

Weekly Planned Meal

Created on : 2024-01-08 20:03:27.962283

Monday:

Meal	
afternoon_snacks	Carrot Sticks with Hummus
breakfast	Spinach Omelette
dinner	Vegetable Stir-Fry with Tofu
lunch	Chickpea Curry with Brown Rice
morning_snacks	Almonds and Banana

Tuesday:

Meal	
afternoon_snacks	Roasted Chana (Chickpeas)
breakfast	Poha (Flattened Rice) with Peas
dinner	Marinated Grilled Fish with Quinoa and Stir-Fried Vegetables
lunch	Vegetable Biryani with Raita (using dairy-free yogurt)
morning_snacks	Apple Slices with Peanut Butter (substitute with almond butter)

Wednesday:

Meal	
afternoon_snacks	Roasted Masala Makhana (Foxnuts)
breakfast	Stuffed Paratha with Potato Filling
dinner	Vegetable Lo Mein with Tofu
lunch	Palak Paneer (using dairy-free paneer) with Roti
morning_snacks	Grapes and Cheese Cubes

Thursday:

Meal	
afternoon_snacks	Cucumber Slices with Greek Yogurt Dip
breakfast	Oats Upma with Mixed Vegetables

dinner	Vegetable Fried Rice with Paneer
lunch	Dal Tadka with Brown Rice
morning_snacks	Guava and Almonds

Friday:

Meal	
afternoon_snacks	Mixed Sprouts Salad
breakfast	Idli with Coconut Chutney
dinner	Stir-Fried Tofu with Bell Peppers and Quinoa
lunch	Vegetable Pulao with Raita (using dairy-free yogurt)
morning_snacks	Orange Slices and Roasted Chickpeas

Saturday:

Meal	
afternoon_snacks	Handful of Trail Mix (Nuts and Dried Fruits)
breakfast	Moong Dal Cheela (Pancakes) with Mint Chutney
dinner	Vegetable Chow Mein with Marinated Tofu
lunch	Aloo Gobi (Potato and Cauliflower) Curry with Roti
morning_snacks	Pomegranate Seeds and Cottage Cheese (Paneer) Cubes

Sunday:

Meal	
afternoon_snacks	Bell Pepper Sticks with Hummus
breakfast	Masala Oats with Yogurt
dinner	Vegetable Bolognese with Whole Wheat Pasta
lunch	Rajma (Kidney Beans) Curry with Brown Rice
morning_snacks	Kiwi Slices and Boiled Eggs