

Days	Breakfast	Lunch	Evening Snacks	Dinner
Mondays	Puri + Channa Aaloo	Parval /Soyabean + Green Moong Dal + Mix Chutney + Kangsoi	Tea + Biscuit	Cholla Batura (No Roti) + Jinga Moong Dal + Onion Chop / Fish Curry (80-90g)
Tuesday	Idli Vada + Chutney + Sambhar Or Maggi + Sauce	Khadi Pakora / Aaloo Tamatar + Iromba	Samosa	Rajmah + Tadka Channa Dal + Egg (2 Pcs) Curry with Aaloo
Wednesday	Poha + Usal Or Chowmein + Sauce	Aaloo Began / Cauliflower + Masoor Dal + Papad + Kangsoi	Tea + Biscuit	Chicken + Moong Dal + Matar Paneer (130g) (60-80g)
Thursday	Puri + Channa Aaloo	Jinga Aaloo Thim + Toor Dal Tadka + Veg Raita + Iromba	Tea + Biscuit	Dal Fry + Bheendi Onion Aaloo + Rasam / Sambhar + Papad + Egg (2 Pcs) Curry with Aaloo
Friday	Aaloo Paratha + Sauce	Arvi Tamarind + Channa Dal + Papad Or Cabbage + Kangsoi	Kachodi	Moong Dal + Paneer Masala + Chicken
Saturday	Pav Bhaji	Pumpkin Black Channa Dal + Papad + Masoor Dal + Iromba	Tea + Biscuit	Dal Makhani + Veg Manchurian + Egg (2 Pcs) Curry with Aaloo
Sunday	Masala Dosa + Sambhar + Coconut Chutney Or Bread + Butter + Jam	Rasam + Mixed Veg + Mixed Dal + Boondi Raita + Kangsoi	Fruit Salad	Saahi Paneer + Chicken + Moon Masoor Dal