

Daily Matrix - May 2024

Date	Breakfast	Brunch	Lunch	Dinner	Snacks (Evening)	Outside Food	Miscellaneous
1	Owlaki	NA	Chapati and Rice	Susala and Chapati	NA	NA	Evening - Ice Cream
2	NA	NA	NA	Rice and Chapati	NA	2 Idli 1 Vada - 60/- Chocolate - 20/- Veg Sandwich - 250/- Soft Drink - 20/- Hershey Milk Shake - 40/- 2 Idli - 30/- Chips - 5/-	NA
3	NA	Chapati and Rice	NA	Rice and Chapati	NA	Dah Vada - 40/- Veg Sandwich - 80/- Chips - 5/- Chips - 20/- Sev Puri - 40/-	Morning - Almonds
4	NA	NA	NA	Upama	Rava Idli - 4 pcs	2 Idli + 2 Idli - 30/- +30/- Sonu Papadi - 10/- Chips x 2 - 20/- + 20/- Paneer Soft Roll - 50/-	NA
5	NA	NA	NA	Chapati and Rice	NA	Mixed Vegetable Juice - 40/- Bread Roll - 50/- Chocolate - 5/- Thelyrapa - 50/- 2 Idli - 40/- Ice Cream - 40/- Coconut Water - 50/- Water Bottle x2 Bhel Puri - 70/- Buter Miilk - 30/- Veg Pizza Bun - 30/-	Laddu - Banaerghatta National Park - 180 Ribbon Pakoda - Banaerghatta National Park - 75
6	Dosa - x3	NA	NA	2 Dosa and Rice	NA	Water Bottle x1 3 Idli Butter Milk Kurkure - Chips - x1 Vada - 5pcs	Ribbon Pakoda - Morning
7	Owlaki	NA	NA	Rice	Maggi - Evening	Chips - Dorrios Burrito - Taco Bell	NA
8	Paddu	NA	1 Chapati and Rice		NA	2 Idli - Aftrenoon- Near my old home Jayanagar - 30/- Chips - 20/- Refresher	NA
9	Masuru Owlaki (Due to interview) Apples	NA	NA	Chapati Cheetrana Rice	NA	2 Idli - Morning- Near South End Circle Metro Chips - Kurkure BBQ Pizza (Mini Size) Flavoured Milk	NA
10	NA	Chapati - 4pcs Cheetrana Rice	NA	Bhat Rice Chapati Rice	Chudu	Paper Juice - Mango	Dry Fruits - Morning
11	NA	Chapati Rice	NA	Chapati Rice	Chudu	2 Idli 1 Vada - 60/- Flavoured Milk - Strawberry	NA
12	NA	NA	Chapati and Rice Owlaki		NA	Chips - 55/- 3 Idli - 54/-	Milk - Morning
13	Upama	NA	NA	Pizza Party	NA	2 Idli 1 Curd Vada	NA
14	Idli - HomeMade	NA	Rice	Chapati and Rice	NA	NA	NA
15	Shagi Upama	NA	NA	1 Chapati and Rice	NA	Masala Dosa Veg Burger	NA
16	Owlaki - Green And Orange	NA	Chapati and Rice	1 Bhakri Little Bhat Rice	Bhel Puri	NA	NA
17	Owlaki	NA	Chapati and Rice	Chapati and Rice	3 Uddin Vada	2 Idli - 35/-	Milk with Horlicks - Morning
18	NA	Chapati - 2 1/2 pcs Rice Bhat Thalipt - 1 pc	NA		Owlaki with Sev Cookies	Chips - 5/-	Milk with Horlicks - Morning Shikrani - Mango
19	Rava Idli	NA	NA	Upama	NA	NA	Choclate - Evening - 1pc - Given by mother

20	NA	NA	NA		NA	Cucumber Juice - Morning - After Workout -40/- Bhel Puri - 40/- - Parcel 3 Idli - 68/- Samosa - 20/- Chips - 10/- Kulfi - Ice Cream - 5/- Pani Puri - 30/-	NA
21	NA	Chapati and Rice	NA	Mandaki and Rice	Maggi - Evening	Milky Bar -x2 - 20 +20 = 40/- Samosa - 20/- Chips - 10/-	Milk - Morning
22	Owlaki	NA	Chapati and Rice	Chapati and Rice	Chunmari	Paper Juice - Litchi - 10/-	Milk - Morning
23	Sandwich	NA	Chapati and Rice	Cheetrana	NA	Break Pakoda - 20/- Soft Drink - 20/- 1 Idli - 15/-	NA
24	NA	NA	NA	Mangalore Bun Chapati	NA	2 Idli - 30 + 30 = 60/- Popcorn - Movie - Global Mall(Mysore Road) - 350/- Butterscoth Ice Cream - 130/- Veg Pizza - 465/- Spring Roll - 345/-	Milk - Morning
25	Aloo Parathas - x3	NA	NA	Upama Curd Rice	Masaru Owlaki	NA	Munching - Chunmari and Sev Morning - Milk
26	Idli Sambar	NA	NA	Rice	Owlaki Mango Juice	Udupi Grand Spl Dosa - 90/-	NA
27	NA	Chapati - 1 Paratha - 1 Rice	NA	Rice	NA	Chips - 25/- 1 Idli - 15/- Flavoured Milk - Pista - 25/- 3 Idli - 54/- 1 Idli - 30/- Veg Roll - 70/- Lollipop - 10/- Chocolate - Milkybar Chips - Cheetos - 10/-	NA
28	Chapati - 2pcs	NA	NA	Bhat Rice Rice	NA	Milky Bar -x2 - 20 +20 = 40/- Cup Noodles - 50/- - Parcel Chips - 15/-	Morning - Milk Cup Noodles
29	Idli Sambar - Home Made	NA	At Office	Idli Upama Rice 1 Chapati	NA	Office Lunch - 15/- Chips - 5/- Toast Sandwich - 25/- Masala Puri - 30/-	Milk - Morning
30	NA	Chapati and Shirkand with Ladyfinger Palya	At Office - Heavy	Chapati and Rice Shikarani	NA	Chips - 20/- Donut - 60/-	NA
31	Cheetrana	NA	NA	NA	Maggi - Evening	NA	Owlaki