

Shiva Weekly Meal Plan

Meal Level	Meal Name
March,01	
Breakfast	Besan cheela stuffed with paneer and vegetables with 1 cup plain greek yogurt
Snack1	Apricot
Lunch	Vegetable quinoa paneer pulao with curd and salad
Snack2	Baked cheery tomatos
Dinner	Quinoa with veggies
March,02	
Breakfast	Besan cheela stuffed with paneer and vegetables with 1 cup plain greek yogurt
Snack1	Apricot
Lunch	Vegetable quinoa paneer pulao with curd and salad
Snack2	Baked cheery tomatos
Dinner	Quinoa with veggies

March,03

Breakfast	Besan cheela stuffed with paneer and vegetables with 1 cup plain greek yogurt
Snack1	Apricot
Lunch	Vegetable quinoa paneer pulao with curd and salad
Snack2	Baked cheery tomatos
Dinner	Quinoa with veggies

March,04

Breakfast	Besan cheela stuffed with paneer and vegetables with 1 cup plain greek yogurt
Snack1	Apricot
Lunch	Vegetable quinoa paneer pulao with curd and salad
Snack2	Baked cheery tomatos
Dinner	Quinoa with veggies

March,05

Breakfast	Besan cheela stuffed with paneer and vegetables with 1 cup plain greek yogurt
Snack1	Apricot
Lunch	Vegetable quinoa paneer pulao with curd and salad
Snack2	Baked cheery tomatos

Dinner	Quinoa with veggies
March,06	
Breakfast	Besan cheela stuffed with paneer and vegetables with 1 cup plain greek yogurt
Snack1	Apricot
Lunch	Vegetable quinoa paneer pulao with curd and salad
Snack2	Baked cheery tomatos
Dinner	Quinoa with veggies
March,07	
Breakfast	Besan cheela stuffed with paneer and vegetables with 1 cup plain greek yogurt
Snack1	Apricot
Lunch	Vegetable quinoa paneer pulao with curd and salad
Snack2	Baked cheery tomatos
Dinner	Quinoa with veggies