

Smart 7-Day Student Meal Plan

(Breakfast – Lunch – Dinner)

(Budget-friendly • Time-efficient • Balanced energy)

DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Oats or Poha Bowl – light and energizing start.	Egg Fried Rice – filling and rich in protein.	Paneer Stir Fry with rice – quick comfort dinner.
TUESDAY	Vegetable Omelette or Besan Chilla – protein-packed.	One-Pot Khichdi – soothing and easy on digestion.	Bread Pizza on Tawa – fun meal after classes.
WEDNESDAY	Curd Rice – cool and refreshing breakfast.	Chapati Roll (Stuffed Wrap) – carry-friendly meal.	Maggi 2.0 with veggies and egg – study-time dinner.
THURSDAY	Toast + Fruit or Oats Bowl – simple & quick.	Quick Pasta with Veggies – carbs for long study hours.	Vegetable Khichdi – one-pot comfort food.
FRIDAY	Bread Pizza or Sandwich – weekend vibe breakfast.	Paneer Wrap or Egg Roll – on-the-go lunch.	Fried Rice + Salad – fast yet balanced dinner.
SATURDAY	Vegetable Maggi – fun weekend breakfast.	Poha + Curd – light and refreshing.	Chicken or Paneer Stir Fry with Rice – weekend dinner.
SUNDAY	Besan Chilla + Tea – easy Sunday start.	One-Pot Rice Bowl with veggies – wholesome lunch.	Pasta or Maggi Fusion Bowl – treat-yourself dinner.

Student Tips:

- **Plan ahead:** Pre-chop veggies every 2–3 days and store in fridge.
- **Reuse smartly:** Leftover rice → Fried Rice or Curd Rice next day.
- **Add proteins:** Eggs, paneer, or lentils boost energy and focus.
- **Keep spice simple:** Use basic salt, pepper, and turmeric to save time.