

I'm not a bot































What to cook today!!! Here are some ideas for a whole month! Mine is a vegetarian Indian household and here is some of what I make for my meals. We usually have roti during day (easier for lunch boxes also) and rice at night. Saturdays and Sundays I try to make something different. I am dividing this post into 4 weeks, so each post will have meal plans for 1 week of the month. So here's a vegetarian Indian meal plan for the first week, including breakfast, lunch, and dinner ideas. Please adjust portion sizes and ingredients according to your dietary preferences and requirements. Week 1 Day 1 - Monday: As Gobhi is considered to be heavy, let's balance out by making a simple tandoor dal for dinner. Breakfast - Vegetable Upma Lunch - Roti with Aloo Gobi Dinner - Tuvar (Arhar) dal with Rice Day 2: Tuesday Dal-chawali every night can get repetitive. Let's mix things up by alternating dal-rice with a different rice dish. Tonight it's vegetable biryani! I try to make it in the style of dum-cooked 5-Rivers Vegetable Biryani from 4500 Miles from Delhi, the best curry house in Bristol. Breakfast - Poha - served with sev, lemon or even Tarrri or Chana rassa in Maharashtra style Lunch - Bhindi do Pyaza and Dal Tadka with Roti Dinner - Mixed Vegetable Biryani with Raita Day 3: Wednesday Raja is very filling and heavy, so dinner is simple with moong dal. Dal with the skin on is very nutritious! Breakfast - Dholka with Chutney Lunch - Rajma (Kidney Beans) Curry with Roti Dinner - Spiced Green Moong Dal (Chhikli wali moong dal) with Rice Day 4: Thursday I have put together a huge list of paratha stuffing ideas whenever you are looking for which type of paratha to make. See also Smart Moms Plan Meals Ahead! Breakfast - Stuffed Paratha with Yogurt Lunch - Palak Paneer (Spinach and Paneer Curry) with Roti Dinner - Rassedar Aloo Matar with Rice Day 5: Friday If you need to pack tiffins early in the morning, roasting the brinjals the night before can make the bharta making process quicker. Breakfast - Sabudana Khichadi with curd Lunch - Whole Masoor Dal with Rice Day 7: Saturday Sunday is for something special, but that doesn't mean I want to slave all day in the kitchen! Soak enough lentils for making Idli and Dosa both and make Sambar to last all day! Breakfast - Idli with Sambar and Chutney Lunch - Lemon Rice or Tamarind Rice with Sambar Dinner - Masala Dosa with Sambar and Chutney Click here for Week 2 Shopping List upma Rava/Sooji Wheat flour for Rotis and Parathas Besan Tuvar dal Urad Dal Moong dal (split, green) Masoor Dal, whole Rajma Chhokle/Kabuli Chana Poha Sabudana Roasted gram for South Indian Chutney Coconut - fresh or dessicated Rice Cauliflower Potatoes Ladyfinger/Bhindi Spinach Brinjal Assorted vegetables like carrots, peas, beans Coriander for chutney and garnish Yoghurt/Dahi Paneer Dhokla mix (optional) Ready Idli/Dosa batter (Optional) Vegetarian Indian Meal Plan for a Month - Week 1 Indian Meal Plan with recipes, grocery list and meal prep tips for everyday dinner under 30 minute. So a new week starts from tomorrow, and more than anything, what worries every busy woman like me is what to cook for my family so that despite a busy weekday schedule there is healthy homemade dinner on the table. And so you asked me to come up with a menu plan for all three meals which are doable, especially for those who have a very busy schedule. So, in this weekly Indian meal plan I have added ideas where you can do some batch cooking and repurpose one dish for a meal sometime during the week. I personally spend 2 hours doing meal prep and meal plan and for rest of the week most of my meals (full meals) are on table in almost 30 Minutes. Hope this helps you to plan your meals better an with less effort, no matter you are working person, stay at home Mom or work from your home person. These are mostly vegetarian Indian Meal plan ideas except in one of two meals I have added Eggs. My mantra is meal planning for the week and meal preparation for it in advance. Here is my guide to simple and easy Indian meal plan for a week your family can enjoy together every night for a week and maybe wish to take as lunch the next day. Moreover, to make your life simpler, I have added grocery list for simple Indian meal plan ideas. You can buy groceries during the weekend and keep them ready over the weekend. So, I have got you covered for next 5 days of meal plan which is mostly suitable for Indian meals. Now, all that you need to do is just take the pre-prepped food out, mix, cook and there is breakfast, lunch and dinner on the table in 20 minutes - 30 Minutes. I am also adding a 20 Minutes meals section on the website, so that even if you are not really prepared as per this menu plan you can cook a decent Indian meal in under 20 Minutes. Can it get better than that? Yes, a lot! And I am hoping to make it better one day at a time. These are the things to buy during the weekend and preferably in the fridge. For Main Monthly Grocery list you can Download and Print Months Grocery Checklist Onion Tomatoes Celery Capsicum (green, red, yellow) Ginger Garlic Potatoes Carrots Green beans Brinjal Cauliflower Coriander Mint leaves Beetroot Green Chilli Coriander leaves Curry leaves Green peas Basil Leaves Cucumber Brinjal/eggplant Arbi (colocasia) Zucchini Lemon Avocado Karela/bitter gourd Beetroot Arhar/Toor dal Kidney Beans /Rajma Rice Poha Whole wheat bread Sookhi Boondi Rice noodles Indian spices Atta (whole wheat flour) white Rice Butter ghee Moong Dal Wheat Dalia (dhalu) Dal Soy sauce Thai Green Curry paste Coconut Milk Curd Mozzarella cheese Eggs Paneer/chicken depending upon biryani recipe you like to make. Vegetables chopped Tamatar pyaz paste (onion paste and make fresh tomato puree) Ginger garlic paste Green Curry Paste Dal - Boil it Rajma Soak and Boil Dough kneaded Chopped coriander (for garnish), Chutney (as side) Green Curry Paste This is week 6 of Indian Meal plans You can check other Dinner plans weekwise here. Today is the first day of the week and it is better to start easy. You can make pulao for dinner using all your favorite vegetables. Chopped vegetables during weekend prep can be used in making Thai Noodles salad and soup for lunch as well. Thai Noodles can be packed for lunch box well. For breakfast, it is a wholesome meal of vegetable poha with fruits and dahi which makes a complete meal. Burrito bowl for lunch can be made using rice and rajma that you cooked on Sunday. Dinner can be made quickly if you have boiled moong dal and potatoes during the weekend meal prep. Breakfast sandwich will take 10 Minutes to put together, you can pack it for lunch as well. If you eat lunch at home there is leftover moong dal from the previous night and leftovers arbi from Sunday meal. For Gujarati dal keep the boiled dal cooked on weekend and add fresh tadka. Baingan/eggplant for bharta can be roasted over the weekend as well. Breakfast can be made using leftover arbi and it should be ready in under 20 Minutes. For lunch, you can use onion paste and tomato puree that you made on weekend. Sookhi dal takes under 20 minutes if dal is soaked previous night. Breakfast takes just 5 minutes which is leftover Gujarati dal and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just 5 minutes) if you have your vegetables pre-chopped. Saturday night is leftover Gajar ka halwa and karela ki sabzi (you can cook it over weekend as well as it stays good for 7-8 days in refrigerator) For dinner Matar Paneer from Yesterday's lunch is used and fresh sabzi of aloo gobhi can be made in 20-30 minutes(your effective time just