- Green Chili fresh optional
- Cooking Oil
- Soy sauce
- Ketchup
- Rice Vinegar
- White Sugar
- Salt
- Black Pepper
- Mushroom seasoning
- Corn starch

## Baked Sweet potato

- Sweet Potatoes
- Sugar white
- Cinnamon powder
- Vegetable oil

## Indian Pickles

## Fried Spring Rolls

## Salad &amp; Dressing

## Brown Rice

## White Rice

**Day3:**

## White Basmati Rice

## Naan Bread

## Boiled Cauliflower

## Brown Rice

## Salad &amp; Dressing

## Yogurt

## Indian Pickles

## Butter

## Curry Chick Peas

- Chick Peas
- Onion
- Garlic

- Clove
- Ginger
- Cilantro
- Green Chilies
- Tomato sauce
- Coriander powder
- Chili Powder
- Turmeric Powder
- Cumin Powder
- Chana Masala-Seasoning
- Green chilies
- Bay Leaves
- Salt

#### **Day 4:**

Boiled Broccoli

Indian Pickles

Sour Cream

White & Brown Rice

Salad & Dressing

Dinner Rolls

Butter & Cheese

Yogurt

Bean Stew

- White Northern Bean
- Celery chopped
- Carrots chopped
- Tomato diced
- Onion chopped
- Garlic minced
- Olive Oil
- Mushroom
- Garlic Powder
- Bay Leaves
- Parsley dried
- Black Pepper powder
- Salt

#### **Day 5:**

French Fries

- Potatoes Russet
- Olive oil
- Paprika
- Garlic Powder
- Chili Powder
- Onion powder
- Black pepper powder
- Salt

Indian Pickles

White & Brown Rice

French Bread

Chocolate Mint

Salad & Dressing

Butter & Cheese

Yogurt & Ketchup

Moroccan Stew

- Garbanzo Beans
- Butternut Squash
- Tomato diced
- Celery
- Carrot
- Onion Chopped
- Parsley fresh chopped
- Minced Garlic
- Olive Oil
- Coriander Powder
- Cumin Powder
- Turmeric Powder
- Paprika Powder
- Black Pepper Powder
- Cinnamon Powder
- Salt

**Day 6:**

Italian Lasagna

White Rice

Indian Pickles

Garlic French Bread

Brown Rice

Chocolate Mint

Roasted Carrots

- Carrots
- Olive Oil
- Salt
- Black Pepper powder
- Garlic powder
- Cilantro chopped optional

Butter & Yogurt

Salad & Dressing

Lasagna Noodles

Spaghetti Sauce

- Spaghetti Sauce (lb)
- Crushed tomatoes
- Onion
- Garlic
- Mushroom
- Spinach
- Cilantro
- Tofu
- Mozzarella Cheese

- Shredded cheese
- Cottage Cheese
- Sunflower seeds Or sliced Almonds
- Parmesan Cheese
- Grated Parmesan
- Parsley dried
- White sugar
- Salt
- Black pepper

**Day 7:**

Kung Pao Noodles

Salad & Dressing

Indian Pickles

Roasted Green Beans

- Green Beans
- Olive Oil
- Salt
- Black Pepper powder

White Rice

Yogurt

Brown Rice

Chocolate Mint

Kung Pao Vegetable Sauce

- Spaghetti noodles thin
- Green Bell Pepper
- Red Bell Pepper
- Celery
- Onion
- Garlic
- Dried whole red chili pepper
- Green onion
- Chopped for garnish
- Peanuts raw
- Raw with no skin
- Cooking Oil
- Sesame oil
- Soy sauce
- Kikkoman Soy Sauce
- Mushroom seasoning
- Rice Vinegar
- White Sugar
- Chili paste or Sriracha sauce
- Rice Wine or filter water Black Pepper
- Corn starch
- Water

**Day 8:**

White Basmati Rice

Brown Rice

Cooked Corn & Peas

- Corn Frozen
- Peas Frozen
- Butter
- Salt
- Black Pepper Powder
- Water

Yogurt & Butter

Indian Pickles

Green Moong

- Green Moong
- Dried beans
- Water
- Cilantro
- Tomatoes
- Onions
- Garlic Cloves
- Ginger
- Green chilies
- Cooking oil
- Mustard Seeds
- Cumin Seeds
- Salt
- Turmeric Powder
- Cumin Powder
- Coriander Powder
- Hing/Asofetida
- Lemon Juice

Curry Potatoes

- Potatoes
- Water
- Cooking Oil
- Cumin Seeds
- Chili Powder
- Salt
- Curry Powder
- Turmeric Powder
- Lemon Juice

**Day 9:**

Dinner Rolls

Brown Rice

White Rice

Chocolate Mint

Butter & Yogurt

Salad & Dressing

Indian Pickles

Cooked Vegetable

Texas Chili

- Black beans
- Pinto Beans
- Celery Chopped
- Green Bell Pepper Chopped
- Tomato diced
- Tomato crush
- Onion Chopped
- Garlic Cloves
- Cooking Oil
- Basil dried
- Cumin Powder
- Black Pepper powder
- Bay Leaves
- Hot Chili Powder
- Salt
- Soy Sauce

**Day 10:**

Corn Chip & Salsa

Yogurt & butter

Naan Bread

Chocolate Mint

Salad leftovers

Vegetable Sticks (Carrot, Celery & Broccoli)

Hummus dip

- Chick Peas
- Chick Pea Water
- Olive Oil
- Minced Garlic
- Cumin Powder
- Tahini
- Dry Parsley
- Lemon Juice