

Weekly Meal Planner

Monday	Date:
Breakfast:	_____
Lunch:	_____
Snacks:	_____
Dinner:	_____
Side:	Salad

Tuesday	Date:
Breakfast:	_____
Lunch:	_____
Snacks:	_____
Dinner:	_____
Side:	Salad

Wednesday	Date:
Breakfast:	_____
Lunch:	Moong
Snacks:	_____
Dinner:	Moong
Side:	Salad

Thursday	Date:
Breakfast:	Moong Sprouts
Lunch:	_____
Snacks:	_____
Dinner:	_____
Side:	Salad

Friday	Date:
Breakfast:	_____
Lunch:	_____
Snacks:	_____
Dinner:	Dine out!
Side:	Salad

Saturday	Date:
Breakfast:	_____
Lunch:	_____
Snacks:	_____
Dinner:	_____
Side:	Salad

Sunday	Date:
Breakfast:	_____
Lunch:	_____
Snacks:	_____
Dinner:	_____
Side:	Salad

Notes

Grocery List	
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[BREAKFAST]

Idli/Dosa
Poha
Upma
Cold cereal
Pancakes
Theplas
Bhakhri
Oatmeal
Sandwiches

[Main Meals]

Soup
Roti-Sabzi + Dal (Juwar, Bajra, bhakhri)
Khichdi(veg/milletts/moong)
Daliya
Parathas
Theplas
Eat Out - a different kind!
Leftovers
Pizza
Order in
Dal Rice and Sabzi
Pulao

[DESSERT]

Brownies
Fruits
Dates and Raisins
Icecreams
Shrikhand

[SNACKS]

Watermelon
Apples
Banana
Chickoo
Milkshake/smoothie of any
Juice of any of the above
Cutlets (paneer/veggie)
Flavoured milk (chocolate milk)
Lassi
Fruit Salad
Sukha bhel

[SIDES]

Raita
Baked potatoes
Fried rice
Mashed potatoes
Noodles
Steamed rice
Butter Milk / Curd
Papad

[VEGETABLES]

Broccoli
Carrots
Cauliflower
Corn
Green beans
Peas
Salad
Pumpkin
Drumsticks
Green Smoothie
Paneer
Bhindi
Green leafy veggies

Thumb rules:

Pulses twice a week
Curd/buttermilk/Raita with lunch always
Paneer twice a week (meal/salad)
Salad/raw/boiled veggies with each meal
Eat out once a week (a different kind)
Eat beet root daily (runner's tip ;-)