


بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Start with

Bismillah






BUSHRA TAHIRA
CHALLAN NUMBER; 241093
AREEBA NAZ
CHALLAN NUMBER;

A rustic kitchen scene featuring a wooden rolling pin, a brown egg, a bowl of yellow liquid, and dried wheat on a light blue background.

WEEKLY MEAL PLANNER




WEEKLY MEAL PLAN

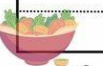



Weekly meal planner

Monday	Tuesday	Wednesday
Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch
Dinner	Dinner	Dinner



Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch
Dinner	Dinner	Dinner

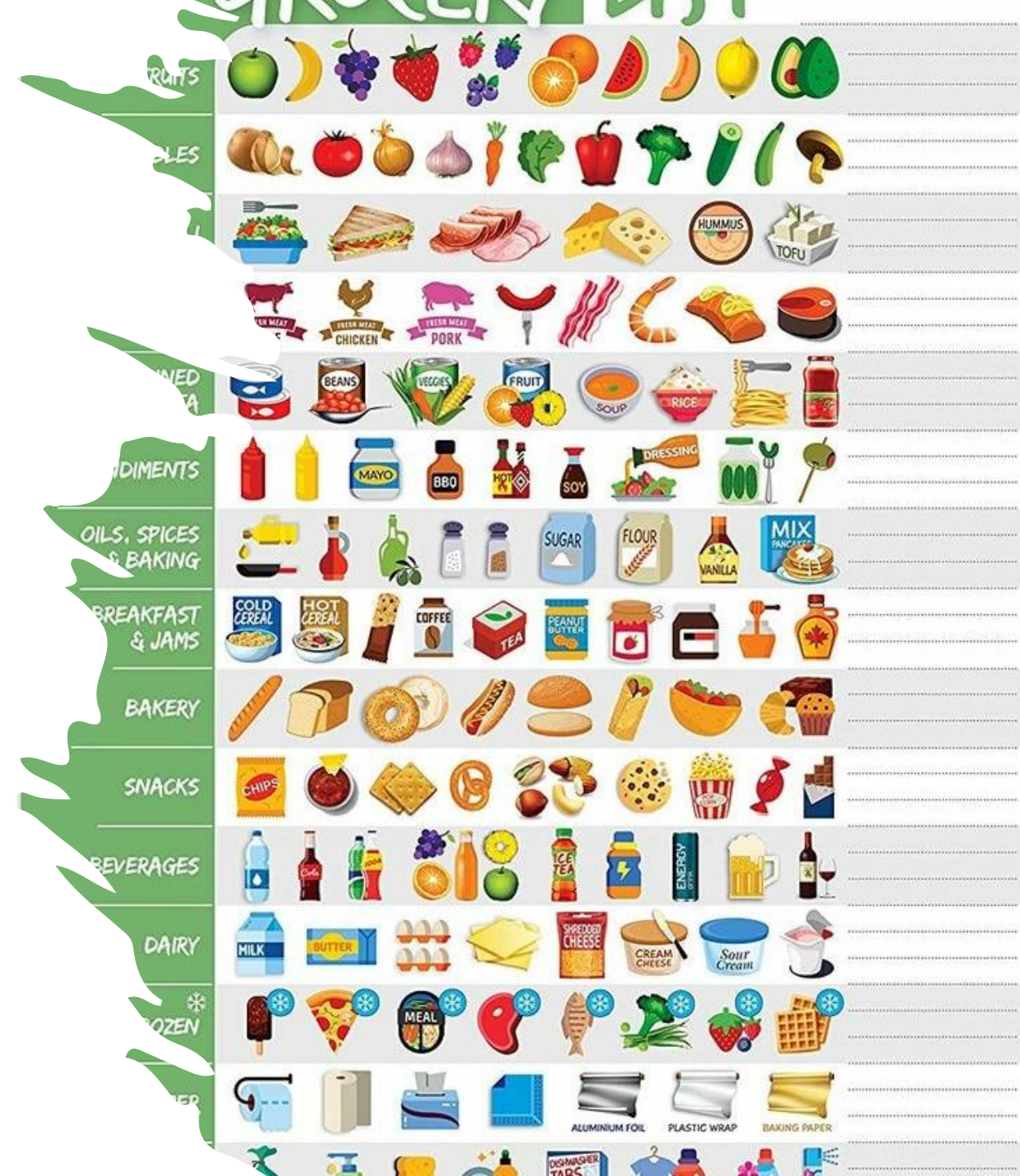


Sunday	Notes:
Breakfast	
Lunch	
Dinner	

Lunches	Dinners
 <p>Mushroom Stacks</p>	 <p>Minestrone Soup</p>
 <p>Creamy Broccoli Egg Salad</p>	 <p>Easy Tomato Chicken Curry</p>
 <p>Double Egg Burger w/ Beet Relish & Mayo</p>	 <p>Curried Sausage Hot Pot</p>
 <p>Boiled Egg Cobb Salad</p>	 <p>Pan Fried Chicken w/ Broccoli & Beet Relish</p>

GROCERY ITEM

- CHICKEN
- POTATO
- RICE
- TOMATO
- FLOUR
- SOUCES
- MASALA
- VEGIES
- BUTTER



GROCERY BILL

		S NO	ITEM	UNIT	QTY	PRICE	COST
		1	CHICKEN	GM	1000	700	70
		2	FLOUR	GM	1000	100	10
		3	BREAD	GM	1000	70	7
		4	POTATP	GM	1000	120	12
		5	TOMATO	GM	1000	150	15
		6	VAGIES	GM	1000	250	25
		7	SOUCES	GM	1000	150	15
		8	MASALA	GM	1000	100	10
		9	SPINACH	GM	1000	25	2.5
		10	BUTTER	GM	1000	400	40
		11	BEANS	GM	1000	250	25
		TOTAL			2315	231.5	



Thank
you for your
attention



