

SAMPLE

WEEKLY MEAL PLAN

MONDAY

Mix Dal

Aloo soyabeen

3 Chapati + Rice + Salad

TUESDAY

Rajma

Jeera Aloo

3 Chapati + Rice + Salad

WEDNESDAY

Dal Makhani

Baingan ka bharta

3 Chapati + Rice + Salad

THURSDAY

Kadhi Pakoda

Bhindi

3 Chapati + Rice + Salad

FRIDAY

White Chole

Jeera Aloo

3 Chapati + Rice + Salad

SATURDAY

Shahi Paneer

Mix Dal

3 Chapati + Rice + Salad

SUNDAY

Kadhai Paneer

Yellow Dal

3 Chapati + Rice + Salad

NOTE: Meals might change & **Raita, Deserts etc** will also be added in the meal based on your subscription plan / subject to availability.