

# 28-Day Meal Plan For February

	BREAKFAST	LUNCH	SNACK	DINNER
1	Oatmeal with Fruits	Grilled Chicken Salad	Mixed Nuts	Stir-Fried Veggies & Rice
2	Smoothie Bowl	Paneer Tikka Wraps	Yogurt Parfait	Spaghetti Aglio e Olio
3	Scrambled Eggs & Toast	Chickpea and Quinoa Salad	Granola Bars	Achari Chicken with Roti
4	Banana Pancakes	Vegetable Pulao	Fresh Fruit Salad	Grilled Salmon & Mashed Potatoes
5	Poha	Dal Tadka, Tandoori Aloo & Jeera Rice	Roasted Chickpeas	Veggie Stir-Fry with Noodles
6	Yogurt with Honey & Nuts	Spinach and Corn Sandwiches	Trail Mix	Baked Chicken with Roasted Veggies
7	French Toast	Lemon Rice with Tawa Aloo Fry	Crackers with Cheese	Thai Green Curry with Jasmine Rice
8	Smoothie (Banana & Almond)	Egg and Veggie Burritos	Veggie Sticks with Hummus	Lentil Soup with Garlic Bread
9	Idli with Chutney	Palak Paneer & Parathas	Coconut Water & Dates	Pasta Primavera
10	Overnight Oats	Chicken Caesar Salad	Dark Chocolate Fudge	Stuffed Bell Peppers
11	Millet Porridge	Khichdi with Omelette	Boiled Sweet Corn	Aloo Methi ki Sabzi with Roti
12	Lemon Poha	Gajar Methi ki Sabzi with Chapati	Sev Puri	Khagina, Khatti Dal with Rice
13	Whole-Grain Waffles	Tomato Basil Pasta	Achari Popcorn	Fish Tacos with Avocado Salsa
14	Heart-Shaped Pancakes	Love-Themed Bento Box	Strawberry Mousse	Marry Me Chicken
15	Granola with Milk	Rajma & Rice	Almond Butter on Toast	Sweet Potato & Black Bean Tacos

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16	Chia Pudding	Greek Salad with Grilled Chicken	Nuts and Dried Fruits	Veggie Quesadillas
17	Paratha with Pickle	Paneer Bhurji & Roti	Fruit Smoothie	Egg Fried Rice
18	Breakfast Burritos	Sambar Sadam with Papad	Veggie Chips	BBQ Chicken with Potato Wedges
19	Dosa with Chutney	Vegetable Biryani	Sweet Lassi	Shrimp Stir-Fry with Rice
20	Peanut Butter Toast	Pumpkin Soup with Bread	Apple Slices with Peanut Butter	Chicken and Veggie Kebabs
21	Upma	Aloo Gobi with Parathas	Roasted Almonds	Lasagna
22	Masala Omelette	Grilled Fish with Salad	Oats Cookies	Chicken Noodle Soup
23	Uttapam	Peas Pulao with Raita	Suji Halwa	Methi Malai with Roti
24	Sweet Scrambled Eggs	Mixed Vegetable Curry & Rice	Baby Corn Satay	Thai-Style Fried Rice
25	Ragi Idli	Ghee Rice with Hyderabad Chicken Khorma	Veg Soup	Masoori Makhani with Roti
26	Porridge with Honey	Black-Eyed Peas Curry & Roti	Sliced Cucumber with Chaat Masala	Paneer Paratha
27	Toast with Avocado	Boiled Egg Curry with Rice	Cake	Rava Khichdi with Pickle
28	Idli Sambar	Karele ka Khatta with Rice	Baby Corn Cigars	Grilled Tofu with Sesame Noodles