

*We plan you cook*

**DAY & DATE**

**TUESDAY**

MARCH 11,  
2025

Apple Walnut

Raita,Panchmel

Dal,Phulka

Papaya,Easy Bread Poha

Dalia,Elaichi milk

Papaya,Easy Bread Poha

Green Papaya Salad,Okra

Raita,Karela and Potato

Stir-Fry,Roti

Apple Walnut

Raita,Panchmel

Dal,Phulka

**WEDNESDAY**

MARCH 12,  
2025

Orange and Carrot  
Salad,Cholar Dal,Phulka

Mango,Easy Bread Poha

Veg Grilled Sandwich  
(jain),Honey Milk

Mango,Easy Bread Poha

Onion, Tomato and  
Cucumber Salad,Jeera  
Raita,Guar ki  
Phali,Chapati

Orange and Carrot  
Salad,Cholar Dal

**THURSDAY**

MARCH 13,  
2025

Mixed Vegetable and  
Coconut Salad,Panchmel  
Dal,Phulka

Papaya,Kuttu and Lauki  
Soup

Dalia,Kesar milk

Papaya,Kuttu and Lauki  
Soup

Onion and Tomato  
Salad,Onion Tomato  
Raita,Bharwan Mirch  
Fry,Phulka

Mixed Vegetable and  
Coconut Salad,  
Cholar Dal,Phulka

**FRIDAY**

MARCH 14,  
2025

Orange and Carrot  
Salad,Cholar Dal,Phulka

Mango,Aloo Chaat  
Chatpati

Kesar Lassi,Corn  
Dalia,Aadrak Wali Chai

Mango,Aloo Chaat  
Chatpati

Onion and Tomato  
Salad,Hyderabadi Masala  
Curd,Tomato  
Tinda,Phulka

Orange and Carrot  
Salad,Cholar Dal

## AN AUTOMATIC MEAL PLANNER

|                                      |                                                             |                               |                                   |                               |                                                                              |                                         |
|--------------------------------------|-------------------------------------------------------------|-------------------------------|-----------------------------------|-------------------------------|------------------------------------------------------------------------------|-----------------------------------------|
| <b>SATURDAY</b><br>MARCH 15,<br>2025 | Mixed Vegetable and<br>Coconut Salad,Moong Ki<br>Dal,Phulka | Papaya,Aloo Chaat<br>Chatpati | Namkeen Dalia,Aadrak<br>Wali Chai | Papaya,Aloo Chaat<br>Chatpati | Onion and Tomato<br>Salad,Mint Raita,Achari<br>Tamatar,Roti                  | Mixed Vege<br>Coconut Sa<br>Dal,Phulka  |
| <b>SUNDAY</b><br>MARCH 16,<br>2025   | Orange and Carrot<br>Salad,Panchmel<br>Dal,Phulka           | Mango,Kuttu and Lauki<br>Soup | Cheese Paratha,Honey<br>Milk      | Mango,Kuttu and Lauki<br>Soup | Onion and Tomato<br>Salad,Hyderabadi Masala<br>Curd,Guar ki<br>Phali,Chapati | Orange and<br>Salad,Panch<br>Dal,Phulka |

### *meal Planning Tip # 1*

*Choose a shopping day and make a shopping list.*