Andhra Home-Style Week 2

New 7-day plan + grocery list for 2 adults · vegetarian with optional eggs · Bengaluru kitchen

B = breakfast · L = lunch · D = dinner. Lunch is one cook-up for 2 (carry a dabba on office days).
Convenience & general wellness only, not medical advice. Full note on the last page.
Questions? Email pravista.ventures@gmail.com or visit intiruchi.pages.dev

Mon	**B** Atukula upma (poha) **L** Steamed rice + Dosakaya pappu + Aratikaya vepudu (raw banana fry) + Curd (side) **D** Chapati + Sorakaya senagapappu kura (bottle gourd–chana dal)
Tue	**B** Idli (homemade batter) + Tomato pachadi **L** Steamed rice + Pappu chaaru + Cabbage kobbari kura + Curd (side) **D** Chapati + Guddu porutu (egg bhurji) / veg: Chana kura (chickpea curry)
Wed	**B** Pongali (ven pongal) + Palli chutney (peanut) **L** Steamed rice + Mudda pappu (plain dal) + avakaya + Vankaya kura (brinjal fry) + Curd (side) **D** Chintapandu pulihora (tamarind rice) + Appadam
Thu	**B** Dosa (homemade batter) + Kandi podi / karam podi (ready or homemade) **L** Steamed rice + Bendakaya pulusu + Bangaladumpa vepudu (potato fry) + Curd (side) **D** Chapati + Mixed-veg kurma
Fri	**B** Onion-tomato uthappam + Palli chutney (peanut) **L** Steamed rice + Palakura pappu (spinach dal) + Dondakaya vepudu (ivy gourd fry) + Curd (side) **D** Kobbari annam (coconut rice) + Onion raita
Sat	**B** Pesarattu + Allam pachadi (ginger chutney, batch) **L** Steamed rice + Majjiga pulusu (buttermilk stew)

	+ Beans kura + Appadam **D** Chapati + Aloo-tomato kura
Sun	**B** Puri + Bangaladumpa kura (puri potato masala) **L** Vegetable biryani / egg: Egg biryani + Onion raita **D** Perugu annam (curd rice) + Avakaya / pickle (from pantry)

Grocery list (2 adults)

Computed from per-dish quantities checked against two published recipes each (review log available), scaled ×1 and rounded up to buyable amounts. Adjust to appetite and what is already at home.

Grains & flours

Basmati rice (biryani)	**150 g**
Idli rice (for batter)	**450 g**
Sona masoori rice	**1.7 kg**
Thick poha (atukulu)	**100 g**
Whole wheat atta	**900 g**

Dals, nuts & dry

Appadam / papad	**8**
Chana dal	**100 g**
Jaggery	**75 g**
Kandi podi / karam podi (ready)	**30 g**
Raw peanuts	**150 g**
Sesame seeds	**10 g**
Tamarind	**100 g**
Toor dal	**350 g**
Whole green moong (pesarattu)	**150 g**
Whole/split urad dal (batter)	**150 g**
Yellow moong dal	**50 g**

Vegetables

Bottle gourd (sorakaya)	**400 g**
Cabbage	**250 g**
Carrot	**200 g**
French beans	**300 g**
Green peas (fresh/frozen)	**100 g**
Ivy gourd (dondakaya)	**200 g**
Okra (bendakaya)	**200 g**
Onions	**950 g**
Palak (spinach)	**1 bunch**

Potatoes	**1.1 kg**
Raw banana (aratikaya)	**2**
Small brinjal (vankaya)	**250 g**
Tomatoes	**950 g**
Yellow cucumber (dosakaya)	**250 g**

Herbs & aromatics

Coriander leaves	**1 bunch**
Curry leaves	**2 bunches**
Fresh grated coconut (≈ 1 coconut = 200 g)	**200 g**
Garlic	**10 g**
Ginger	**150 g**
Green chillies	**100 g**
Lemons	**1**
Mint	**1 bunch**

Dairy, eggs & meat

Curd (dahi)	**1.7 kg**
Eggs	**4**
Ghee	**75 g**
Milk	**75 ml**

Pantry

Cooking oil (groundnut/sunflower)	**~550 ml**
Dry red chillies	**check**
Garam masala, biryani masala, whole spices	**check**
Mustard, cumin, methi seeds	**check**
Pickle (avakaya etc.)	**check**
Rasam / sambar powder	**check**
Salt, hing	**check**
Turmeric, red chilli & coriander powder	**check**
Urad dal (tempering)	**check**

Prep tips

- **Mon:** soak idli rice + urad (4:1, pinch of methi) in the morning, grind in the evening, ferment overnight. Keep refrigerated and use within 4 days. One batch covers Tue idli, Thu dosa and Fri uthappam.
- **Fri night:** soak 150 g whole moong for Saturday pesarattu; make allam pachadi the same evening.
- **Mudda pappu:** dry-roast the toor dal lightly before cooking; serve with ghee and avakaya.
- **Tamarind:** soak the week's tamarind once, strain, refrigerate the pulp (5–6 days) for pulusu, chaaru and pulihora.
- **Dal:** pressure-cook toor dal for two meals at a time; finish each pappu fresh with its tadka.
- **Leftover rice** from lunch works for the pulihora / tomato rice / coconut rice dinners (cool it quickly and refrigerate).

Swaps

- **Guddu porutu (egg bhurji) → Chana kura (chickpea curry):** add Kabuli chana 100 g, Tomatoes 20 g, Ginger 10 g, Garlic 10 g; skip Eggs 4
- **Vegetable biryani → Egg biryani:** add Basmati rice 30 g, Eggs 3

> **Disclaimer:** This plan is for home-cooking convenience and general wellness only. It is not medical, clinical or therapeutic nutrition advice and is not meant to diagnose, treat, cure or prevent any disease or condition. No health outcome is promised. Check ingredients for allergies. If you have diabetes, blood pressure, any medical condition, are pregnant, or follow a prescribed diet, follow your doctor's or registered dietitian's advice.

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