



AN AUTOMATIC MEAL PLANNER

We plan you cook

DAY & DATE	BREAKFAST	LUNCH	SNACK	DINNER
WEDNESDAY FEBRUARY 01, 2023	Kesar milk,Hurda Upma,Mewa Nastha	Rumali Roti,Corn and Mushroom Biryani,Spicy Green Beans,Onion Raita,Chickpea and Cabbage Salad	Eggplant Pizza Bites,Papaya	Jowar Roti,plain rice,Moong Ki Dal,Apple Arugula and Pine Nut Salad
THURSDAY FEBRUARY 02, 2023	Ginger Tea,Namkeen Dalia,Mewa Nastha	Aloo Bhatura,Ginger Tomato Fried Rice,Al Yakhni,Hyderabadi Masala Curd,Mango Sasam	Corn Cutlet,Banana	Rice Poori,plain rice,Mint Dal,Mango Cucumber and Rice Salad
FRIDAY FEBRUARY 03, 2023	Masala Chai,Open Mushroom Sandwich,Mewa Nastha	Aloo Bhatura,Corn and Mushroom Biryani,Punjabi Dum Aloo,Potato Raita,Arugula Green Salad	Pico de Gallo,Banana	Mooli Thepla,plain rice,Moong Ki Dal,Mango Sasam
SATURDAY FEBRUARY 04, 2023	Herbal Tea,Hurdyacha Upma,Mewa Nastha	Rumali Roti,Paneer Pepper Rice,Gujarati Kadhi,Onion Tomato Raita,Apple Walnut Raita	Cheese Biscuits - NO Bake,Papaya	Masaledar Puri,plain rice,Lahsun Dal,Apple Arugula and Pine Nut Salad

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SUNDAY

FEBRUARY 05,
2023

Ghee Milk,Cheese and Olive
Sandwich,Mewa Nastha

Bajra Roti,Brown Basmati Rice

Biryani,Garlic Babycorn,Onion Khire Ke Pakore,Banana
Raita,Banana boats

Rice Puri,plain rice,Dhaba
Dal,Okra Raita

MONDAY

FEBRUARY 06,
2023

Herbal Tea,Coleslaw Mix
Veggies Sandwich,Mewa Nastha

Paneer Missi Roti,Paneer

Pepper Rice,Spicy Matar,Masala Paneer Potato and Kuttu
Raita,Roasted Beet and Citrus Cutlets,Papaya
Salad

Mooli Thepla,plain rice,Moong
Ki Dal,Mango Cucumber and
Rice Salad

Meal Planning Tip # 4

Start organising your favourite recipes in recipe book of planmeal, ensure you have recipes from all the food groups