

South Indian, Non-vegetarian Meal Plan



	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	<u>Ragi roti with onion chutney</u>	<u>Vegetable bath</u>	<u>Fresh fruit bowl</u>	<u>Jonna Dosa (Jowar Dosa) with Prawn and drumstick curry</u>
TUESDAY	<u>Idli with peanut chutney</u>	<u>Ghee rice (nai choru) with chicken xacuti</u>	<u>Banana and dates smoothie</u>	<u>Dibba roti with tomato chutney</u>
WEDNESDAY	<u>Cheese dosa with allam pachadi</u>	<u>Millet pongal with mixed vegetable sambari</u>	<u>Mushroom omelette</u>	<u>Kerala Parotta with prawns coconut curry</u>
THURSDAY	<u>Pesarattu</u>	<u>Vegetable rice with tomato pappu</u>	<u>Golden milk with assorted nuts</u>	<u>Appam with chicken stew</u>
FRIDAY	<u>Rava Upma with ghee</u>	<u>Adai dosa with coorgi chicken curry</u>	<u>Oats and fruits smoothie</u>	<u>Vangi bath with cucumber salad</u>
SATURDAY	<u>Akki roti with coconut chutney</u>	<u>Chettinad Biryani with raita</u>	<u>Mixed fruit juice</u>	<u>Masala Ragi dosa</u>
SUNDAY	<u>Vegetable uttapam</u>	<u>Steamed rice with Palak pappu and Pomfret Fry</u>	<u>Obbattu</u>	<u>Neer dosa with Korri Gassi</u>