

Breakfast

DAY BREAKFAST

Day 1.	Egg/Veg Roll
Day 2.	Chole Bhatura
Day 3.	Vada
Day 4.	Aloo Paratha
Day 5.	Poha
Day 6.	Paneer Paratha
Day 7.	Bread Omelette/ Bread Cutlet
Day 8.	Vada Pav
Day 9.	Onion Paratha
Day 10.	Pav Bhaji
Day 11.	Veg Noodles
Day 12.	Upma
Day 13.	Chapati Roll
Day 14.	Burger

Note - Fruits Available As Add On @₹29 Per Day Per Plate



Full Day Meal Package

(Breakfast, Lunch & Dinner with Dessert)

One Day	Bi-Weekly	Monthly
₹189	₹2499	₹4899



Working People Package

(Breakfast & Dinner with Dessert)

One Day	Bi-Weekly	Monthly
₹119	₹1599	₹3199



Lunch

DAY LUNCH

Day 1.	Puri Chole	
Day 2.	Malai Kofta	2 Roti, Rice, Dal
Day 3.	Mix Veg	2 Roti, Rice, Dal
Day 4.	Aloo Matar	2 Roti, Rice, Dal
Day 5.	Rajma Masala	2 Roti, Rice
Day 6.	Aloo Cabbage	2 Roti, Rice, Dal
Day 7.	Dal Palak(spl)	Mix Veg, Jeera Rice
Day 8.	Gobi Manchurian	Jeera Rice
Day 9.	Chana Masala	2 Roti, Rice, Dal
Day 10.	Jeera Aloo	2 Roti, Rice, Dal
Day 11.	Chole Masala	2 Roti, Rice, Dal
Day 12.	Aloo Gobi	2 Roti, Rice, Dal
Day 13.	Matar Paneer	2 Roti, Rice
Day 14.	Bhindi Masala	2 Roti, Rice, Dal

Note - Rice, Roti, Curry Available As Add On @₹29 Per Day Per Plate

COME IN WE ARE OPEN

SAMOSA & VADA PAV
OPENING TIMINGS 4PM TO 7PM

+918506000091

support@nuttymeals.com

www.nuttymeals.com

Dinner And Dessert

DAY DINNER DESSERT

Day 1.	Palak Paneer	5 Roti	Suji Halwa
Day 2.	Chana Masala	6 Puri	Son Papdi
Day 3.	Paneer/Chicken Chilli	5 Roti	Gajar Halwa
Day 4.	Dum Aloo	6 Puri	Sewai
Day 5.	Paneer/Chicken Do Pyaza	5 Roti	Kheer
Day 6.	Malai Kofta	5 Roti	Jalebi
Day 7.	Veg/Chicken Manchurian	5 Roti	Gulab Jamun
Day 8.	Babycorn Dry	4 Paratha	Kheer
Day 9.	Bhindi Masala	5 Roti	Gajar Halwa
Day 10.	Egg Curry/Veg Curry	5 Roti	Soan Papdi
Day 11.	Paneer Butter Masala	5 Roti	Jalebi
Day 12.	Veg/Chicken Pulav		Suji Halwa
Day 13.	Paneer/Chicken Gravy	5 Roti	Sewai
Day 14.	Veg/Chicken Biryani		Gulab Jamun

Note - Rice, Roti, Curry & Dessert Available As Add On @₹29 Per Day Per Plate



Noon Cravings Package

(lunch)

One Day	Bi-Weekly	Monthly
₹69	₹899	₹1799



Delicious Dinner Package

(Dinner with Dessert)

One Day	Bi-Weekly	Monthly
₹79	₹1099	₹2099

MUSCLE GAIN

LUNCH

Day 1 6 Egg Whites, Dal, 2 Chapati

Day 2 Sprouts, Omelet, 2 Chapati

Day 3 Oats, 2 Brown Bread, 2 Omelet

Day 4 Sprouts, Fruit Salad, Dal

Day 5 Chicken, Dal, 2 Chapati

Day 6 Fruit Salad, Dal, 2 Chapati

DINNER

Chicken, Salad, 2 Brown Bread

Chicken, Salad, 2 Chapati

6 Egg Whites, Salad, 2 Chapati

4 Egg Whites, 2 Omelet, 2 Chapati

Sprouts, 2 Omelet, 2 Brown Bread

6 Egg Whites, Dal, 2 Brown Bread

WEIGHT GAIN

LUNCH

Day 1 4 Egg Whites, 2 Whole egg,
Dal, 4 Chapati

Day 2 Sprouts, Omelet, 4 Chapati

Day 3 Oats, 4 Brown Bread, 2 Omelet

Day 4 Sprouts, Fruit Salad, Dal

Day 5 Chicken, Dal, 4 Chapati

Day 6 Fruit Salad, Dal, 4 Chapati

DINNER

Chicken, Salad, 4 Brown Bread

Chicken, Salad, 4 Chapati

4 Egg Whites,, 2 Whole egg,
Salad, 4 Chapati

4 Egg Whites,, 2 Whole egg,
2 Omelet, 4 Chapati

Sprouts, 2 Omelet, 4 Brown Bread

4 Egg Whites , 2 Whole
egg, Dal, 4 Brown Bread

***Note: All meals contain veg gravy**



WHY NUTTYMEALS?

A healthy diet plays a pivotal role in the overall health and fitness journey of an individual. NuttyMeals offers calorie counted balanced meals that are freshly prepared and do not compromise on taste.

Could there be a better way of developing healthy food habits?

Our meals are engineered around three key pillars:

Calorie counted

Wholesome and balanced: Having the right balance of macro and micronutrients and incorporating all essential food groups

Freshly prepared

PAKAGE

MUSCLE GAIN

WEIGHT GAIN

PRICING

₹3999

₹4299

***FOR MORE DETAILS CALL +918506000091**