

Smart Study Plan – ■3299/month

<i>Day</i>	<i>Lunch</i>	<i>Dinner</i>
Monday	Punjab ka Mixed Dal + Punjabi Aloo-Gobi + Ghee Roti (Phulka) + Chawal +Salad	Mumbai-style Puri Sabji + Chawal +Salad
Tuesday	Bengal ka Masoor Dal + Delhi ka Aloo-Shimla Mirch + Ghee Roti (Phulka) + Chawal +Salad	Rajasthani Lauki Chana + Ghee Roti (Phulka) + Chawal +Salad
Wednesday	Gujarati Moong Dal + Hyderabad Bhindi + Ghee Roti (Phulka) + Chawal +Salad	Delhi ka Paneer Makhani + Ghee Roti (Phulka) + Chawal +Salad
Thursday	Punjabi Chana Dal + Patta Gobhi Matar + Ghee Roti (Phulka) + Chawal +Salad	Amritsar ka Chole Bhatura+ Chawal +Salad
Friday	South Indian Urad Dal + Haryana Tinda/Punjabi Tori + Ghee Roti (Phulka) + Chawal +Salad	Kashmiri Rajma + Ghee Roti (Phulka) + Chawal +Salad
Saturday	Punjab ka Mixed Dal + Kashmiri Aloo-Matar + Ghee Roti (Phulka) + Chawal +Salad	Gujarati Khichdi + Dahi Raita+ <i>Dhaniya-Pudina Chutney</i>
Sunday	Maharashtrian Toor Dal + Carrot Kashmiri Aloo-Matar + Ghee Roti (Phulka) + Chawal +Salad	Lucknowi Shahi Paneer + Ghee Roti (Phulka) + Chawal +Salad