

WEEKLY MEAL PLANNER

DATE	DAYS	BREAKFAST	LUNCH	DINNER
8-Aug-24	MONDAY	PARATHA	KORMA	PIZZA
9-Aug-24	TUESDAY	FRY EGG	NIHARI	TIKKA
10-Aug-24	WEDNESDAY	BREAD	DAAL CHAWAL	ZINGER
11-Aug-24	THURSDAY	BISCUITS	SPINACH	KARAH
12-Aug-24	FRIDAY	HALWA POORI	BIRYANI	CHANA
13-Aug-24	SATURDAY	PATATHA	KOFTAY	POTATO
14-Aug-24	SUNDAY	CAKE	BRINJLE	PULAO

GROCERY LIST	
S NO	ITEM
1	CHICKEN
2	FLOUR
3	BREAD
4	POTATO
5	TOMATO
6	GREEN VAGIES
7	SOUCES
8	GARAM MASALAH
9	EGG
10	BUTTER
11	DAAL

S NO	ITEM	UNIT	QTY	PRICE	USE IN RECEPIE	COST
1	CHICKEN	GM	1000	700	100	70
2	FLOUR	GM	1000	100	100	10
3	BREAD	GM	1000	70	100	7
4	POTATO	GM	1000	120	100	12
5	TOMATO	GM	1000	150	100	15
6	GREEN VAGIES	GM	1000	250	100	25
7	SOUCES	GM	1000	150	100	15
8	GARAM MASALAH	GM	1000	100	100	10
9	SPINACH	GM	1000	25	100	2.5
10	BUTTER	GM	1000	400	100	40
11	DAAL	GM	1000	250	100	25
			TOTAL	2315	1100	231.5