



MyMealify Personalized Meal Plan

Prepared for: Kamlesh

Goal: weight gain

Week: 9/7/2025 - 9/13/2025

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Your Profile

Personal Information

Name: Kamlesh
Age: 38 years
Gender: male
Height: 168 cm
Weight: 38 kg
BMI: 13.5 (Underweight)

Preferences & Goals

Activity Level: sedentary
Region: indian
Preferred Foods: tea
Health Conditions: none

MONDAY

Paneer Paratha with Ghee, Curd, and Banana Smoothie

750 kcal

900 cal

Ingredients:

- For Parathas: 1.5 cups whole wheat flour (atta), water for kneading, 200g paneer (grated), 1/2 onion (finely chopped), 1 green chili (finely chopped)
- For Curd: 1 cup full-fat yogurt
- For Banana Smoothie: 2 ripe bananas, 1.5 cups full-fat milk, 2 tbsp almond butter, 1 tbsp honey

Instructions:

1. ****Dough:**** Knead whole wheat flour with water and a pinch of salt to form a soft dough. Cover and let rest for 20 minutes.
2. ****Stuffing:**** Heat 2 tbsp oil in a pan. Saut finely chopped onion until translucent. Add ginger-garlic paste, green chili, curd, and paneer. Cook for 5 minutes.
3. ****Paratha:**** Divide the dough into 4 equal balls. Roll one ball into a small disc, place a generous portion of paneer stuffing in the center, and roll it into a paratha shape.
4. ****Cook Paratha:**** Heat a tawa or griddle. Cook the paratha on both sides, applying 1-1.5 tbsp ghee per paratha until golden brown.

Chana Masala, Jeera Rice, and 2 Ghee Rotis *Time: 1:00 PM* **1300 cal**

Ingredients:

- For Chana Masala: 1.5 cups canned chickpeas (or 1 cup dried, soaked & boiled), 2 large onions (finely chopped), 2 tomatoes (finely chopped)
- For Jeera Rice: 1.5 cups basmati rice, 3 cups water, 2 tbsp ghee, 1 tsp cumin seeds, salt to taste
- For Rotis: 1 cup whole wheat flour (atta), water for kneading, 2-3 tbsp ghee for brushing

Instructions:

1. ****Chana Masala:**** Heat oil/ghee in a pot. Add cumin seeds and let them splutter. Add chopped onions and saut until golden. Add tomato puree and cook until oil separates. Stir in coriander powder, turmeric, red chili powder, chana masala powder, and salt. Add boiled chickpeas (or canned) and 1.5 cups water. Bring to a boil, then simmer for 15-20 minutes until gravy thickens.
2. ****Jeera Rice:**** Wash rice thoroughly. Heat ghee in a pot. Add cumin seeds and let them splutter. Add rice and saut for 2 minutes. Add 3 cups water and salt. Cook until water is absorbed.
3. ****Rotis:**** Knead whole wheat flour with water to form a soft dough. Roll into small circles and brush with ghee before cooking on a hot tawa.
4. ****Jeera Rice:**** Wash rice thoroughly. Heat ghee in a pot. Add cumin seeds and let them splutter. Add rice and saut for 2 minutes. Add 3 cups water and salt. Cook until water is absorbed.

Dal Makhani with 2 Butter Naans and Small Salad *Time: 8:00 PM* **1250 cal**

Ingredients:

- For Dal Makhani: 1 cup whole black lentils (urad dal), 1/4 cup kidney beans (rajma), soaked overnight, 3 tbsp ghee/butter, 1 onion (finely chopped), 1 tomato (finely chopped), 1 tsp cumin seeds, 1 tsp coriander powder, 1 tsp turmeric, 1 tsp red chili powder, salt to taste
- For Naans: 2 pre-made butter naans (or homemade, brushed generously with butter)
- For Salad: 1 small cucumber, 1 small onion, 1 tomato (sliced)

Instructions:

1. ****Dal:**** Pressure cook soaked urad dal and rajma with 4 cups of water and a pinch of salt until very soft (about 6-7 whistles).
2. ****Gravy:**** In a heavy-bottomed pan, heat ghee/butter. Saut chopped onion until golden. Add ginger-garlic paste and cook for 2 minutes. Add tomato puree, red chili powder, turmeric, cumin, and coriander powder. Cook until oil separates. Add the cooked dal and salt. Simmer for 10 minutes.
3. ****Naans:**** Heat naans on a hot tawa. Brush with butter and serve.
4. ****Salad:**** Chop cucumber, onion, and tomato. Toss with lemon juice and salt.

TUESDAY

Aloo Paratha with Ghee, Pickle, and Full-Fat Milk with Soaked Almonds

Time: 1:00 AM 800 cal

Ingredients:

- For Aloo Paratha: 1.5 cups whole wheat flour (atta), water for kneading, 3 large potatoes (boiled & mashed), 1 onion (finely chopped)
- Sides: Mango pickle, 1.5 cups full-fat milk, 10-12 soaked almonds

Instructions:

1. ****Dough:**** Knead whole wheat flour with water and a pinch of salt to form a soft dough. Cover and rest for 20 minutes.
2. ****Stuffing:**** Heat 2 tbsp oil in a pan. Saut finely chopped onion until translucent. Add grated ginger, green chili, cumin powder, and salt. Cook for 2-3 minutes. Let the stuffing cool completely.
3. Add mashed potatoes and mix well. Cook for 2-3 minutes. Let the stuffing cool completely.
4. ****Paratha:**** Divide the dough into 4 equal balls. Roll one ball into a small disc, place a generous portion of potato stuffing in the center. Roll into a paratha shape. Cook on a hot griddle with ghee until golden brown on both sides.

Veg Pulao with Raita and Paneer Bhurji

Time: 1:00 PM 1300 cal

Ingredients:

- For Veg Pulao: 1.5 cups basmati rice, 3 cups vegetable broth/water, 3 tbsp ghee, 1 bay leaf, 2 cloves, 1 inch cinnamon stick, 1 onion (finely chopped), 1 tomato (finely chopped), 1 green chili (finely chopped), 1/2 cup mixed vegetables, 1/2 cup cashews
- For Raita: 1.5 cups full-fat yogurt, 1/2 cucumber (grated), pinch of roasted cumin powder, salt to taste
- For Paneer Bhurji: 200g paneer (crumbled), 1 onion (finely chopped), 1 tomato (finely chopped), 1 green chili (finely chopped), 1/2 cup mixed vegetables, 1/2 cup cashews

Instructions:

1. ****Veg Pulao:**** Wash and soak rice for 20 minutes, then drain. Heat ghee in a pot. Add bay leaf, cloves, cinnamon, and onion. Saut until golden. Add mixed vegetables and cashews, cook for 3-4 minutes. Add drained rice and vegetable broth/water. Bring to a boil, then cover and simmer on low heat for 15-20 minutes until water is absorbed.
2. ****Raita:**** Mix yogurt with cucumber, cumin powder, and salt. Refrigerate for 10 minutes.
3. ****Paneer Bhurji:**** Heat oil/ghee in a separate pan. Saut chopped onion until translucent. Add ginger-garlic paste and g

Rajma Chawal with Ghee and Salad

Time: 8:00 PM

1250 cal

Ingredients:

- For Rajma Curry: 1.5 cups kidney beans (rajma), soaked overnight and boiled, 2 large onions (finely chopped), 2 tomatoes (chopped)
- For Rice: 1.5 cups basmati rice, 3 cups water, 1 tbsp ghee, salt to taste
- Sides: Extra ghee for serving, 1 small cucumber, 1 small onion (sliced)

Instructions:

1. ****Rajma:**** Pressure cook soaked rajma with 4 cups of water and a pinch of salt until very soft (about 8-10 whistles).
2. ****Curry:**** Heat ghee/oil in a pot. Add cumin seeds and let them splutter. Add chopped onions and saut until golden brown.
3. Add tomato puree and cook until oil separates. Stir in coriander powder, turmeric, red chili powder, and salt. Cook for 2 minutes.
4. Add the boiled rajma with its cooking liquid (add more water if needed, to achieve desired consistency). Bring to a boil, then simmer for 10 minutes.

WEDNESDAY

Upma with Cashews and Mango Lassi

Time: 8:00 AM

900 cal

Ingredients:

- For Upma: 1.5 cups roasted semolina (sooji), 3 cups water, 3 tbsp ghee/oil, 1 tsp mustard seeds, 1 tsp urad dal, 1 tsp chana dal
- For Mango Lassi: 1.5 cups full-fat yogurt, 1 cup ripe mango pulp (from 2-3 mangoes), 3-4 tbsp sugar (or to taste), 1/2 cup full-fat milk

Instructions:

1. ****Upma:**** In a heavy-bottomed pan, dry roast semolina until fragrant (if not pre-roasted). Set aside.
2. Heat ghee/oil in the same pan. Add mustard seeds, urad dal, and chana dal. Let them splutter and turn golden. Add cashews and saut for 2 minutes.
3. Add chopped onion, green chili, grated ginger, and curry leaves. Saut until onion is translucent. Add mixed vegetables (carrots, peas, beans) and saut for 5 minutes.
4. Add water and salt. Bring to a rolling boil. Slowly add the roasted semolina in a thin stream, stirring continuously to avoid lumps. Cook for 10 minutes.

Palak Paneer with 2 Ghee Rotis and Brown Rice

Time: 1:00 PM

1300 cal

Ingredients:

- For Palak Paneer: 2 bunches spinach (blanched and pureed), 250g paneer (cubed and lightly fried), 2 large onions (finely chopped)
- For Rotis: 1 cup whole wheat flour (atta), water for kneading, 2-3 tbsp ghee for brushing
- For Brown Rice: 1.5 cups brown rice, 3 cups water, 1 tbsp ghee, salt to taste

Instructions:

1. ****Palak Paneer:**** Blanch spinach, cool, and blend into a smooth puree. Lightly fry paneer cubes in a little oil until golden.
2. Heat ghee/oil in a pot. Add cumin seeds and let them splutter. Add chopped onions and saut until golden brown. Add g.
3. Add tomato puree and cook until oil separates. Stir in coriander powder, turmeric, and salt. Cook for 2-3 minutes.
4. Add spinach puree and 1/2 cup water. Bring to a gentle boil and simmer for 10 minutes. Add fried paneer cubes and cr

Vegetable Korma with 2 Butter Naans

Time: 8:00 PM

1250 cal

Ingredients:

- For Vegetable Korma: 2 cups mixed vegetables (potatoes, carrots, peas, green beans, cauliflower), 1/2 cup paneer (cubed), 1 cup yogurt
- For Naans: 2 pre-made butter naans (or homemade, brushed generously with butter)

Instructions:

1. ****Vegetables:**** Lightly saut or blanch mixed vegetables until tender-crisp. Lightly fry paneer cubes; set aside.
2. ****Gravy:**** Heat ghee/oil in a pot. Add bay leaf, cloves, and cinnamon. Let them splutter. Add onion paste and saut until golden.
3. Stir in cumin powder, coriander powder, turmeric, and salt. Cook for 2 minutes. Add cashew paste and saut for 5 minutes.
4. Whisk full-fat yogurt and add it to the pot, stirring continuously to prevent curdling. Cook for 5 minutes. Add coconut milk and

THURSDAY

Moong Dal Cheela with Paneer Stuffing and Banana Date Shake

Ingredients:

- For Moong Dal Cheela: 1.5 cups split yellow lentils (moong dal), soaked 4-6 hours, 1/2 inch ginger, 1 green chili, 1/4 tsp turmeric, salt to taste
- For Paneer Stuffing: 150g paneer (crumbled), 1/2 onion (finely chopped), 1/4 tsp cumin powder, salt to taste, fresh coriander (chopped)
- For Banana Date Shake: 2 ripe bananas, 6-8 pitted dates, 1.5 cups full-fat milk, 1 tbsp unsalted peanut butter

Instructions:

1. **Cheela Batter:** Drain soaked moong dal. Blend with ginger, green chili, turmeric, and a little water to form a smooth batter.
2. **Paneer Stuffing:** Mix crumbled paneer with finely chopped onion, cumin powder, salt, and fresh coriander.
3. **Cook Cheela:** Heat a non-stick tawa/griddle. Pour a ladleful of batter and spread into a thin circular pancake. Drizzle with ghee.
4. Spread a generous portion of paneer stuffing on one half of the cheela, fold, and cook for another minute. Repeat for 3 more.

Mix Vegetable Curry, 2 Ghee Rotis, and Dal Tadka with Rice

Ingredients:

- For Mix Vegetable Curry: 2 cups mixed vegetables (potatoes, cauliflower, carrots, peas, beans), 1 large onion (chopped), 2 tomatoes (chopped), 1 tsp cumin powder, 1 tsp coriander powder, 1/2 tsp turmeric, salt to taste, 2 tbsp ghee/oil
- For Dal Tadka: 1 cup yellow lentils (toor dal), boiled, 2 tbsp ghee/oil, 1 tsp cumin seeds, 1/2 onion (chopped), 1 tomato (chopped), 1 tsp cumin powder, 1 tsp coriander powder, 1/2 tsp turmeric, salt to taste
- For Rotis: 1 cup whole wheat flour (atta), water for kneading, 2-3 tbsp ghee for brushing
- For Rice: 1.5 cups basmati rice, 3 cups water, 1 tbsp ghee, salt to taste

Instructions:

1. **Mix Vegetable Curry:** Heat ghee/oil in a pot. Add cumin seeds. Saut chopped onion until golden. Add ginger-garlic paste, tomatoes, and vegetables. Cook until vegetables are soft.
2. Add tomato puree, coriander powder, turmeric, red chili powder, and salt. Cook until oil separates. Add mixed vegetables and ghee. Simmer for 10 minutes.
3. **Dal Tadka:** Boil toor dal until soft. Heat ghee/oil in a small pan. Add cumin seeds, chopped onion, green chili, curry leaves, and spices. Fry until golden.
4. Pour the tempering (tadka) over the boiled dal. Garnish with fresh coriander.

Pav Bhaji with Extra Butter and Cheese

Time: 8:00 PM

1250 cal

Ingredients:

- For Bhaji: 3 large potatoes (boiled & mashed), 1 cup mixed vegetables (cauliflower, peas, capsicum, carrots - boiled & mashed)
- For Pav: 4 pav buns, 1/4 cup extra butter, 1/2 cup grated cheddar cheese

Instructions:

1. ****Bhaji:**** Heat oil and 2 tbsp butter in a large pan/tava. Add chopped onions and saut until translucent. Add ginger-garlic paste and saut for 2 minutes.
2. Add tomato puree and cook until oil separates. Stir in pav bhaji masala, turmeric, red chili powder, and salt. Cook for 2-3 minutes.
3. Add mashed potatoes and mixed mashed vegetables. Mix well and mash further with a potato masher directly in the pan.
4. Stir in another 2 tbsp of butter and garnish with fresh coriander. Keep hot.

FRIDAY

Poha with Peanuts and Cashews, and Full-Fat Milk

Time: 8:00 AM

900 cal

Ingredients:

- For Poha: 2 cups thick flattened rice (poha), 1 large onion (chopped), 1 potato (cubed), 1/2 cup roasted peanuts, 1/4 cup cashews
- For Milk: 1.5 cups full-fat milk

Instructions:

1. ****Poha:**** Rinse flattened rice quickly under cold water until soft but not mushy. Drain and set aside. Sprinkle turmeric powder and let it sit for 5 minutes.
2. Heat oil/ghee in a large pan. Add mustard seeds, cumin seeds, and curry leaves. Let them splutter. Add cashews and peanuts and saut for 2 minutes.
3. Add chopped onion, green chili, and cubed potato. Saut until onion is translucent and potato is tender. Add the rinsed poha and saut for 5 minutes.
4. Cover and steam for 2 minutes. Garnish with fresh coriander and a squeeze of lemon juice.

Vegetable Biryani with Paneer, Cashews, and Raita

Time: 1:00 PM

1300 cal

Ingredients:

- For Biryani: 2 cups basmati rice (soaked), 4 cups vegetable broth/water, 2 tbsp ghee, 1 tbsp oil, 1 large onion (sliced), 1 tbsp ginger-garlic paste, 1/2 cup tomatoes (chopped), 1/2 cup green peas (frozen), 1/2 cup paneer (cubed), 1/2 cup cashews (chopped), 1/2 cup raita, salt to taste
- For Raita: 1.5 cups full-fat yogurt, 1/2 cucumber (grated), pinch of roasted cumin powder, salt to taste

Instructions:

1. **Rice:** Cook basmati rice until 70% done (al dente). Drain and set aside.
2. **Vegetables & Gravy:** Heat ghee and oil in a large pot. Add whole spices. Add sliced onions and saut until golden brown. Add tomatoes and cook until soft. Add vegetable broth/water and bring to a boil. Add mixed vegetables, paneer, and cashews. Cook for 5 minutes. Stir in biryani masala, turmeric, red chili powder, and salt to taste.
3. **Layering:** In a heavy-bottomed pot, spread a layer of the vegetable gravy. Top with a layer of 70% cooked rice. Sprinkle with raita and repeat the layers.
4. **Serving:** Garnish with fresh herbs and serve hot.

Kadhi Pakora with Rice and Ghee

Time: 8:00 PM

1250 cal

Ingredients:

- For Kadhi: 1.5 cups sour full-fat yogurt, 1/2 cup gram flour (besan), 1 tsp turmeric powder, 1 tsp red chili powder, 1 tsp ginger-garlic paste, salt to taste
- For Pakora: 1 cup gram flour (besan), 1/2 onion (finely chopped), 1 green chili (chopped), pinch of baking soda, salt to taste
- For Rice: 1.5 cups basmati rice, 3 cups water, 1 tbsp ghee, salt to taste
- Side: Extra ghee for serving

Instructions:

1. **Kadhi Batter:** Whisk yogurt and gram flour together until smooth. Add turmeric powder, red chili powder, and salt. Add ginger-garlic paste and mix well.
2. **Kadhi Cooking:** Heat 2 tbsp ghee/oil in a pot. Add mustard seeds, cumin seeds, fenugreek seeds, and curry leaves. Add the batter and cook on medium heat, stirring continuously to prevent curdling, until it comes to a boil.
3. **Pakoras:** Mix gram flour, chopped onion, green chili, baking soda, and salt with enough water to make a thick batter.
4. **Serving:** Fry pakoras in hot oil until golden brown. Serve with kadhi and rice.

SATURDAY

Gobi Paratha with Curd, Pickle, and Sweet Lassi Time: 8:00 AM 900 cal

Ingredients:

- For Gobi Paratha: 1.5 cups whole wheat flour (atta), water for kneading, 1 medium cauliflower (grated), 1/2 onion (finely chopped)
- Sides: 1 cup full-fat yogurt (curd), Mango pickle
- For Sweet Lassi: 1.5 cups full-fat yogurt, 1/2 cup full-fat milk, 3-4 tbsp sugar (or to taste), pinch of cardamom powder (optional)

Instructions:

1. ****Dough:**** Knead whole wheat flour with water and a pinch of salt to form a soft dough. Cover and rest for 20 minutes.
2. ****Stuffing:**** Grate cauliflower and squeeze out excess water. Heat 2 tbsp oil in a pan. Saut finely chopped onion until translucent.
3. Add grated cauliflower and mix well. Cook for 5-7 minutes until the moisture evaporates and stuffing is dry. Let it cool completely.
4. ****Paratha:**** Divide the dough into 4 equal balls. Roll one ball into a small disc, place a generous portion of gobi stuffing in the center. Roll into a paratha shape. Cook on a hot griddle with oil.

Mutter Paneer with 2 Butter Naans and Basmati Rice Time: 1:00 PM 1300 cal

Ingredients:

- For Mutter Paneer: 250g paneer (cubed and lightly fried), 1 cup green peas (fresh or frozen), 2 large onions (finely chopped)
- For Naans: 2 pre-made butter naans (or homemade, brushed generously with butter)
- For Rice: 1.5 cups basmati rice, 3 cups water, 1 tbsp ghee, salt to taste

Instructions:

1. ****Paneer:**** Lightly fry paneer cubes until golden; set aside.
2. ****Gravy:**** Heat ghee/oil in a pot. Add cumin seeds. Add chopped onions and saut until golden brown. Add ginger-garlic paste and saut.
3. Add tomato puree and cook until oil separates. Stir in coriander powder, turmeric, red chili powder, and salt. Cook for 2-3 minutes.
4. Add green peas and 1 cup water. Simmer for 5-7 minutes until peas are tender. Add fried paneer cubes and cream. Mix well.

Vegetable Kofta Curry with 2 Ghee Rotis

Time: 8:00 PM

1250 cal

Ingredients:

- For Kofta: 1 cup mixed grated vegetables (cabbage, carrots, potatoes), 1/2 cup gram flour (besan), 1/2 tsp ginger-garlic paste
- For Curry: 2 large onions (pureed), 2 tomatoes (pureed), 1 tbsp ginger-garlic paste, 1 green chili, 1 tsp cumin seeds, 1 tsp c
- For Rotis: 1 cup whole wheat flour (atta), water for kneading, 2-3 tbsp ghee for brushing

Instructions:

1. **Kofta:** Mix grated vegetables (squeeze out excess water), gram flour, ginger-garlic paste, turmeric, red chili powder.
2. **Curry:** Heat ghee/oil in a pot. Add cumin seeds. Add onion puree and saut until golden brown. Add ginger-garlic paste.
3. Add tomato puree and cook until oil separates. Stir in coriander powder, turmeric, red chili powder, and salt. Cook for 2
4. Add 1.5 cups water and bring to a simmer. Cook for 10-15 minutes until gravy thickens. Add fried koftas and cream. Mi

SUNDAY

Masala Dosa with Sambar and Coconut Chutney

Time: 8:00 AM

950 cal

Ingredients:

- For Masala Dosa: 4 large dosas (store-bought batter or homemade), 3 large potatoes (boiled & mashed), 1 large onion (chopped)
- For Sambar: 1 cup toor dal (boiled), 1 cup mixed vegetables (drumsticks, pumpkin, carrots), 1 large onion (chopped), 1 tomato
- For Coconut Chutney: 1 cup grated fresh coconut, 1 green chili, 1/2 inch ginger, 1 tbsp roasted chana dal, 1/2 tsp mustard seeds

Instructions:

1. **Potato Masala:** Heat oil/ghee in a pan. Add mustard seeds, urad dal, and curry leaves. Let them splutter. Add chopped potatoes and onion. Saut until golden brown. Add salt and turmeric. Cook for 5 minutes.
2. **Sambar:** Heat oil in a pot. Add mustard seeds, curry leaves. Add chopped onion and tomato, saut until soft. Add mixed vegetables and toor dal. Cook for 10 minutes. Add salt and turmeric. Cook for 5 minutes.
3. **Coconut Chutney:** Blend grated coconut, green chili, ginger, roasted chana dal, and salt with a little water until smooth.
4. **Dosa:** Heat a non-stick tawa. Spread a ladleful of dosa batter thinly. Drizzle generously with oil/ghee. Cook until golden brown.

Punjabi Chole Bhature

Time: 1:00 PM

1500 cal

Ingredients:

- For Chole: 2 cups chickpeas (chole), soaked overnight & boiled, 2 large onions (pureed), 3 tomatoes (pureed), 1 tbsp ginger
- For Bhature: 3 cups all-purpose flour (maida), 1/2 cup full-fat yogurt, 1/2 tsp baking soda, 1 tsp sugar, salt to taste, water for

Instructions:

1. ****Chole:**** Pressure cook soaked chickpeas with water and a pinch of salt until very soft. Keep aside.
2. Heat ghee/oil in a pot. Add onion puree and saut until golden brown. Add ginger-garlic paste and green chili, cook for 1
3. Add tomato puree and cook until oil separates. Stir in chole masala, turmeric, red chili, cumin, coriander powder, and s
4. Add the boiled chickpeas and 1.5 cups water. Bring to a boil, then simmer for 20-25 minutes until the gravy thickens an

Dal Bukhara with 2 Butter Tandoori Rotis and Jeera Rice

Time: 8:00 PM

1300 cal

Ingredients:

- For Dal Bukhara: 1.5 cups whole black lentils (urad dal), 1/4 cup kidney beans (rajma), soaked overnight, 1/2 cup butter, 1/2
- For Tandoori Rotis: 2 pre-made Tandoori Rotis, 4 tbsp butter for brushing
- For Jeera Rice: 1 cup basmati rice, 2 cups water, 2 tbsp ghee, 1 tsp cumin seeds, salt to taste

Instructions:

1. ****Dal:**** Pressure cook soaked urad dal and rajma with 5 cups of water and a pinch of salt until extremely soft and mus
2. ****Gravy:**** In a heavy-bottomed pot, melt 1/4 cup butter. Saut chopped onion until translucent. Add ginger-garlic paste a
3. Add tomato puree, red chili powder, turmeric, cumin powder, and salt. Cook until butter separates. Add the cooked dal
4. Stir in the remaining 1/4 cup butter and the full-fat cream. Mix well and simmer for another 5-10 minutes. Garnish with f

Weekly Nutrition Summary

Day	Calories
Monday	3450
Tuesday	3450
Wednesday	3450
Thursday	3450
Friday	3450
Saturday	3450
Sunday	3750
TOTAL	24450

Weekly Grocery List

Vegetables

- For Parathas: 1.5 cups whole wheat flour (atta), water for kneading, 200g paneer (grated), 1/2 onion (finely chopped), 1 green chili (finely chopped)
- For Chana Masala: 1.5 cups canned chickpeas (or 1 cup dried, soaked & boiled), 2 large onions (finely chopped), 2 tomatoes (finely chopped), 1 green chili (finely chopped)
- For Dal Makhani: 1 cup whole black lentils (urad dal), 1/4 cup kidney beans (rajma), soaked overnight, 3 tbsp ghee/butter, 1 large onion (finely chopped), 2 tomatoes (finely chopped)
- For Salad: 1 small cucumber, 1 small onion, 1 tomato (sliced)
- For Aloo Paratha: 1.5 cups whole wheat flour (atta), water for kneading, 3 large potatoes (boiled & mashed), 1 onion (finely chopped), 1 green chili (finely chopped)
- For Veg Pulao: 1.5 cups basmati rice, 3 cups vegetable broth/water, 3 tbsp ghee, 1 bay leaf, 2 cloves, 1 inch cinnamon stick, 1 green chili (finely chopped)
- For Raita: 1.5 cups full-fat yogurt, 1/2 cucumber (grated), pinch of roasted cumin powder, salt to taste
- For Paneer Bhurji: 200g paneer (crumbled), 1 onion (finely chopped), 1 tomato (finely chopped), 1 green chili (finely chopped)

Grains & Pulses

- For Parathas: 1.5 cups whole wheat flour (atta), water for kneading, 200g paneer (grated), 1/2 onion (finely chopped), 1 green chili (finely chopped)
- For Chana Masala: 1.5 cups canned chickpeas (or 1 cup dried, soaked & boiled), 2 large onions (finely chopped), 2 tomatoes (finely chopped), 1 green chili (finely chopped)
- For Jeera Rice: 1.5 cups basmati rice, 3 cups water, 2 tbsp ghee, 1 tsp cumin seeds, salt to taste
- For Rotis: 1 cup whole wheat flour (atta), water for kneading, 2-3 tbsp ghee for brushing
- For Dal Makhani: 1 cup whole black lentils (urad dal), 1/4 cup kidney beans (rajma), soaked overnight, 3 tbsp ghee/butter, 1 large onion (finely chopped), 2 tomatoes (finely chopped)
- For Aloo Paratha: 1.5 cups whole wheat flour (atta), water for kneading, 3 large potatoes (boiled & mashed), 1 onion (finely chopped), 1 green chili (finely chopped)
- For Veg Pulao: 1.5 cups basmati rice, 3 cups vegetable broth/water, 3 tbsp ghee, 1 bay leaf, 2 cloves, 1 inch cinnamon stick, 1 green chili (finely chopped)
- For Rajma Curry: 1.5 cups kidney beans (rajma), soaked overnight and boiled, 2 large onions (finely chopped), 2 tomatoes (finely chopped), 1 green chili (finely chopped)

Dairy

- For Parathas: 1.5 cups whole wheat flour (atta), water for kneading, 200g paneer (grated), 1/2 onion (finely chopped), 1 green chili (finely chopped), salt to taste
- For Curd: 1 cup full-fat yogurt
- For Banana Smoothie: 2 ripe bananas, 1.5 cups full-fat milk, 2 tbsp almond butter, 1 tbsp honey
- For Dal Makhani: 1 cup whole black lentils (urad dal), 1/4 cup kidney beans (rajma), soaked overnight, 3 tbsp ghee/butter, 1 onion (finely chopped), 1 tomato (finely chopped), 1 green chili (finely chopped), salt to taste
- For Naans: 2 pre-made butter naans (or homemade, brushed generously with butter)
- Sides: Mango pickle, 1.5 cups full-fat milk, 10-12 soaked almonds
- For Raita: 1.5 cups full-fat yogurt, 1/2 cucumber (grated), pinch of roasted cumin powder, salt to taste
- For Paneer Bhurji: 200g paneer (crumbled), 1 onion (finely chopped), 1 tomato (finely chopped), 1 green chili (finely chopped), salt to taste

Spices

- For Parathas: 1.5 cups whole wheat flour (atta), water for kneading, 200g paneer (grated), 1/2 onion (finely chopped), 1 green chili (finely chopped), salt to taste
- For Chana Masala: 1.5 cups canned chickpeas (or 1 cup dried, soaked & boiled), 2 large onions (finely chopped), 2 tomatoes (finely chopped), 3 tbsp ghee/butter, 1 onion (finely chopped), 1 tomato (finely chopped), 1 green chili (finely chopped), salt to taste
- For Jeera Rice: 1.5 cups basmati rice, 3 cups water, 2 tbsp ghee, 1 tsp cumin seeds, salt to taste
- For Dal Makhani: 1 cup whole black lentils (urad dal), 1/4 cup kidney beans (rajma), soaked overnight, 3 tbsp ghee/butter, 1 onion (finely chopped), 1 tomato (finely chopped), 1 green chili (finely chopped), salt to taste
- For Aloo Paratha: 1.5 cups whole wheat flour (atta), water for kneading, 3 large potatoes (boiled & mashed), 1 onion (finely chopped), 1 tomato (finely chopped), 1 green chili (finely chopped), salt to taste
- For Veg Pulao: 1.5 cups basmati rice, 3 cups vegetable broth/water, 3 tbsp ghee, 1 bay leaf, 2 cloves, 1 inch cinnamon stick, 1 onion (finely chopped), 1 tomato (finely chopped), 1 green chili (finely chopped), salt to taste
- For Raita: 1.5 cups full-fat yogurt, 1/2 cucumber (grated), pinch of roasted cumin powder, salt to taste
- For Paneer Bhurji: 200g paneer (crumbled), 1 onion (finely chopped), 1 tomato (finely chopped), 1 green chili (finely chopped), salt to taste