

Day of the Week	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Masala Dosa with Coconut Chutney	Fresh fruit salad with chaat masala	Rajma curry with Jeera rice and cucumber raita	Roasted peanuts or chickpeas	Palak Paneer with roti
Tuesday	Upma with mixed vegetables	Yogurt with honey and chopped almonds	Chole with steamed rice and mixed vegetable salad	Vegetable cutlets with mint chutney	Vegetable Biryani with cucumber raita
Wednesday	Poha with peas and peanuts	Banana with roasted chana	Baingan Bharta with chapati and cucumber-toma to salad	Masala papad	Vegetable Pulao with mixed vegetable raita
Thursday	Idli with sambar and coconut chutney	Roasted makhana	Dal Tadka with steamed rice and carrot-beetroot salad	Dhokla with mint chutney	Aloo Gobi with roti
Friday	Vegetable Uttapam with coconut chutney	Guava slices with chaat masala	Paneer Butter Masala with jeera rice and cucumber-toma to-onion salad	Roasted pumpkin seeds	Vegetable Korma with paratha
Saturday	Besan Chilla with mint chutney	Apple slices with peanut butter	Mushroom curry with pulao rice and mixed vegetable raita	Boiled edamame beans	Vegetable Jalfrezi with chapati
Sunday	Rava Upma with coconut chutney	Grapes with mixed nuts	Bhindi Masala with steamed rice and cucumber-toma to-onion salad	Roasted chickpeas	Vegetable Khichdi with plain yogurt