

Meal Planner

Sunday		Week pre plan
B	Khabo na	♥ chop veggies-carrot,beans,capsicum
L	chicken	♥ Peel garlic
D	Roti,chicken	♥ Dosa batter
Monday		♥ Tomato chutney,green chutney
MD	4almonds,lemon water	♥ Prepare coriander leaves
B	Dosa with chutney	
MMS	Any fruit	♥
L	Roti,mix veg sabji,salad	
S	Makhana,tea	♥
D	daliya	
Tuesday		♥
MD	4 almonds,ginger jeera water	♥
B	Poha with egg	
MMS	Any fruit	♥
L	Daliya,curd	
S	Muri,tea	♥
D	Tomato rice,salad	
Wednesday		♥
MD	4almonds ,chia seeds lemon water	♥
B	Uttapam	
MMS	Any fruit	♥
L	Tomato rice,salad	
S	Peanut,chola bhaja	
D	Roti,mixed dal	♥
Thursday		♥
MD	4almonds,ginger jeera water	♥
B	Oats omlette with egg	
MMS	Any fruit	♥

L	Roti,mixed dal	
S	sprouts	
D	Masala dosa	♥ Prepare stuffing of aloo,veggies
Friday		♥
MD	4almond ,lemon honey water	♥
B	Vermicili/chia pudding with mango curd	
MMS	Any fruit	♥
L	Veggie paratha,curd,chutney	
S	Muri/makhana	
D	Khichdi/pasta	♥
Saturday		♥
B	availibillity	♥
L	Try having fish	♥
D	Friday dinner leftover	♥