Dishes	Cooking time (mins)	Images
Pasta	30-40	
Manchurian	45-50	
Lady finger	20-30	
Poha	20-25	
Dosa	50-60	
Palak paneer	45-50	
Masala rice	30-40	
Aamras-Puri	30-40	

Dishes Pasta	Ingredients Onions	Quantity 2 (finely chapped) 2 (diced) 34 (chapped)	Appliances Colander, Large Spetula	Price (Rs)								$ \mp$	$\overline{}$						
	Tomatous Chillies	2 (diced)	Spatula Dicing board	20															
		2 (diced)	Knife	15															
	Coriander Pasta	1 bunch (chopped) 250g (bolled)		10 30								_							
	Pasta Sauce	250g (bolled) 10 mL (approx) 10 mL (approx)		25 15															
	Coniender Pasta Pasta Sauce Ketchup Turmeric Powder Chilli Powder Pasta Managan	10 mt. (approx) 2 tablespoons 3-4 tablespoons		5															
	Chilli Powder Pasta Masala	3-4 tablespoors 1 packet		10 40								-							
Manchurian		1/2 cup finely chopped	Enisa Strainer Valle	Total cost 30	185														
	Capsicum	1/4 cup linely chopped	Frying Strainer, Knife A bowl	60								_							
	Spring onions All-purpose flour	1/4 cup finely chopped 2 tablespoons	Dicing board	45 5															
	All-purpose flour Comflour Soy sauce Cinger-gartic paste Set	2 tablisspoons 2 tablisspoons 1 tablisspoon 1 tablisspoon (sis per laste) 3 cups 1 packet of 250 ml.	Tissues	5 10 100								_							
	Ginger-garlic paste	1 tablespoon		75															
	Oil Manchurian sauce	3 cups		150															
	Manchurian sauce	1 packet of 250 mL		180 Total Cost:	655							_							
Lady finger	Lady finger Potatoes	250g (cut into rings) 2 (channed into nienes)	Stowe-top, Spatula	90 50								-							
	Gartic	2 (chopped into pieces) 10-12 clovés (chopped)		35															
		1 tablespoon		20 Total Cost:	195														
Aamras-Puri	Mangoes Wheat-flour	3.4 (softened) (for the puri) 1 cup	Frying strainer Stove top	200 130	_	-					_	-+	-	-		_	_		
	Mik	1 cup		65															
	Sugar Oil	1 cup for frying		85 150 Total Cost:															
_			-	Total Cost:	610	-					_	-+	-	-		_	_		
Poha	Flattened Rice (Poha) Onion	250g 1 medium	Strainer	30 20															
	Potato	1 medium	Stove top spetule	10															
	Green chilies Curry leaves		spetula	5 10															
	Curry leaves Peanuts Musterd seeds Turmeric powder Satt	2 tablespoons 1/2 teaspoon 1/2 teaspoon		20 10															
	Turmeric powder	1/2 teaspoon		10															
	Salt Sugar Lemon juice	(as per taste) (optional)																	
	Lemon juice Fresh revisender leaves	(optional) for namish										_							
	Fresh coriander leaves Fresh coriander leaves	(sic per taste) (optional) (optional) for gamish for gamish		Total Control															
Palak Paneer	Spinach	200g 200g	Blender	Total cost 20/bunch	115														
	Paneer Tomato Onion	200g		20/bunch 75 10/each 20/each 5/each 5							\vdash	_ F		_ =		\vdash			
		1 9		20/each						-		_							
	Green chilles Ginger	1-inch		5								=							
	Ginger Gartic Currin seeds	1-inch 4 cloves 1 teaspoon 1/2 teaspoon 1/2 teaspoon		15								_	+						
\vdash	Turmeric powder Garam masata	1/2 teaspoon 1/2 teaspoon		10 15	-						\vdash	\mp	-	$-\Box$		-	$\vdash =$		
				30								_							
	Salt Oil	(as per taste) for cooking		150							$\perp \perp$	\pm							
Dosa			Blender, Tawa	Total Cost:	350	.	-				+	$ \mp$	-	-7		-	$\vdash =$	- 7	
	Urad dal Ferugreek seeds	1 cup 1/4 cup 1/2 teaspoon		60 kg 70 kg 10								=							
	Ferugreek seeds Salt Oliighee	1/2 teaspoon (as per taste) for cooking																	
\vdash	Olighee	for cooking		150/liter Total Cost:	290	H					+	$ \mp$	\neg	-		 \vdash	$\vdash =$	-7	
Masala Rice	Onions	,		-								_							
metaata Mice	Tomatous	2	stove top spetula	10								=							
	Crisina Torratoes Postoes Comlender Cumin seeds Cinger-gartic paste	2 for garnish	spetule	20							\vdash	_ F		_ =		\vdash			
	Currin seeds Ginner nadio neste	for gamish 1 tablespoon 1 tablespoon		5 5							\vdash	=							
	Curry leaves	7-8		10															
	Curry leaves Turmeric Chilli powder Garsen massala	2 tablespoon 4-5 tablespoons 4 tablespoons 3 tablespoons		5	_	_					_	-+	-			_	_		
	Garam masata Onion-garlic masata	4 tablespoons		10 15															
				25															
	rice toor deal	3 cups 1 cup		15	_						-	-+	-			_	-		
	salt	1 cup as per taste		Total cost	155							_							
				RAME COM	133														
												_							
												_	_						
												_	_	_					

															=
															-
															=
															=
	\vdash														=
														$=$ \exists	
									-						=
															=
		-													
	\vdash														
									=						
			-						E			E	\vdash	-	
						 ı —	 1	_	 -	 	 	 			
															\vdash

													-
<u> </u>					 	<u> </u>		_				_	
H-			_				_						
_													
													_
		-					_						-
													-
_							_						
							_						_
		 			1			l -	 				
					 								
H-				_		_							-
\vdash					-								\vdash
\vdash	-				-								
					 		_	—					
-	\vdash			\vdash	 	- 	\vdash			-	_		
									_			\perp	
\vdash		 			-	_	\vdash					-	_
					<u>L_</u>								
\vdash	$\vdash =$	1					_						
							L		L				
_	\vdash				 	<u> </u>							
							$\overline{}$						
\vdash		-		_	\vdash		\vdash	_					-
	=				L				L				
					 			—					
-					1	_	-						H =
		-											
		<u> </u>							L				
_	\vdash				-	<u> </u>							
\vdash							_		_				
							_						-

													_		
	=														
													_		
													_		
													_		
													_		
													_		
	-														
														E	
												E			
								H							E
	=														
													_		
													_		
													_		
													_		
		-											-		
								_					_		
-															

													 				—			
													 				 			
\vdash		H ==			H =	H =			$\vdash \exists$			H =	+ =				H =	$\vdash \exists$		H =
-													-				-	_		
																	-			
-				-	-			_	\vdash	_	-	-	_	_		_	_	\vdash		_
\vdash		-		-	-	H ==	-		-	H =	 		+ =	-	 H =		+ =	$\vdash \exists$	-	H ==
			1																	
													_							
			ļ .		ļ					l .										
\vdash													+ =					-		
			-															\vdash		
<u> </u>						-							_				_			
—									\vdash	—	 		+		-			\vdash		-
													-				-	_		
													1				-			
																		_		

1	1 ,			l																
	1																			
								_												
1	1 ,		ı	l		l .						l								
					_			_			_	 				_		_		
	1 ,																			
1	1 ,			l																
-												_				_				
1	1 ,		ı	l		l .		l .				l								
								_	_		_									
					_									_			_	_		
	1																			
1			I	1						 										
-					_	_			_		_	_						_		
					_			 		 								_		
	1 7																			
-										 										
								 										_		
		l .	-	-								1				t		_		
$\overline{}$						_						_								
	1																			
						_		_	_		_									
								_										_		
	1																			
	1																			
_																				
	1																			
1	1 ,		l	l		l .						l								
	-																			
											_							_		
			_						_											
1	1 ,		l	l								l								
					_			_	_									_		
1	1 ,			l																
	$\overline{}$																			
	1	1	1																	
		·																		
\vdash					_			 _				 						-		
1	1 7					_		 _		 		_							7	
					_	_		 _	_	 	_		_	_				_		_
							<u> </u>	 		 		 			 <u> </u>					
	-															l				
$\overline{}$					_	_			_									_		
	1																			
-					_	_		 _	_	 								_		
			1									ı								
—						_														
												ı								

Dishes	Carbohydrates (g)	Proteins (g)	Fats (g)	Calories
Pasta	50	10	15	400
Manchurian	40	8	50	300
Lady-finger	30	20	1-2	200
Aamras poori	150	10-20	150	800
Poha	50	10	80	250
Dosa	60	6	10	500
Palak paneer	40	20	10	350
Masala rice				