



AN AUTOMATIC MEAL PLANNER

We plan you cook

DAY & DATE	BREAKFAST	LUNCH	SNACK	DINNER
FRIDAY DECEMBER 23, 2022	Paneer and Mushroom Sandwich,Ginger Tea	Banana boats,Masala Raita,Tomato Gotsu,Pudina rice,Wheat Naan	Cherry,Pico de Gallo	Crunchy Brussels sprouts and Walnut Salad,Moon Dal,plain rice,Tandoori Roti
SATURDAY DECEMBER 24, 2022	Bread Upma,Herbal Tea	Fruit cup,Masala Raita,Dubki Wale Aloo,tamarind rice,Birai Roti	Pineapple,Khire Ke Pakore	Apple Walnut Raita,Dhaba Dal,plain rice,Rice Puri
SUNDAY DECEMBER 25, 2022	Mewa Nastha,Cheese and Olive Sandwich,Herbal Tea	Cucumber Dill Salad with Yogurt,Onion Tomato Raita,Aloo Tamatar Ki Sabzi,coconut milk rice,Masaledar Puri	Papaya,Eggplant Pizza Bites	Mango Cucumber and Rice Salad,Moong Ki Dal,plain rice,Mooli Thepla

meal Planning Tip # 1

Choose a shopping day and make a shopping list.