



AN AUTOMATIC MEAL PLANNER

We plan you cook

	EARLY MORNING	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY JUNE 27, 2021	Ginger Mint Water	Banana,Namkeen Dalia,Honey Milk	Corn Salad,Yogurt,Potatoes And Radish,Spinach Rice,Wheat Naan	Marwari Kachori,Spiced Lemon Grass Milk	Apple Arugula and Pine Nut Salad,Kaccha Tameta nu Shaak,Jowar Roti
MONDAY JUNE 28, 2021	Watermelon and Minty Refresher	Pear,Veggie Paneer Sandwich,Kesar milk	Apple Tomato Salad,Masala Raita,Chutney Wale Aloo,jeera rice,Jowar Roti	Corn and Pomegranate Chaat,Spiced Pepper Drink	Sesame Lettuce Paneer Salad,onion curry,Masaledar Puri
TUESDAY JUNE 29, 2021	Watermelon and Minty Refresher	Plum,Oatmeal Dalia,Herbal Tea	Cucumber Parsley and Capsicum Salad,Dill Leaves Raita,khoya matar makhana curry,Corn And Spinach Rice,Mooli Thepla	Oats Chivda,Minty Cucumber Lemon Tea	Crunchy Brussels sprouts and Walnut Salad,onion curry,Masaledar Puri

Meal Planning Tip # 1

start with a small change/ steps with Planmeal to change your eating habits, which will give you long term success