



AN AUTOMATIC MEAL PLANNER

We plan you cook

DAY & DATE	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY APRIL 10, 2023	Ginger Tea,Cheese Sandwich,Dry fruit mix	Jain Missi Roti,Spinach Corn Rice,Dahiware Amrud,Onion Raita,Arugula Green Salad	Vrat Ki Palak Pakora,Apricot	Mooli Thepla,jeera rice,Dhaba Dal,Apple Walnut Raita
TUESDAY APRIL 11, 2023	Ginger Tea,Tomato Cheese Sandwich,Mewa Nastha	Rumali Roti,Spinach Corn Rice,Aloo Palak,Onion Tomato Raita,Chickpea and Cabbage Salad	Methi Puri,Pineapple	Jowar Roti,jeera rice,Dhaba Dal,Apple Arugula and Pine Nut Salad
WEDNESDAY APRIL 12, 2023	Ginger Tea,Grilled Cheese Mix Veggie Sandwich	Bakarkhani Roti,coconut milk rice,Coconut Bhindi,Onion Tomato Raita,Crunchy Brussels sprouts and Walnut Salad	Methi Puri,Pineapple	Dhabe Di Roti,plain rice,Moon Dal,Okra Raita
THURSDAY APRIL 13, 2023	Ginger Tea,Tomato Cheese Sandwich,Mewa Nastha	Mooli Thepla,Spinach Rice,Gavarfali,Dill Leaves Raita,Banana boats	Pico de Gallo,Apricot	Makki Ki Roti,plain rice,Lahsun Dal,Mango Sasam

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FRIDAY

APRIL 14, 2023

Masala Chai, Peanut Butter and
Banana Sandwich, Mewa Nastha
Rice, Paneer Korma, Potato
Raita, Cucumber Parsley and
Capsicum Salad

Pico de Gallo, Pineapple

Singhare ki Poori, plain
rice, Lahsun Dal, Apple Walnut
Raita

SATURDAY

APRIL 15, 2023

Kesar milk, Grilled Vegetable
Sandwich, Dry fruit mix
Masaledar Puri, tamarind
rice, Kaddu Ki Sabji, Onion
Raita, Broccoli and Crunchy Seed
Salad

Corn Cutlet, Cherry

Singhare ki Poori, jeera
rice, Dhaba Dal, Apple Walnut
Raita

Meal Planning Tip # 4

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