WEEK 1

MONDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	White Dhokla	Lemon Rice	Sev Puri	Chapati
	(green chutney &	Chapati		Rice
	ketchup)			
		Rajma		Cauliflower Sabji
		Toor-Daal		Palak Toor Daal
		Lasun Chutney		
		Groundnut +		Gulab Jamun (2)
		Cucumber Chat		2000 60

TUESDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Idli Sambhar and	Rice	Samosa Paav	Rice
	Chutney	Chapati		Paratha
				Lasun Methi with
		Matki		moong dal
		Massor Daal		Massor Daal
		Salad(Cucumber,		Hari Mirch Techa
		tomato, carrot,		
		beet, onion, lemon)		
				Papad
				Bundi Raita

WEDNESDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Thepla (Green	Rice	Veg. Sandwich	Rice
	Chutney)			
		Chapati		Chapati
		Kofta Curry		Black Chana
		90799		Masala
		Daal Tadka		Udad Daal
		Salad(Cucumber,		Dahi
	1	tomato, carrot,		
		beet, onion, lemon		

	1941	15		
THURSDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Aloo Paratha with	Rice	Aata Noodles	Jeera Rice
	Dahi		Ketchup	
		Chapati		Chapati
				Green Peas Dry with
		Baingan Bharta		aaloo
		Moong Daal Fry		Daal Palak
		Groundnut +		Papad
		cucumber chat		
				Rasgulla (2)

FRIDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Onion & Tomato Uthappa with Chutney	Chole	Sev khamani	Rice
		Bhature		Paratha
		Jeera rice		Moong Dal
		Toor dal		Papad
		Papad		Mohan Thal 2
		Round cut onion		

SATURDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Mendu Wada With	Rice	Bhel	Malai kofta
	Sambhar	Chapatti		Dahi
	Coconut Chutney	Mix veg		Banana 1
		Chilkadal		Rice
				Daal fry
				Chapatti

SUNDAY	BREAKFAST	LUNCH
	Jalebi +	Kashmiri Pulav
	Fafda(limited)	
		Chapati
		Daal Makhni
		Sahahi Tukda(fried
		bread in raabdi)
		Chana Chat