

Aanchal Thakur Weekly Meal Plan

Meal Level	Meal Name
July,21	
Breakfast	Moong dal idli stuffed with veggies with sambhar
Snack1	Grapefruit
Lunch	Pan grilled Kofta curry with chapatti
Snack2	Khaman dhokla with green tea
Dinner	Green moong dal with cooked vegetables and curd
July,22	
Breakfast	Jowar uttapam with curd
Snack1	Orange
Lunch	Pan grilled Kofta curry with chapatti
Snack2	Green tea with dry roasted makhana
Dinner	Green moong dal with cooked vegetables and curd

July,23

Breakfast	Vegetable egg roll
Snack1	Kiwi
Lunch	Quinoa salad with curd
Snack2	Green tea with dry roasted chana
Dinner	Paneer tikka with soup and sauteed vegetables

July,24

Breakfast	Vegetable quinoa poha with plain greek yogurt
Snack1	Avocado
Lunch	Quinoa salad with curd
Snack2	Cucumber sticks with hummus
Dinner	Tandoori paneer + sauteed vegetables

July,25

Breakfast	Vegetable quinoa poha with plain greek yogurt
Snack1	Buttermilk
Lunch	Black chana salad with curd
Snack2	Baby carrots with hummus

Dinner	Pesto paneer with sauteed vegetables
July,26	
Breakfast	Ragi cheela stuffed with palak and paneer with 1 cup plain greek yogurt
Snack1	Apricot
Lunch	Vegetable millet khichdi with curd and salad
Snack2	Flax seed cracker with hummus
Dinner	Scrambled paneer with sauteed vegetable
July,27	
Breakfast	Moong dal cheela stuffed with palak and plain greek yogurt
Snack1	Avocado
Lunch	Black chana salad with curd
Snack2	Green tea with nuts and seeds
Dinner	Palak paneer and quinoa with mixed vegetable thoran and curd and salad