

WEEK 2

MONDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Thalipeeth with green chutney and dahi	Rice	Ragada patis	Pav_ - bhaji
		Chapatti		Jeera rice
		Chawli masala (Panjabi gravy)		Nimbu aachar
		Daal palak		Chana Daal
		Dahi		Dahi
		Salad(Cucumber,		Papad

TUESDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Yellow dhokla with ketchup	Rice	Dahi Samosa	Rice
		Chapati		Chapati
		Bharma bhindi		Veg Keema with soyabean gravy
		Daal tadka		Masoor Daal
		Dahi		Dahi
		Aloo chat + Onion		

WEDNESDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Poha with Sev	Jeera Rice	Mix Bhajiya	Steam Rice
		Chapati		Chapati
		Dum Aloo		Sprouted moong sabji
		Toor Daal		Daal fry
		Dahi		mango Aachar
		Groundnut Chat		Moti-Chor Boondi Ladoo (2)

THURSDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Medu Vada with Sambhar and Coconut Chutney	Rice	Dabeli	Daal Khichdi
		Chapati		Thepla
		Gobi Muttar		Aloo Jeera
		Moong Daal		Kadhi
		Chana Chat		Hari Mirch Thecha
				Dahi+Papad

FRIDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Gobi Paratha with sweet Dahi	Rice	Dahi Batata Puri	Rice
		Chapati		Chapati
		Chana Masala (Punjabi Gravy)		Mutter Paneer Masala
		Masoor Daal		Kolhapuri Daal
		Round Cut Onion		Groundnut Chutney
				Fruit Salad

SATURDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Onion tomato omlete with brown bread imlee chutney	Jeera Rice	Toast Sandwich ketchup	Pulav
		Chapati		Chapati
		Veg Kofta		Rajma
		Daal Fry		Kadhi
		Dahi		Hari mirch techa
		Chana Chat		Pineapple Raita (seasonal)// Rice Kheer

SUNDAY	BREAKFAST	LUNCH
	Idli Sambhar & Coconut Chutney	Daal-Baati
		Churma
		Rice
		Chaas (Limited)
		Lasun Chutney