



AN AUTOMATIC MEAL PLANNER

We plan you cook

DAY & DATE	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY MAY 07, 2023	Herbal Tea,Oatmeal Dalia	Palak Adrak Phulka,Pudina rice,Dahi Tadka,Pineapple Raita,cherry tomato salad	Thattai,Apricot	Masaledar Puri,plain rice,Moong Ki Dal,Apple Arugula and Pine Nut Salad
MONDAY MAY 08, 2023	Masala Chai,Namkeen Dalia,Mewa Nastha	Jain Missi Roti,Spinach Corn Rice,Kande Ki Sabzi,Onion Tomato Raita,Okra Raita	Cheesy Chaat Dip with Crispies,Plum	Masaledar Puri,plain rice,Moong Ki Dal,Okra Raita
TUESDAY MAY 09, 2023	Elaichi milk,Namkeen Dalia	Dhabe Di Roti,Paneer Pepper Rice,Baingan Bharta,Pineapple Raita,Fruit cup	Bread vada,Papaya	Makki Ki Roti,plain rice,Moon Dal,Apple Walnut Raita
WEDNESDAY MAY 10, 2023	Masala Chai,Cheese Sandwich,Dry fruit mix	Aloo Bhatura,Corn And Spinach Rice,Mushroom Butter Masala,Masala Raita,Arugula Green Salad	Paneer Kuttu Pakode,Pineapple	Masaledar Puri,plain rice,Moong Ki Dal,Mango Sasam

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THURSDAY

MAY 11, 2023

Herbal Tea, Open Mushroom
Sandwich, Mewa Nastha

Rice, Paneer Kali
Mirch, Pineapple Raita, Broccoli
and Crunchy Seed Salad

Paneer Kuttu Pakode, Apricot

Jowar Roti, plain rice, Moong Ki
Dal, Apple Arugula and Pine Nut
Salad

FRIDAY

MAY 12, 2023

Elaichi milk, Corn Dalia, Mewa
Nastha

Rice Poori, Spicy Sprout
Rice, Jeera Broccoli, Masala
Raita, Apple Walnut Raita

Paneer Potato and Kuttu
Cutlets, Cherry

Rice Poori, plain rice, Lahsun
Dal, Mango Sasam

Meal Planning Tip # 4

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