

Maharashtrian Meal Plan

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	<u>Kanda batata</u> <u>poha</u>	<u>Moong sprouts</u> <u>sabzi with jowar</u> <u>roti</u>	<u>Golden milk</u>	<u>Dodka bhaji</u> <u>with Amti dal</u> <u>and steamed</u> <u>rice</u>
TUESDAY	<u>Upma</u>	<u>Akkha</u> <u>Masoor with</u> <u>chapathi</u>	<u>Sunset juice /</u> <u>green</u> <u>smoothie</u>	<u>Shepu bhaji /</u> <u>methi bhaji with</u> <u>steamed rice &</u> <u>ambat goda dal</u>
WEDNESDAY	<u>Jwariche</u> <u>dhirde</u>	<u>Bhindi ki</u> <u>sabzi with</u> <u>steamed rice</u> <u>and chawli</u> <u>usal</u>	<u>Cinnamon</u> <u>banana</u> <u>smoothie</u>	<u>Tomato chi</u> <u>bhaji with</u> <u>chawal bhakri</u>
THURSDAY	<u>Sabudana</u> <u>khichdi with</u> <u>curd</u>	<u>Dalimbi chi</u> <u>usal with</u> <u>Phulka</u>	<u>Lemon</u> <u>coriander</u> <u>soup /</u> <u>vegetable</u> <u>broth</u>	<u>Pumpkin bhaji</u> <u>with steamed</u> <u>rice and methi</u> <u>che varan</u>
FRIDAY	<u>Dadpe</u> <u>pohe</u>	<u>Padwal</u> <u>chana dal</u> <u>bhaji with</u> <u>jowar roti /</u> <u>bhakri</u>	<u>Cardamom</u> <u>milk</u>	<u>Tendli baath</u> <u>with curd</u>
SATURDAY	<u>Thalipeeth</u> <u>with curd</u>	<u>Khadi with</u> <u>steamed rice</u>	<u>Dry fruits /</u> <u>nuts bowl</u>	<u>Alu chi bhaji /</u> <u>palak paneer</u> <u>with phulka</u>
SUNDAY	<u>Sheera</u>	<u>Bharli vaangi</u> <u>with chapathi</u>	<u>Moong dal</u> <u>oats tikki</u>	<u>Varan Bhaat</u> <u>with</u> <u>Khamang</u> <u>kakdi</u>