

# North Indian, Vegetarian Meal Plan



	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	<u>Besan Cheela</u>	<u>Rajma</u> with steamed rice	<u>Cinnamon Banana Smoothie</u>	<u>Methi paratha</u> with cucumber and radish curd dip
TUESDAY	<u>Paneer Sandwich</u>	<u>Phulka</u> with malai kofta	<u>Moong Dal Oats Tikki</u>	<u>Soya pulao</u>
WEDNESDAY	<u>Gobi Paratha</u>	Bajra Khichdi	<u>Warm Cardamom Milk</u>	<u>Khasta roti</u> with Dal fry.
THURSDAY	<u>Corn Dalia</u>	<u>Mixed-veg paratha</u>	<u>Apple, banana and dates salad</u>	<u>Khadi</u> with white rice
FRIDAY	<u>Pav Bhaji</u>	<u>Dal Khichdi</u>	<u>Sprouts salad</u>	<u>Palak paneer</u> with <u>chapati</u>
SATURDAY	<u>Poha</u>	<u>Pudina Paratha</u> with mixed vegetable <u>curry</u>	<u>Vegetable Broth</u>	<u>Green Moong Dal</u> with brown rice
SUNDAY	<u>Besan bread toast</u>	<u>Kabuli pulao</u> with curd	<u>Golden Milk</u> with assorted nuts	<u>Baingan bharta</u> with wheat roti