

Weekly Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Walnut Oatmeal and Vegan Yogurt	Mushroom Brown Rice	Veg Sandwich and Virgin Mojito	Ragi Roti with mixed vegetable curry
TUESDAY	Pongal with Chutney	Veg Pulao with Aloo Kurma	Jhal Muri	Stuffed Okra with Chapati
WEDNESDAY	Idli Sambar	Sabudana Kichdi	Vegan Jalebi	Oats Chapati with Capsicum Curry
THURSDAY	Mixed vegetable Upma	Bissemillah Bath	Samosa Chat	Daal Makhani with Roti
FRIDAY	Palak Pharatha	Puliyogare	Veg Momos	Aloo Paratha
SATURDAY	Masala Dosa	Pudina Rice with Raita	Vada Pav	Veg Palak with Chapati
SUNDAY	Pesarattu with coconut chutney	Aloo and Chole Dum Biryani	Poha	daddojanam