



AN AUTOMATIC MEAL PLANNER

We plan you cook

DAY & DATE	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY FEBRUARY 09, 2025	Herbal Tea,Hurdyacha Upma,Mewa Nastha	Palak Adrak Phulka,tamarind rice,Papad ki Sabji,Onion Tomato Raita,cherry tomato salad	Pico de Gallo,Mango	Rice Poori,Dhaba Dal,Apple Arugula and Pine Nut Salad
MONDAY FEBRUARY 10, 2025	Masala Chai,Cheese and Olive Sandwich,Mewa Nastha	Wheat Naan,Spicy Sprout Rice,Cabbage Stir Fry Goan Style,Onion Tomato Raita,Green Papaya Salad	Paneer Potato and Kuttu Cutlets,Papaya	Singhare ki Poori,Dhaba Dal,Mango Cucumber and Rice Salad
TUESDAY FEBRUARY 11, 2025	Masala Chai,Oatmeal Dalia	Rice Poori,coconut milk rice,Aloo Matar,Lauki Raita,Onion, Tomato and Cucumber Salad	Easy Bread Poha,Papaya	Singhare ki Poori,Dhaba Dal,Watermelon and Mozzarella Salad
WEDNESDAY FEBRUARY 12, 2025	Ginger Tea,Hurda Upma,Mewa Nastha	Butter naan,Corn and Mushroom Biryani,Guar ki Phali,Potato Raita,Crunchy Brussels sprouts and Walnut Salad	Pico de Gallo,Mango	Rice Poori,Dhaba Dal,Mango Sasam

THURSDAY

FEBRUARY 13,
2025

Herbal Tea,Oats Upma,Dry fruit mix

Biryani,Spiced Veggie Delight (Potato, Carrot & Peas),Masala Raita,Banana boats

Potato Kuttu Pakode,Mango

Jowar Roti,Dhaba Dal,Apple Arugula and Pine Nut Salad

FRIDAY

FEBRUARY 14,
2025

Aadrak Wali Chai,Mix Veg Upma,Mewa Nastha

Butter naan,Spicy Sprout Rice,Gobhi matar,Dill Leaves Raita,Roasted Beet and Citrus Salad

Cheese Biscuits - NO Bake,Papaya

Mooli Thepla,Dhaba Dal,Crunchy Brussels sprouts and Walnut Salad

Meal Planning Tip # 3

Before you start planning your meal for a week, take a stock of the food and ingredients you already have in your pantry.