

AltSpace Meal Plan

MONDAY

Breakfast	Egg Bhurji, Paneer Bhurji, Bread, Butter, Jam, Mixed fruits, Tea
Luch	Seasonal Vegetable, Dal tadka, Rice, Roti, Salad, Papad
Dinner	Paneer Makhani, Rice, Roti, Shahi Tukda

TUESDAY

Breakfast	Poha garnished with mixtures, onion and tomato, Mixed fruits, Tea
Lunch	Palak paneer, Dal tadka, Rice, Roti, Salad
Dinner	Shahi vegetable korma, Rice, Roti

WEDNESDAY

Breakfast	Pav Bhaji, Mixed fruits, Tea
Lunch	Mushroom do pyaza, Kadhai chicken, Dal Tadka, Rice, Roti, Salad
Dinner	Mix Veg, Dal Tadka, Rice, Roti

THURSDAY

Breakfast	Sooji upma, Mixed fruits, Tea
Lunch	Bhindi masala, Masoor dal, Rice, Roti, Salad
Dinner	Chana masala, Poori, Halwa

FRIDAY

Breakfast	Puri Bhaji, Mixed fruits, Tea
Lunch	Aloo gobhi, Arhar dal, Rice, Roti, Salad, Papad
Dinner	Malai kofta, Chicken curry, Rice, Roti

SATURDAY

Breakfast	Aaloo paratha, Butter, Chutney, Mixed fruits, Tea
Lunch	Baingan bharta, Dal makhani, Rice, Roti, Salad Papad
Dinner	Kashmiri dum aloo, Panchmel dal, Seviyan kheer, Rice, Roti

SUNDAY

Brunch	Chole, Bhature, Salad, Imli chutney, Sweet Lassi
Dinner	Veg kolhapuri, Mixed dal fry, Roti, Rice