

# MEAL PLAN 2025

## Week 1 Menu

Day	Breakfast	Lunch	Snacks	Dinner
Monday	Chole Kulche + Bread Jam + Tea, Coffee & Milk	Yellow Dal, Jeera Aloo, Chapati, Steam Rice, Papad, Buttermilk	Veg Cutlet + Tea/Coffee	Dum Aloo Gravy, Dal, Chapati, Pudina Rice
Tuesday	Masala Dosa + Bread Jam + Tea, Coffee & Milk	Chana Dal, Bhindi Gravy, Chapati, Steam Rice, Buttermilk	Vada Pav + Tea/Coffee	Dal Makhani, Puri, Tomato Rice, Aloo Gravy
Wednesday	Paneer Paratha + Bread Jam + Curd + Tea, Coffee & Milk	Sambar , Vegetable Sabji, Steam Rice, Papad, Buttermilk	Mix Veg Pakoda + Tea/Coffee	Paneer Tikka Masala, Ghee Phulka, Jeera Rice, Sweet
Thursday	Idli, Coconut Chutney, Sambhar + Bread Jam + Tea, Coffee & Milk	Chole, Lacchha Paratha, Pudina Rice, Raita	Maggie + Tea/Coffee	Dal Fry, Baigan Bharta, Chapati, Ghee Rice
Friday	Aloo Paratha + Curd + Bread Jam + Tea, Coffee & Milk	Dal Palak, Mix Veg, Chapati, Tomato Rice, Raita	Samosa + Green Chutney + Tea/Coffee	Malai Kofta, Jeera Rice, Chapati, Dal Fry
Saturday	Veg Upma + Coconut Chutney + Bread Jam + Tea, Coffee & Milk	Rajma Masala, Sabzi, Chapati, Steam Rice, Buttermilk	Veg Spring Rolls + Tea/Coffee	Hyderabadi Dum Vegetable Biryani, Raita
Sunday	Poha + Sambar + Tea, Coffee & Milk	Paneer Butter Masala, Veg Kulcha, Masala Rice, Veg Salad, Sweet	-	Fried Rice And Veg Manchurian Balls

## Week 2 Menu

Day	Breakfast	Lunch	Snacks	Dinner
Monday	Gobi Paratha + Curd + Bread Jam + Tea, Coffee & Milk	Yellow Dal, Vegetable Sabzi, Rasam, Chapati, Steam Rice, Papad, Buttermilk	French Fries + Tea/Coffee	Rajma Masala, Oil Chapathi, Tomato Rice, Dal Fry
Tuesday	Puri Bhaji/Kurma + Bread Jam + Tea, Coffee & Milk	Dal Tadka, (Gobi, Aloo, Mattar) Mix Vegetables Sabzi, Jeera Rice, Phulka, Papad, Buttermilk	Bread Pakoda + Tea/Coffee	Mutter Paneer Gravy, Butter Naan, Jeera Rice, Dal Tadka
Wednesday	Aloo Paratha + Curd + Bread Jam + Tea, Coffee & Milk	Moong Masur Dal, Bhindi Gravy, Jeera Rice, Chapati, Buttermilk.	Pani Puri + Tea/Coffee	Kolhapuri Mix Veg, Lacha Paratha, Steam Rice, Sweet
Thursday	Bombay Sandwich + Bread Jam + Tea, Coffee & Milk	Dal Fry, Aloo Capsicum + Green Peas, Steam Rice, Phulka, Salad	Pav Bhaji + Tea/Coffee	Dal Makhni , Mix Veg, Chapati, Jeera & Lemon Rice
Friday	Set Dosa + Chutney + Bread Jam + Tea, Coffee & Milk	Dal Palak, Baigan Aloo Dry, Chapati, Steam Rice, Raita	Kachori + Tea/Coffee	Black Chana Gravy, Phulka, Lemon Rice, Dal Tadka Moong, Steam Rice
Saturday	Mix Paratha + Bread Jam + Tea, Coffee & Milk	Malai Kofta, Chana Dal Fry, Steam Rice, Chapati, Papad, Buttermilk	Veg Noodles + Tea/Coffee	Chole Bhature, Jeera Rice
Sunday	Semiya Bath + Chutney + Tea, Coffee & Milk	Shahi Paneer, Chapati, Ghee Rice, Sweet	-	Veg Biryani, Raita And Papad



Not Just a PG—Your Front Row Seat to Premium Living!