

30-Day No-Repeat Tiffin Calendar

A month of Indian veg tiffins, nothing repeated.
Tick as you go · reshuffle the squares to suit your week.

Sunday, 10 minutes: ☐ Knead 2–3 days of paratha / thepla dough ☐ Soak or buy idli–dosa batter ☐ Roast a jar of peanuts & makhana ☐ Boil & refrigerate a few potatoes

Week 1	Week 2	Week 3	Week 4	Week 5
1 Aloo paratha + curd + grapes ☐	7 Lemon rice + papad + carrot ☐	13 Veg pulao + raita ☐	19 Stuffed paratha, methi/palak + curd ☐	25 Chapati roll, paneer & veg + orange ☐
2 Veg fried rice + cucumber ☐	8 Methi thepla + curd + orange ☐	14 Paneer bhurji kathi roll + cucumber ☐	20 Savoury veg dalia + banana ☐	26 Sabudana khichdi + peanuts ☐
3 Idli, podi & ghee + banana ☐	9 Mild veg pasta + sweet corn ☐	15 Rava idli + chutney + grapes ☐	21 Paneer fried rice + cucumber ☐	27 Veg cutlet / tikki + grapes ☐
4 Besan cheela roll + apple ☐	10 Vegetable upma + dates ☐	16 Grilled veg-cheese sandwich + apple ☐	22 Moong dal chilla + chutney + apple ☐	28 Jeera rice + dal + papad ☐
5 Vegetable poha + peanuts ☐	11 Curd rice + pomegranate ☐	17 Tomato sevai + peanuts ☐	23 Veg hakka noodles + carrot ☐	29 Bread upma + apple ☐
6 Paneer paratha + boondi raita ☐	12 Mini dosa + coconut chutney ☐	18 Macaroni, mild masala + corn ☐	24 Mini uttapam + chutney ☐	30 Veg frankie / wrap + cucumber ☐