

classic morning plan

SL NO	DAY	STEAPLE	BHAJA AND SEDDHO- BATA		DAAL	JHOL	AACHAR
1	Mon	rice		bhindi seddho	moong	murgir lal jhol	aachar 1
2	Tue	roti		begun pora	masoor	lau er ghonto	aachar 2
3	Wed	rice		kakrol seddho	bewli	dim alur jhol	aachar 1
4	Thur	roti		gati kochu pora	arhar	paneer butter masala	aachar 2
5	Fri	rice		badam bata	rajma	dimer dalna	aachar 1
6	Sat	roti		alu bharta	matar	bhola mach er jhol	aachar 2
7	Sun	rice		kachkolar khosa bata	chola	dhokar dalna	aachar 1
8	Mon	roti	bhindi bhaja		moong	chillie chicken	aachar 2
9	Tue	rice		ghee	masoor	aakri alur jhol	aachar 1
10	Wed	roti	begun bhaja		bewli	kohlapuri egg curry	aachar 2
11	Thur	rice		potoler khosa bata	arhar	mouri paneer	aachar 1
12	Fri	roti	alu bhaja		rajma	dhaba anda curry	aachar 2
13	Sat	rice		potol seddho	matar	rui macher jhol	aachar 1
14	Sun	roti	loti bhaja		chola	soyabean kala bhuna	aachar 2
15	Mon	rice		thankuni pata bata	moong	chicken dal bunglow	aachar 1
16	Tue	roti		tometo pora	masoor	kashmiri dum alu	aachar 2
17	Wed	rice		dhonepata bata	bewli	dimer lal jhol	aachar 1
18	Thur	roti		ool pora	arhar	chilli paneer	aachar 2
19	Fri	rice		sorse bata	rajma	dimer kalia	aachar 1
20	Sat	roti	kakrol bhaja		matar	lotte chocchori	aachar 2
21	Sun	rice		posto bata	chola	shim alur jhol	aachar 1
22	Mon	roti	potol bhaja		moong	chicken resala	aachar 2
23	Tue	rice		jhinger khosa bata	masoor	sukto	aachar 1
24	Wed	roti	pianj bora		bewli	egg korma	aachar 2
25	Thur	rice		pepe seddho	arhar	paneer alur jhol	aachar 1
26	Fri	roti	kumbro bhaja		rajma	egg makhani	aachar 2
27	Sat	rice		alu seddho	matar	pangas er jhol	aachar 1
28	Sun	roti	chalkumro bhaja		chola	alu bhindi	aachar 2