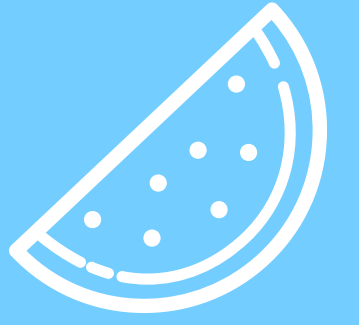
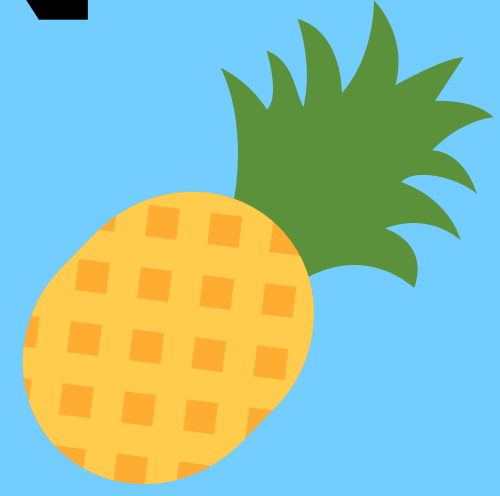
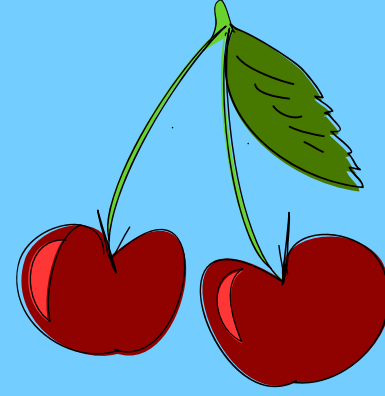
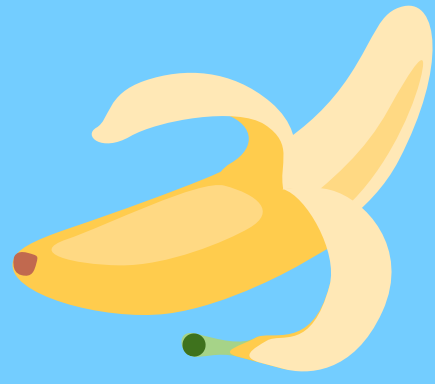


MY



MEAL PLAN



MON

TUE

WED

THU

FRI

WEEK 1

RAJMA / CHOLE
/ KADHI & RICE

BHARVA
PARATHA+C
URD

POHA /NOODLES
+ FRUTTI/JUICE

DALIYA /
CHILLA

VEG. PULAO
AND
YOGURT/CURD

WEEK 2

PURI+SABZI
+PICKLES+
SALAD

BREAD JAM /
SANDWICH +
SAUCE +
JUICE|

NOODALS
+FROOTI

PARATHA WITH
SABZI+ANY
SWEET

KHICHDI
WITH CURD
+ BISCUITS

WEEK 3

RAJMA / CHOLE
/ KADHI & RICE

BHARVA
PARATHA+
CURD

POHA/NOODLES +
FRUTTI OR JUICE

DALIYA/
CHILLA

VEG. PULAO
AND
YOGURT/CURD

WEEK 4

PURI+SABZI+
PICKLES+
SALAD

BREAD JAM /
SANDWICH +
SAUCE +
JUICE|

NOODALS+
FROOTI

PARATHA WITH
SABZI+ANY
SWEET

KHICHDI
WITH CURD +
BISCUITS