



AN AUTOMATIC MEAL PLANNER

We plan you cook

DAY & DATE	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY MAY 07, 2023	Kesar milk,Coleslaw Mix Veggies Sandwich,Mewa Nastha	Birai Roti,Brown Basmati Rice Biryani,Mushroom Matar Gravy,Potato Raita,Cucumber Dill Salad with Yogurt	Dahi Ke Kabab,Papaya	Singhare ki Poori,plain rice,Dhaba Dal,Crunchy Brussels sprouts and Walnut Salad
MONDAY MAY 08, 2023	Ginger Tea,Semiya Upma	Makki Ki Roti,Spinach Corn Rice,Jeera Broccoli,Onion Tomato Raita,Fruit and Nuts Salad with Caramel Sauce	Papad Chaat,Apricot	Rice Puri,plain rice,Moon Dal,Mango Cucumber and Rice Salad
TUESDAY MAY 09, 2023	Ginger Tea,Corn Dalia,Mewa Nastha	Palak Adrak Phulka,tamarind rice,Mushroom Butter Masala,Dill Leaves Raita,Fruit and Nuts Salad with Caramel Sauce	Eggplant Pizza Bites,Plum	Makki Ki Roti,plain rice,Lahsun Dal,Mango Sasam
WEDNESDAY MAY 10, 2023	Elaichi milk,Dalia Pakoda,Mewa Nastha	Methi Missi Roti,Spinach Rice,Matar Paneer,Potato Raita,Fruit cup	Dahi Ke Kabab,Cherry	Rice Poori,plain rice,Mint Dal,Orange and Carrot Salad

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THURSDAY

MAY 11, 2023

Masala Chai,Chocolate

Sandwich,Mewa Nastha

Rice,Stir Fried Brinjals,Masala

Raita,Chickpea and Cabbage

Salad

suran vada,Pineapple

Rumali Roti,plain rice,Dhaba

Dal,Apple Walnut Raita

FRIDAY

MAY 12, 2023

Elaichi milk,Healthy Club

Sandwich,Dry fruit mix

Naan,Bell Pepper Rice,Kaddu Ki

Sabji,Dill Leaves Raita,raw

mango salad

Potato Kuttu Pakode,Cherry

Jowar Roti,plain rice,Moon

Dal,Sesame Lettuce Paneer

Salad

Meal Planning Tip # 4

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