

5 LUNCH BOX IDEAS

MONDAY - FRIDAY

MONDAY



Mix Vegetable Sabzi,
Paratha, Medu Vada,
Coconut Chutney

Meal Prep Tip:

Prepare Vada Batter, Coconut Chutney, and Paratha Dough Over the Weekend. Chop Vegetables. Store Them in the Refrigerator.

TUESDAY



Pumpkin Sabzi, Paratha,
Lentil Salad & Dressing,
Energy Bar

Meal Prep Tip:

Boil Lentil For The Salad A Day Before. Chop Vegetables. Prepare Dressing And Paratha Dough. Store All Your Prepped Ingredients In The Refrigerator.

WEDNESDAY



Matar Ghugni, Dal Paratha,
Roasted Foxnut, Masala
Buttermilk

Meal Prep Tip:

Prepare Dal Paratha Dough. Wash And Store Grapes. Chop Vegetables. All This Prep Work Can Be Done One Day In Advance.

THURSDAY



Red Sauce Spaghetti,
Whole Wheat Cake,
Strawberry, Veggies

Meal Prep Tip:

Boil Spaghetti And Store In The Refrigerator.

FRIDAY



Palak Paneer Bhurji,
Paratha, Macaroni Salad,
and Peanut Chikki

Meal Prep Tip:

Boil Pasta. Chop Vegetables. Grate Paneer. Prepare Dough For Paratha. Store All These Prepped Ingredients In The Refrigerator.

