

# AHARA

## WEEK-1

### MONDAY

Benarasi Aloo

Gud Halwa

Puri

Green  
Chutney

### TUESDAY

Kara  
Kozhumbu

Snake Gourd  
Koottu

Karela  
Chutney

Red Rice

### WEDNESDAY

Kadhi pakoda

Bhindi do Pyaza

Red Rice

Cucumber  
sesame salad

### THURSDAY

Daal Tadka

Charred Baigan  
Bharta

Kachumbar

Roti

### FRIDAY

Goan Bhindi  
Curry

Mix Veg Peanut  
Masala

Cabbage Salad

Red Rice

### SATURDAY

Burmese Khao  
Swey Curry

Chilli Garlic Rice  
Noodles

Sauteed Rainbow  
Veggies

Coriander  
Peanut Salad

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## WEEK-2

### MONDAY

Ma Ki Daal

Chatpate  
Aloo

Mint  
Kachumbar

Jeera Rice

### TUESDAY

Veggie Sambar

Seasonal  
Vegetable  
Thorán

Raw Banana  
Tikki with tomato  
pepper chutney

Red Rice

### WEDNESDAY

Panchmela  
Daal

Adrakhi Gobhi

Lauki ka  
Raita/Kachumb  
ar

Ghee Rice

### THURSDAY

Pahadi Masoor  
Daal

Pumpkin  
Masala

Superseeds  
Salad

Ragi Roti

### FRIDAY

Kerala Kadala  
Curry

Podi Idly Bites

Curry leaf  
Cabbage Salad

Red Rice

### SATURDAY

Green Falafels

Hummus

Pomegranate  
Veggie Salad

Herb Garlic  
Millets

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## WEEK-3

### MONDAY

Mung Daal with  
Local Greens

Chow Chow  
Masala

Sweet Potato  
Chaat

Thepla

### TUESDAY

Chole Masala

Bharva Turai

Rice

Mooli Pyaaz  
Salad

### WEDNESDAY

Pol Sambol

Eggplant mojju

Sri Lankan Daal

Brown Rice

### THURSDAY

Daal Dhokli

Kachumbar

Muthia

Rice

### FRIDAY

Rajma

Beetroot Raita

Rice

Papad churi  
salad

### SATURDAY

Seasonal  
Keerai

Vada Kodambu

Dosa

Black eyed  
peas sundal