



# weekly meal planner Indian

	BREAKFAST	LUNCH	DINNER	SNACKS
M	Idli with coconut chutney	Roti With Vegetable of your choice and Curd	Vegetable pulao/ Egg Pulao	Roasted makhans (Fox Nuts)
T	Stuffed parantha with Curd	Choice of pulses/Grams and rice	Paneer/Chicken curry with roti and salad	Fruits and Mlx seeds
W	Poha / Omlete full of vegetables	Spinach prantha with curd	Dosa/idli and sambhar	fruit Smoothie (Yogurt based)
T	Cold vegetable sandwich	Any Green vegetable with Chapati	roasted chicken/ paneer with sauteed vegetables	Dry fruits and Rice puffs
F	Besan/Sooji chilla with boiled eggs	Vegetable pasta	Vegetable/chi cken Briyani with raita	slices of cucumber and any fruits
S	Grilled paneer sandwich	vegetable rolls/ Chicken Frankie	Weekend Dinner; Their choice	Smoothie of their favorite fruit
S	Pav bhaaji	Vegetable Pulao with curd	Home made burger/ pizza	Rice pudding

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