

# NourishU

Name : chinky rathore  
Diet Preference : Vegetarian

## Day 1

Meals	Time	Items
meal1	8:00	Oats Chilla Gajar Halwa
meal2	12:00	Rava Moong Idli Rice And Urad Dal Dosa
meal3	14:00	Pumpkin Aloo Tikki Rajgira Cheela
meal4	16:00	Garden Fresh Salad
meal5	18:00	Onion Pakoda
meal6	20:00	
meal7	22:00	Sauteed Vegetables

## Day 2

Meals	Time	Items
meal1	8:00	
meal2	12:00	
meal3	14:00	
meal4	16:00	Brown Rice Biryani

Meals	Time	Items
meal5	18:00	
meal6	20:00	
meal7	22:00	

Day 3

Meals	Time	Items
meal1	8:00	
meal2	12:00	
meal3	14:00	
meal4	16:00	
meal5	18:00	
meal6	20:00	
meal7	22:00	

Day 4

Meals	Time	Items
meal1	8:00	
meal2	12:00	
meal3	14:00	
meal4	16:00	

Meals	Time	Items
meal5	18:00	
meal6	20:00	
meal7	22:00	

Day 5

Meals	Time	Items
meal1	8:00	
meal2	12:00	
meal3	14:00	
meal4	16:00	
meal5	18:00	
meal6	20:00	
meal7	22:00	

Day 6

Meals	Time	Items
meal1	8:00	
meal2	12:00	
meal3	14:00	
meal4	16:00	
meal5	18:00	

Meals	Time	Items
meal6	20:00	
meal7	22:00	

Day 7

Meals	Time	Items
meal1	8:00	
meal2	12:00	
meal3	14:00	
meal4	16:00	
meal5	18:00	
meal6	20:00	
meal7	22:00	