

WEEK 3

MONDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	White Dhokla with green chutney	Rice	Atta noodles	Rice
		Chapati		Veg Stuffed Paratha
		Matki Moong Gravy		Manchurian
		Kolhapuri Daal		Schezwan Chutney
				Dahi
				Daal
		Salad(Cucumber, tomato, carrot, beet, onion, lemon)		Papad

TUESDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Onion & Tomato Utthapa With Coconut Chutney	Rice	BHEL	Jeera Rice
		Chapati		Chapati
		Mix Veg		Daal Makhni
		Chana Daal		Gobi Mutter
		Chana Chat		Dahi

WEDNESDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Aloo Paratha with Sweet Dahi	Palak Tur Daal	Vada Pav	Rice
		Chapati		Chapati
		Cauliflower Sabji		Sev Bhaaji*
		Dahi		Udad Daal
		Groundnut + Cucumber Chat		Groundnut Chutney
				Rice Kheer + Papad

THURSDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Thalipeeth (Green Chutney & Dahi)	Rice	Sev Puri	Chapati
		Chapati		Green Peas Dry with potato
		Chawli ki sabji (kathod) (Punjabi Gravy)		Rice
		Moong Chilka Daal		Papad
		Salad(Cucumber, tomato, carrot, beet, onion, lemon)		Daal
				Cucumber Raita

FRIDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Medu Wada	Chapati	Sabudana Wada (Sweet Dahi)	Paratha
		Veg Kofta		Aloo Mutter Masala(Punjabi Gravy)
		Daal Tadka		Masoor Daal
		Dahi		Rice
		Chana Chat		Hari Mirch Thecha
SATURDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Puri Aloo Bhaji	Kashmiri Pulav	Veg Sandwich	Paratha
	Chutney	Chapati	(Brown Bread)	Paneer Butter Masala
		Daal Makhni		Rice
		Chana Chat		Moong Daal
		Mix Veg		Banana (1)

SUNDAY	BREAKFAST	LUNCH
	Jalebi+ fafda(limited)	Chole
		Bhature
		Jeera Rice
		Toor Daal
		Papad
		Rasgulla (2)
		Round Cut Onion