

5 LUNCH BOX IDEAS

MONDAY - FRIDAY

MONDAY



Dum Aloo, Green Boondi Raita, Lobia Salad, Paratha.

Meal Prep Tip:

Peel, core, and masala coat the potatoes. Make cashew paste for gravy. Boil black eye peas (lobia). Chop onion and tomato. Prepare paratha dough. Store it all in the fridge over the weekend.

TUESDAY



Mushroom Pulao, Boondi Raita, Grilled Veggies, Murruku.

Meal Prep Tip:

Chop vegetables, onion, garlic, and mushrooms. Store them in airtight containers in the fridge.

WEDNESDAY



Green Beans Aloo Sabzi, Onion Raita, Paratha, Suji Uttapam, Coconut Chutney.

Meal Prep Tip:

Chop vegetables for sabzi, uttapam, and raita. Make coconut chutney. Prepare paratha dough. You can do it all in one day in advance or at night.

THURSDAY



Kala Chana Masala, Green Boondi Raita, Salad, Paratha.

Meal Prep Tip:

Soak brown chana. Chop onion, tomato, and vegetables for salad. Use leftover paratha dough from the previous day.

FRIDAY



Basil Pesto Pasta, Paratha Quesadillas, Fresh Melons, Vanilla Muffin.

Meal Prep Tip:

Boil pasta and store in the fridge. Chop vegetables. Cut fruits. Use read-to-eat paratha for the quesadillas.

