

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER
MON	<ul style="list-style-type: none">POHA/UPMA		
TUES	<ul style="list-style-type: none">SABUDANA KHICDI/CHANNA DAL		
WED	<ul style="list-style-type: none">UTAPPPAMCHILLA(SOOJI AND BESAN)		
THURS	<ul style="list-style-type: none">BROWN CHANNA		
FRI	<ul style="list-style-type: none">IDLI AND MEDU VADA/APPE		
SAT	<ul style="list-style-type: none">ALOO PARANTHA/OATS		
SUN	<ul style="list-style-type: none">SAFAD MATAR		