



AN AUTOMATIC MEAL PLANNER

We plan you cook

DAY & DATE	BREAKFAST	LUNCH	SNACK	DINNER
TUESDAY FEBRUARY 21, 2023	Kesar milk,Corn Dalia	Birai Roti,tamarind rice,Spicy Raw Banana,Pineapple Raita,Corn Salad	Khire Ke Pakore,Papaya	Rice Puri,plain rice,Moong Ki Dal,Mango Cucumber and Rice Salad
WEDNESDAY FEBRUARY 22, 2023	Honey Milk,Oatmeal Dalia	Naan,coconut milk rice,Mung Beans Curry,Onion Raita,Okra Raita	Simple Moong Dosa,Cherry	Rice Poori,jeera rice,Mint Dal,Apple Walnut Raita
THURSDAY FEBRUARY 23, 2023	Elaichi milk,Dalia Idli	Butter naan,Ginger Tomato Fried Rice,Paneer Butter Masala,Onion Tomato Raita,Corn Salad	Cheesy Chaat Dip with Crispies,Cherry	Jowar Roti,plain rice,Dhaba Dal,Sesame Lettuce Paneer Salad
FRIDAY FEBRUARY 24, 2023	Honey Milk,Grilled Vegetable Sandwich,Dry fruit mix	Masaledar Puri,Corn and Mushroom Biryani,Vegetable Balls in Hot Garlic Sauce,Potato Raita,Fruit and Nuts Salad with Caramel Sauce	Khire Ke Pakore,Pineapple	Tandoori Roti,plain rice,Moon Dal,Crunchy Brussels sprouts and Walnut Salad

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SATURDAY				
FEBRUARY 25, 2023	Honey Milk,Tomato Cheese Sandwich,Mewa Nastha	Methi Missi Roti,Spicy Sprout Rice,capsicum masala,Pineapple Raita,Mango Sasam	Khire Ke Pakore,Apricot	Singhare ki Poori,plain rice,Lahsun Dal,Apple Walnut Raita
SUNDAY				
FEBRUARY 26, 2023	Kesar milk,Dalia	Lauki Thepla,Spinach Rice,Masala Arbi,Dill Leaves Raita,avocado salad	Pomegranate Salad,Plum	Tandoori Roti,jeera rice,Mint Dal,Apple Arugula and Pine Nut Salad

meal Planning Tip # 1

Choose a shopping day and make a shopping list.