



AN AUTOMATIC MEAL PLANNER

We plan you cook

DAY & DATE	BREAKFAST	LUNCH	SNACK	DINNER
TUESDAY APRIL 11, 2023	Ginger Tea,Paneer Sandwich	Dhabe Di Roti,coconut milk rice,Potato Mushrooms,Onion Raita,Okra Raita	Paneer Kuttu Pakode,Cherry	Singhare ki Poori,plain rice,Lahsun Dal,Watermelon and Mozzarella Salad
WEDNESDAY APRIL 12, 2023	Ghee Milk,Mix Veg Upma,Mewa Nastha	Paneer Missi Roti,Spicy Sprout Rice,Babycorn Jhalfrezi,Pineapple Raita,raw mango salad	Bread vada,Plum	Rice Poori,plain rice,Dhaba Dal,Sesame Lettuce Paneer Salad
THURSDAY APRIL 13, 2023	Kesar milk,Open Mushroom Sandwich,Mewa Nastha	Wheat Naan,coconut milk rice,Babycorn Jhalfrezi,Hyderabadi Masala Curd,Mango Lettuce and Cheese Salad	Methi Puri,Plum	Mooli Thepla,plain rice,Dhaba Dal,Sesame Lettuce Paneer Salad
FRIDAY APRIL 14, 2023	Honey Milk,Paneer Sandwich	Rumali Roti,Corn and Mushroom Biryani,capsicum masala,Hyderabadi Masala Curd,Roasted Beet and Citrus Salad	Cheese Biscuits - NO Bake,Apricot	Rumali Roti,plain rice,Moong Ki Dal,Okra Raita

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SATURDAY

APRIL 15, 2023

Kesar milk,Oats Upma,Mewa
Nastha

Rice,Achari Parwar,Onion
Tomato Raita,Mango Lettuce
and Cheese Salad

Thattai,Plum

Rice Puri,plain rice,Moong Ki
Dal,Watermelon and Mozzarella
Salad

SUNDAY

APRIL 16, 2023

Honey Milk,Coleslaw Mix
Veggies Sandwich,Mewa Nastha

Palak Adrak Phulka,Spinach
Corn Rice,Bedmi Aloo,Potato
Raita,Okra Raita

Paneer Potato and Kuttu
Cutlets,Plum

Rice Poori,plain rice,Moon
Dal,Watermelon and Mozzarella
Salad

Meal Planning Tip # 2

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