

APRIL MEAL PLAN



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MON	01 April 2024 Rajma + Rice + Rasgulla	08 April 2024 Dal Makhani + Chapati + Salad	15 April 2024 Pindi Channa + Brown Kulcha + Raita	22 April 2024 Dal Tadka + Chapati + kheer	29 April 2024 kadahi Paneer + Chapati + Sweet Petha
TUE	02 April 2024 Manchurian + Veg Noodle + Dry Cake	09 April 2024 Veg Pulao + Boondi Raita + Banana	16 April 2024 Allu Sabji + Puri + Suji Halwa with Black Channa	23 April 2024 Kathi Roll + Green Chutney + Bread Pakora	30 April 2024 Stuffed Parantha + Curd + Pickle
WED	03 April 2024 Pao + Bhaji + Green Chutney Juice	10 April 2024 Malai Kofta + Chapati + Sweet Seviya	17 April 2024 Rama Navami	24 April 2024 Idli + Sambhar + Lemon Rice	
THU	04 April 2024 Matar Paneer + Chapati + Salad	11 April 2024 Eid-ul-Fitr	18 April 2024 Karhi Pakora + Rice + Frymes	25 April 2024 Gobhi Allu + Chapati + Boondi Raita	
FRI	05 April 2024 Matara + Brown Kulcha + Masala chhach	12 April 2024 Chap Masala + Chapati + Sweet Yellow Rice	19 April 2024 Veg Pasta + Colslaw Sandwich + Juice	26 April 2024 Black Channa + Rice + Sprout Salad	