



The Schizo Chef
A resource for the Multicultural Foodie

30 day Meal Planning Guide



...Daily Recipes for 3 meals, 1 dessert and 1 snack a day...
including Vegetarian options

Introduction

Are you tired of roast chicken and potatoes? Do you want to introduce your family to more flavors and cultures? This 30 day guide will help you add global inspiration to your daily family meals, as well as varietal nutrition.

Each day includes a link to a recipe for breakfast, lunch, dinner, dessert and a snack. If you have leftovers, you can skip some of the meals, however, there is more than enough options to feed your family for a month.

Although most recipes are easily adaptable to a Vegetarian diet, most days I have also included a Vegetarian alternate for at least one of the three daily meals, if none of them are Vegetarian.

Add some excitement to dinner time and try a new cuisine!

How to use this Guide

If you are a busy working parent, some of these recipes may seem a bit time consuming, so the best way to utilize this guide is to plan your meals for the week ahead on the weekends.

Make your shopping list, get your groceries and do as much prep work as you can ahead of time. Once your prep work is complete, you will see that most recipes come together rather quickly. On the busy weekdays, the meals can then be assembled quickly.

Sourcing Ingredients

If you can't locate an ingredient in your local area, email chef@theschizochef.com and I will provide you with an online source.

MENU

Day 1

Breakfast

[Apple Cinnamon Oatmeal ~ Pear Pomegranate Compote](#)

Continental

Lunch

[Roasted Pineapple Habanero Wrap](#)

Continental

Dinner

[Stew Fish & Coo-Coo](#)

Caribbean

Vegetarian Alternate

[Creamy Vegetable Soup](#)

Continental

Dessert

[Cardamom Coffee Pound Cake](#)

Continental

Snack

[Potato Bhajia](#)

Kenyan

Day 2

Breakfast

[Kuku](#)

Indian

Lunch

[Snow Pea Stir Fry](#)

[Spicy Orange Chicken Wings](#)

Steamed Rice (optional)

Asian

Vegetarian Alternate

[Red Lentil Kadhi](#)

Steamed Rice

Indian

Dinner

[Tellicherry Pepper Chicken](#)

[Fennel & Ginger Cauliflower](#)

Steamed Rice

Indian

Vegetarian Alternate

[Black Eyed Pea Cilantro Curry](#)

[Fennel & Ginger Cauliflower](#)

Steamed Rice

Indian

Dessert

[Assam Tea Brownies](#)

Continental

Snack

[Plantain Spinach Smoothie](#)

Continental

Day 3

Breakfast

[Blackberry Muesli](#)

Continental

Lunch

[Spinach Semolina Bread](#)

[Spinach Chickpea Soup](#)

Continental

Dinner

[Cabbage Paprikash](#)

Egg Noodles

Grilled Sausage

Hungarian

Vegetarian Alternate

[Cabbage Paprikash](#)

Egg Noodles

[Herb Butter Roasted Asparagus](#)

Hungarian

Dessert

[Passionfruit Coconut Tea Cake](#)

Continental

Snack

[Black Eyed Pea Salad](#)

Senegalese

Day 4

Breakfast

[Spinach Quinoa Biscuits](#)

Fresh Fruit

Continental

Lunch

[Roasted Tomato Salad](#)

[Herbed Oat Rolls](#)

Italian Fusion

Dinner

[Harissa Roast Chicken](#)

[Jollof Rice](#)

[Apricot Spinach Salad](#)

North African Fusion

Dessert

[Strawberry Lamington](#)

New Zealand

Snack

[Pumpkin Hummus](#)

[Chickpea Flatbread](#)

Middle Eastern Fusion

Day 5

Breakfast

[Kiri Bath](#)

Banana

Sri Lankan

Lunch

[Chicken Wheatberry Soup](#)

Continental

Vegetarian Alternate

[Pav Bhaji](#)

Indian

Dinner

[Paella](#)

Spanish

Dessert

[Gelo di Melone](#) - Watermelon Jello

Italian

Snack

[Coconut Corn Smoothie](#)

Malaysian

Day 6

Breakfast

[Costa Rican Breakfast](#)

Costa Rican

Lunch

[Pumpkin & Shrimp Laksa](#)

Malaysian

Dinner

[Xin Xin de Galinha](#)

Brazilian

Vegetarian Alternate

[Bulgur Chickpea Salad](#)

[Bitterballen](#)

Dutch Fusion

Dessert

[Rijstpap](#)

Belgian

Snack

[Chicken Pakora](#)

Indian

Vegetarian Alternate

[Cauliflower Pakora](#)

Indian

Day 7

Breakfast

[Almond Butter Pancakes](#)

Continental

Lunch

[Com Da Ca Chua](#) - Tomato Egg Rice

[Ga Xe Phay](#) - Chicken Salad

Vietnamese

Dinner

[Xerem con Camarao](#) - Polenta with Shrimp

Brazilian

Vegetarian Alternate

[Roasted Squash Freekeh Pilaf](#)

Middle Eastern Fusion

Dessert

[Nian Gao](#)

Chinese

Snack

[Baked Empanadas](#)

Mexican

Day 8

Breakfast

[Walnut Whole Wheat Bread](#)

[Strawberry Rose Jam](#)

Continental

Lunch

[Plantain Peanut Soup](#)

African

Dinner

[Shrimp & Okra Gumbo](#)

Cajun

Dessert

[Sweet Potato Pudding](#)

Mexican

Snack

[Mango Jicama Salad](#)

Spanish Fusion

Day 9

Breakfast

[Ham & Asparagus Quinoa Pilaf](#)

Continental

Vegetarian Alternate

[Oregano Sumac Halloumi](#)

[Banana Cherry Oat Scones](#)

Middle Eastern Fusion

Lunch

[Fenugreek Dal & Boondi Raita](#)

Steamed Rice

Indian

Dinner

[Basque Stewed Chicken](#)

Steamed Rice or Couscous

Spanish

Dessert

[Plantain Cacao Upside Down Cake](#)

Caribbean Fusion

Snack

[Tabbouleh](#)

Middle Eastern

Day 10

Breakfast

[Chorizo Frittata](#)

Mexican Fusion

Vegetarian Alternate

[Banana Blueberry Multigrain Pancakes](#)

Continental

Lunch

[Tomato Chayote Soup](#)

Crackers

Continental

Dinner

[Korean Cornish Hens](#)

[Korean Cauliflower Stir Fry](#)

Sticky Rice

Korean

Dessert

[Almond Shortbread Cookies](#)

Continental

Snack

[Spinach Pancakes](#)

Finnish

Day 11

Breakfast

[Blueberry Banana Crepes](#)

Continental

Lunch

[Five Spice Pork Udon Soup](#)

Asian

Dinner

[Canteloupe Barbecue Chicken](#)

[Bami Stir Fry](#)

Indonesian

Vegetarian Alternate

[Lemon Basil Pasta Tagliatelle with Okra](#)

Italian Fusion

Dessert

[Chocolate Cake ~ Orange Cream Cheese Frosting](#)

Continental

Snack

[Wheatberry Kale Salad](#)

Continental

Day 12

Breakfast

[Herbed French Toast ~ Artichoke Sauce](#)

Continental

Lunch

[Tropical Shrimp Salad](#)

Continental

Dinner

[Chicken Lokri](#)

Caribbean

Vegetarian Alternate:

[Chickpea Garlic Pasta](#)

Continental

Dessert

[Koulorakia](#)

Greek

Snack

[Kugelhopf](#)

French

Day 13

Breakfast

[Khao Soi](#)

Thai

Lunch

[Fish Salad](#)

Thai Fusion

Vegetarian Alternate

[Itakiet Stew](#)

Nigerian

Dinner

[Mizuna Apple Almond Salad](#)

[Spinach Pesto Pizza](#)

Continental

Dessert

[Guava Bars](#)

Continental

Snack

[Whole Wheat Pretzels](#)

Mustard

German

Day 14

Breakfast

[Gluten Free Peach Waffles](#)

Continental

Lunch

[Red Curry Milk Pork Bao](#)

Thai

Vegetarian Alternate

[Locro de Papa](#) - Potato Cheese Chowder

Ecuadorian

Dinner

[Tomato Meatball Soup](#)

Dutch

Dessert

[Griesmeel Pudding ~ Quince Pomegranate Sauce](#)

Dutch

Snack

[Nutella Khaliat Nahal](#)

Middle Eastern Fusion

Day 15

Breakfast

[Zucchini Potato Hash Brown Waffles](#)

Continental

Lunch

[Spaghetti Fra Diavolo ~ Roast Chicken](#)

Italian

Vegetarian Alternate

[Mushroom & Bell Pepper Fried Rice](#)

Indo-Chinese

Dinner

[Yakitori Shrimp Udon](#)

Japanese

Dessert

[Habichuela con Dulce](#) - Red Bean Pudding

Dominican

Snack

[Moroccan Couscous Salad](#)

Moroccan

Day 16

Breakfast

[Blueberry Popovers ~ Berry Salad](#)

Continental

Lunch

[Mango Pomegranate Chicken Salad](#)

Continental

Vegetarian Alternate

[Sauce Pois](#)

Steamed Rice

Haitian

Dinner

[Shrimp Biryani](#)

Indian

Vegetarian Alternate

[Asparagus Pesto Pasta](#)

Continental

Dessert

[Sbrisilona](#)

Italian

Snack

[Watermelon Salsa](#)

Mexican

Day 17

Breakfast

[Ven Pongal Sambar](#)

Indian

Lunch

[Tutu](#)

Aruban

Dinner

[Caribbean Almond Spaghetti](#)

Caribbean

Dessert

[Lekach](#) - Honey Cake

Israeli

Snack

[Sweet Potato Granola Bars](#)

Continental

Day 18

Breakfast

[Spinach Egg White Omelette](#)

Continental

Lunch

[Tuna Fish Salad Sandwich](#)

Continental

Dinner

[Peach Shrimp Fried Rice](#)

Asian

Vegetarian Alternate

[Spinach Rice with Paneer](#)

Indian

Dessert

[Khubani Ka Meetha](#) - Apricot Dessert

Indian

Snack

[Passionfruit Batida](#)

Caribbean

Day 19

Breakfast

[Tortitas de Maiz](#) - Cornmeal Pancakes

Puerto Rican

Lunch

[Basil Cream Sauce Pasta & Vegetables](#)

Italian

Dinner

[Braised Chile Sage Chicken](#)

[Sweet & Sour Cabbage](#)

[Pesto Potatoes](#)

European Fusion

Dessert

[Matcha Chia Cake](#)

Asian

Snack

[Party Popcorn](#)

Continental

Day 20

Breakfast

[Breakfast Tostada](#)

Mexican

Lunch

[Bibimbap](#)

Korean

Vegetarian Alternate

[Triple Corn Rasam](#)

[Paneer Mint Kulcha](#)

Indian

Dinner

[Persian Roast Chicken](#)

[Turmeric Rice](#)

Middle Eastern - Sri Lankan Fusion

Vegetarian Alternate

[Koshari](#)

Egyptian

Dessert

[Majarete](#) - Corn Pudding

Dominican

Snack

[Martabak](#)

Indonesian

Day 21

Breakfast

[Nutella Fruit Sandwich](#)

Continental

Lunch

[Garlic Shrimp](#)

[Strawberry Fennel Salad](#)

European Fusion

Dinner

[Paneer Lababdar](#)

[Carrot & Green Bean Poriyal](#)

Indian

Dessert

[White Chocolate Pannacotta ~ Peach Compote](#)

Italian

Snack

[Roasted Pepper Gazpacho](#)

Spanish

Day 22

Breakfast

[Menemem](#)

Turkish

Lunch

[Colcannon](#)

Irish

Vegetarian Alternate

[Sesame Coconut Rice](#)

[Chole Adraki](#)

Indian

Dinner

[Masala Roast Chicken](#)

[Parsi Caramel Rice](#)

Indian

Vegetarian Alternate

[Spinach Shitake Pasta](#)

Italian

Dessert

[Jasmine Coconut Custard](#)

Thai

Snack

[Koliva](#)

Romanian

Day 23

Breakfast

[Apple Banana Smoothie](#)

[Irish Soda Scones](#)

Continental

Lunch

[Chickpea Okra Ground Provision Soup](#)

Caribbean

Dinner

[Broccoli Stuffed Shells](#)

[Panzanella Salad](#)

Italian

Dessert

[Ube Donuts](#)

Filipino

Snack

[Kelewele](#) - Fried Plantain Snack

Ghanian

Day 24

Breakfast

[Breakfast Poha](#) - Flattened Rice

Indian

Lunch

[Firinda Makarna](#)

[Piyaz](#) - White Bean Salad

Turkish

Dinner

[Vatapa](#)

Brazilian

Vegetarian Alternate

[Stuffed Zucchini](#)

[Lentil Soup](#)

Continental

Dessert

[Pumpkin Bread Pudding Muffins](#)

Continental

Snack

[Scallion Pancakes](#)

Chinese

Day 25

Breakfast

[Apple Oven Pancake](#)

Continental

Lunch

[Thupka](#)

Nepali

Vegetarian Alternate

[Coconut Milk Bean Soup](#)

Tanzanian

Dinner

[Brined Swordfish](#)

[Greek Tomato Rice](#)

Greek

Dessert

[Baath](#) - Semolina Coconut Cake

Indian

Snack

[Pumpkin Rolls](#)

[Pumpkin Jam](#)

Continental

Day 26

Breakfast

[Tortilla de Patata](#)

Spanish

Lunch

[Sesame Peanut Noodles](#)

[Char Sui](#)

Asian

Dinner

[Mexican Goat Stew](#)

Mexican

Vegetarian Alternate

[Vegetable Saute ~ Saffron Couscous](#)

Middle Eastern

Dessert

[Paprenjaci](#)

Croatian

Snack

[Melon Pan](#)

Japanese

Day 27

Breakfast

[Cardamom Hot Chocolate](#)

[Stuffed French Toast](#)

Continental

Lunch

[Sweet Pea Soup](#)

[Cheddar Biscuits](#)

Continental

Dinner

[Tamil Nadu Dinner](#) - Lamb Curry, Tamarind Rice, Poriyal

Indian

Dessert

[Pistachio Crusted Mango Rose Cake](#)

Continental

Snack

[Arancini](#)

Italian

Day 28

Breakfast

[Pomegranate Banana Muesli](#)

Continental

Lunch

[Habichuela Guisado](#)

Steamed Rice

Puerto Rican

Dinner

[Bell Pepper Pesto Tortelloni](#)

Italian

Dessert

[Che Dau Xanh](#) - Mung Bean Pudding

Vietnamese

Snack

[Strawberry Basil Cremolata](#)

Italian

Day 29

Breakfast

[Mixed Vegetable Pudla](#) - Chickpea Crepe

Indian

Lunch

[Chicken Freekeh Soup](#)

Jordanian

Dinner

[Braised Lamb Chops ~ Cranberry Sauce](#)

[Sweet Potato Fries](#)

Continental

Vegetarian Alternate

[Carrot Sage Lasagna Roll Up](#)

Italian Fusion

Dessert

[Queens Vlaai](#)

Dutch

Snack

[Akasan](#) - Cornmeal Drink

Haitian

Day 30

Breakfast

[Saltfish & Ground Provision](#)

Caribbean

Lunch

[Pasta Caruso](#)

Uruguayan

Dinner

[Chicken Curry Noodle Soup](#)

Laotian

Dessert

[Strawberry Hibiscus Ice Cream](#)

Continental

Snack

[Come y Bebe](#)

Columbian

I hope you enjoy this journey into world cuisine.

Travel the World...one plate at a time!

[The Schizo Chef](#)