

5 LUNCH BOX IDEAS

MONDAY - FRIDAY

MONDAY

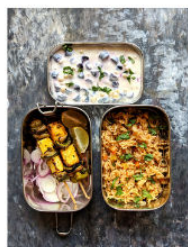


Paneer Bhurji, Palak Paratha, Lobia Salad

Meal Prep Tip:

Grate Paneer. Prepare Dough For Paratha. Boil lobia. Prep and Store In The Refrigerator.

TUESDAY



Vegetable Pulao, Paneer Tikka, Grapes Raita

Meal Prep Tip:

Chop vegetables. Marinate Paneer Tikka. Whisk Curd. Store All Of It In The Refrigerator A Day Before.

WEDNESDAY

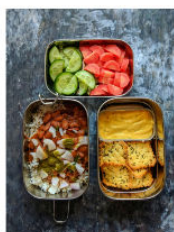


Baby Corn Chilli Sauce, Fried Rice, Mango Dip, Cheese Crackers

Meal Prep Tip:

Chop Vegetables. Cook Plain Rice. Prepare Mango Dip. Store in Refrigerator.

THURSDAY



Rajma Chawal, Spicy Mango Dip, Cheese Crackers, Veggies

Meal Prep Tip:

Soak Rajma Overnight. Use Leftover Mango Dip and Rice From The Previous Day.

FRIDAY



Potato Peas Curry, Paratha, Green Salad & Dressing

Meal Prep Tip:

Chop Vegetables. Prepare Dough for Paratha. Make Dressing. Store in Refrigerator One Day in Advance.

