

Focus Start Plan – ■2899/month

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