



AN AUTOMATIC MEAL PLANNER

We plan you cook

DAY & DATE	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY MAY 08, 2023	Herbal Tea,Cheese and Olive Sandwich,Mewa Nastha	Palak Adrak Phulka,Deep South Spiced Rice,Subz Mirch Do Pyaza,Onion Raita,Arugula Green Salad	Dahi Ke Kabab,Apricot	Singhare ki Poori,plain rice,Moong Ki Dal,Okra Raita
TUESDAY MAY 09, 2023	Ginger Tea,Mix Veg Upma,Mewa Nastha	Palak Adrak Phulka,Spinach Corn Rice,Dahiwale Amrud,Onion Raita,raw mango salad	Cheese Biscuits - NO Bake,Papaya	Mooli Thepla,plain rice,Dhaba Dal,Sesame Lettuce Paneer Salad
WEDNESDAY MAY 10, 2023	Herbal Tea,Tomato Upma,Dry fruit mix	Makki Ki Roti,Brown Basmati Rice Biryani,Garlic Grilled Paneer,Pineapple Raita,Fruit cup	Eggplant Pizza Bites,Apricot	Singhare ki Poori,plain rice,Moong Ki Dal,Apple Walnut Raita
THURSDAY MAY 11, 2023	Kesar milk,Matar Upma	Rumali Roti,tamarind rice,Black Eyed Beans Curry,Onion Tomato Raita,Cucumber Dill Salad with Yogurt	Potato Kuttu Pakode,Apricot	Mooli Thepla,plain rice,Lahsun Dal,Mango Cucumber and Rice Salad



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FRIDAY

MAY 12, 2023

Ginger Tea,Paneer Sandwich

ka dolma,Pineapple

Eggplant Pizza Bites,Apricot

Rice Poori,plain rice,Dhaba
Dal,Orange and Carrot Salad

Raita,Pomegranate Raita

SATURDAY

MAY 13, 2023

Herbal Tea,Namkeen

Dalia,Mewa Nastha

Methi Missi Roti,Pudina

rice,Potato Mushrooms,Onion

Raita,Chickpea and Cabbage

Salad

Thattai,Cherry

Rice Puri,plain rice,Mint
Dal,Apple Walnut Raita

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.