



AN AUTOMATIC MEAL PLANNER

We plan you cook

DAY & DATE	BREAKFAST	LUNCH	SNACK	DINNER
TUESDAY FEBRUARY 21, 2023	Elaichi milk,Bread Upma	Rice Puri,Ginger Tomato Fried Rice,Palak Paneer,Dill Leaves Raita,Cucumber Dill Salad with Yogurt	Papad Chaat,Apricot	Dhabe Di Roti,plain rice,Mint Dal,Apple Walnut Raita
WEDNESDAY FEBRUARY 22, 2023	Ghee Milk,Semiya Upma	Lauki Thepla,Pudina rice,Dahi Arbi,Masala Raita,avocado salad	Bread vada,Plum	Rumali Roti,plain rice,Mint Dal,Okra Raita
THURSDAY FEBRUARY 23, 2023	Honey Milk,Grilled Vegetable Sandwich,Dry fruit mix	Butter naan,Corn And Spinach Rice,Dahi Ki Kadhi,Onion Tomato Raita,Corn Salad	Simple Moong Dosa,Cherry	Masaledar Puri,plain rice,Dhaba Dal,Apple Walnut Raita
FRIDAY FEBRUARY 24, 2023	Ginger Tea,Oatmeal Dalia	Jain Missi Roti,Corn And Spinach Rice,Spicy Matar,Pineapple Raita,Fruit cup	Potato Kuttu Pakode,Plum	Makki Ki Roti,plain rice,Moong Ki Dal,Apple Walnut Raita

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SATURDAY

FEBRUARY 25,
2023

Ginger Tea, Paneer Sandwich

Amrud, Onion Tomato
Raita, Crunchy Brussels sprouts
and Walnut Salad

Papad Chaat, Banana

Dhabe Di Roti, plain rice, Mint
Dal, Watermelon and Mozzarella
Salad

SUNDAY

FEBRUARY 26,
2023

Ghee Milk, Grilled Vegetable
Sandwich, Mewa Nastha

Rice Poori, Bell Pepper
Rice, Kadhi Pakora, Potato
Raita, Okra Raita

Simple Moong Dosa, Papaya

Singhare ki Poori, plain
rice, Lahsun Dal, Crunchy
Brussels sprouts and Walnut
Salad

meal Planning Tip # 1

Choose a shopping day and make a shopping list.