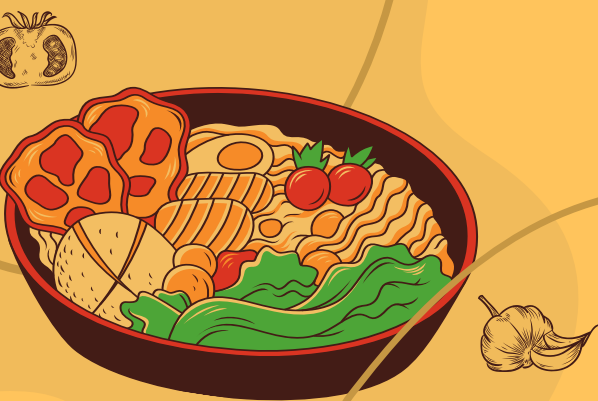


Weekly **Meal Planner**

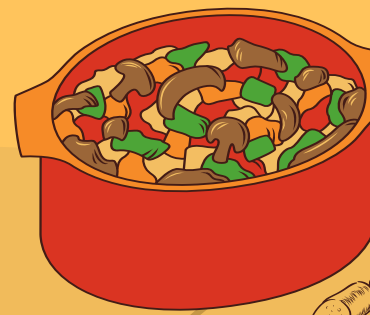
APRIL





Weekly

Meal Planner



DAY

DATE

WEEK 1

WEDNESDAY

02 APRIL

KADHI RICE

THURSDAY

03 APRIL

AALO PARANTHA + CURD

FRIDAY

04 APRIL

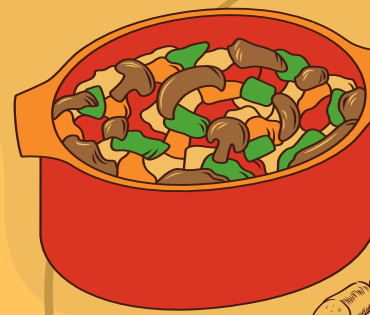
DAL + CHAPATI





Weekly

Meal Planner



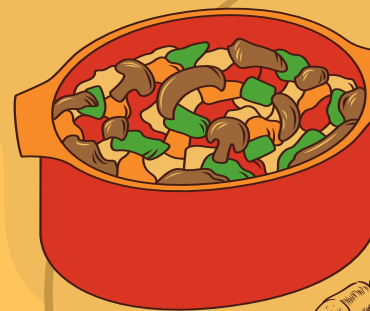
DAY	DATE	WEEK 2
MONDAY	07 APRIL	SAMBAR RICE
TUESDAY	08 APRIL	POORI + CHANA
WEDNESDAY	09 APRIL	CHANA KHICHADI + CURD
FRIDAY	11 APRIL	MATAR PANEER + CHAPATI





Weekly

Meal Planner



DAY

DATE

WEEK 3

TUESDAY

15 APRIL

AALO + POORI

WEDNESDAY

16 APRIL

RAJMA RICE

THURSDAY

17 APRIL

MIX VEGETABLE + PARANTHA

FRIDAY

18 APRIL

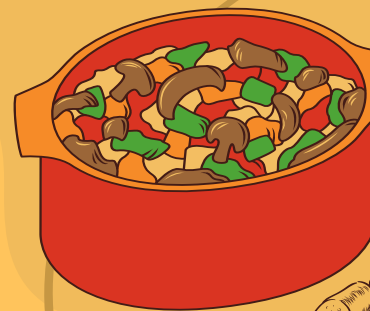
KULCHA + CHANA





Weekly

Meal Planner



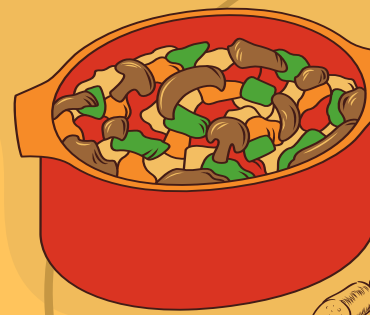
DAY	DATE	WEEK 4
MONDAY	21 APRIL	SAMBAR IDLI
TUESDAY	22 APRIL	CHANA RICE
WEDNESDAY	23 APRIL	DAL + CHAPATI
THURSDAY	24 APRIL	UPMA + KETCHUP
FRIDAY	25 APRIL	AALO PARANTHA + CURD





Weekly

Meal Planner



DAY

DATE

WEEK 5

MONDAY

28 APRIL

POORI + CHANA

TUESDAY

30 APRIL

DAL + RICE

