

5 LUNCH BOX IDEAS

MONDAY - FRIDAY

MONDAY



Aloo Methi Sabzi, Boondi
Raita, Paratha.

Meal Prep Tip:

Clean, wash and cut fresh fenugreek leaves over the weekend. Prepare chapati dough. Store them in the refrigerator.

TUESDAY



Stir Fry Pasta, Grilled
Veggies, Hummus, Pita
Chips.

Meal Prep Tip:

Chop vegetables. Store them in the refrigerator. Make a big batch of hummus over the weekend.

WEDNESDAY



Masala Potato Fry, Beetroot
Poriyal, Lemon Rice,
Paratha, and Masala
Buttermilk.

Meal Prep Tip:

Steam/boil and keep beetroot in the fridge for poriyal. Use leftover cooked rice for making lemon rice.

THURSDAY



Punjabi Sookhi Urad Dal ,
Paratha, Grilled Masala
Paneer, and fresh
cucumbers.

Meal Prep Tip:

Marinate the paneer cubes in the masala. Boil the urad dal at night while making dinner. Prepare dough. Store it all in the refrigerator.

FRIDAY



Vegetable Manchurian
Gravy, Chilli Garlic
Noodles, and Chicken
Vegetable Stir Fry.

Meal Prep Tip:

Prep the Manchurian balls mixture. Boil the noodles a day before. Finish all the chopping work at night. Store it all in the refrigerator.

