

## SAMPLE MEALS

DAY 1			
S.NO	ITEM NAME	CATEGORY	MACRO TYPE
1	MINT RICE	1	COMPLEX CARBS
2	WHITE RICE	2	COMPLEX CARBS
3	CHAKKI ATTA PHULKA	2	COMPLEX CARBS
4	TOMATO DAL	3	PROTEIN
5	BEANS FRY (DRY)	4	NUTRIENT RICH FIBRE
6	CREAMY CURD	5	PROBIOTIC
7	ONION, CARROT, KHEERA SALAD	6	FIBRE

DAY 2			
S.NO	ITEM NAME	CATEGORY	MACRO TYPE
1	JEERA RICE	1	COMPLEX CARBS
2	PLAIN BAGARA RICE	2	COMPLEX CARBS
3	CHAKKI ATTA PHULKA	2	COMPLEX CARBS
4	YELLOW DAL THADKA	3	PROTEIN
5	VEG KHEEMA CURRY	4	NUTRIENT RICH FIBRE
6	CREAMY CURD	5	PROBIOTIC
7	ONION, CARROT, KHEERA SALAD	6	FIBRE

DAY 3			
S.NO	ITEM NAME	CATEGORY	MACRO TYPE
1	KARIVEPAKU RICE (CURRY LEAVES RICE)	1	COMPLEX CARBS
2	JEERA RICE	2	COMPLEX CARBS
3	CHAKKI ATTA PHULKA	2	COMPLEX CARBS
4	DAL FRY	3	PROTEIN
5	HARA BARA KEBAB	4	NUTRIENT RICH
6	MINT RAITHA	5	PROBIOTIC
7	ONION, CARROT, KHEERA SALAD	6	FIBRE

DAY 4			
S.NO	ITEM NAME	CATEGORY	MACRO TYPE
1	AVAKAI RICE (ACHAR RICE)	1	COMPLEX CARBS
2	VEG BIRYANI	2	COMPLEX CARBS
3	CHAKKI ATTA PHULKA	2	COMPLEX CARBS
4	PANEER MASALA GRAVY	3	PROTEIN
5	CARROT FRY	4	NUTRIENT RICH
6	ONION RAITHA	5	PROBIOTIC
7	ONION, CARROT, KHEERA SALAD	6	FIBRE

DAY 5			
S.NO	ITEM NAME	CATEGORY	MACRO TYPE
1	TOMATO RICE	1	COMPLEX CARBS

2	WHITE RICE	2	COMPLEX CARBS
3	CHAKKI ATTA PHULKA	2	COMPLEX CARBS
4	PALAK DAL	3	PROTEIN
5	CHANA MASALA	4	NUTRIENT RICH
6	CREAMY CURD	5	PROBIOTIC
7	ONION, CARROT, KHEERA SALAD	6	FIBRE

**DAY 6**

S.NO	ITEM NAME	CATEGORY	MACRO TYPE
1	TAMARIND RICE	1	COMPLEX CARBS
2	SOYA CHUNKS BIRYANI	2 & 3	COMPLEX CARBS & PROTEIN
3	CHAKKI ATTA PHULKA	2	COMPLEX CARBS
4	ALOO MASALA	4&3	NUTRIENT RICH FIBRE & CARBS
5	VEG NUGGETS/ HARABARA KEBAB	4	NUTRIENT RICH FIBRE
6	ONION RAITHA	5	PROBIOTIC
7	ONION, CARROT, KHEERA SALAD	6	FIBRE