



AN AUTOMATIC MEAL PLANNER

We plan you cook

DAY & DATE	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY JUNE 02, 2024	Kesar milk,Semiya Upma	Tandoori Roti,Brown Basmati Rice Biryani,Masala Arbi,Pineapple Raita,cherry tomato salad	Paneer Potato and Kuttu Cutlets,Papaya	Makki Ki Roti,jeera rice,Garlic Dal,Okra Raita
MONDAY JUNE 03, 2024	Kesar milk,Brown Bread Upma,Mewa Nastha	Wheat Naan,Spinach Rice,Matar Paneer,Onion Tomato Raita,Broccoli and Crunchy Seed Salad	Paneer Kuttu Pakode,Cherry	Masaledar Puri,plain rice,Dhaba Dal,Mango Sasam
TUESDAY JUNE 04, 2024	Ghee Milk,Cheese and Olive Sandwich,Mewa Nastha	Palak Adrak Phulka,Paneer Pepper Rice,Dahiware Amrud,Masala Raita,Cucumber Dill Salad with Yogurt	suran vada,Banana	Singhare ki Poori,jeera rice,Mint Dal,Sesame Lettuce Paneer Salad
WEDNESDAY JUNE 05, 2024	Honey Milk,Grilled Vegetable Sandwich,Dry fruit mix	Masaledar Puri,Corn And Spinach Rice,mixed veg,Onion Tomato Raita,Mango Cucumber and Rice Salad	Thattai,Cherry	Rumali Roti,jeera rice,Lahsun Dal,Okra Raita

THURSDAY

JUNE 06, 2024

Herbal Tea, Paneer Sandwich

Methi Missi Roti, coconut milk

rice, Khatti Meethi Daal, Onion
Raita, Fruit cup

Pico de Gallo, Plum

Tandoori Roti, plain rice, Dhaba
Dal, Crunchy Brussels sprouts
and Walnut Salad

FRIDAY

JUNE 07, 2024

Masala Chai, Semiya Upma

Birai Roti, Deep South Spiced

Rice, Methi Aloo, Onion

Raita, Fruit and Nuts Salad with
Caramel Sauce

Potato Kuttu Pakode, Papaya

Makki Ki Roti, jeera rice, Lahsun
Dal, Mango Sasam

Meal Planning Tip # 4

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