QUIETLY PLANNED

Weekly Indian Meal Planner

Map out meals and tiffins, then write one grocery list.

WEEK OF _____ USE FIRST _____

DAY	BREAKFAST	LUNCH / TIFFIN	DINNER
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Kirana list

Pantry staples, dals, grains and spices

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Sabzi & fresh list

Vegetables, fruit, dairy and herbs

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Prep ahead

_____

_____

_____

Explore the full 37-page planner