

The Quick Meals 4-Week Menu

A structured breakfast, lunch and dinner plan curated across four weeks — built for balance, variety and everyday freshness.

INCLUDED IN THIS GUIDE

[Week 1](#)[Week 2](#)[Week 3](#)[Week 4](#)

DAY	BREAKFAST	LUNCH	DINNER
Monday MON	BREAKFAST Poori (4 pcs) with South Indian Potato Kurma, Rava Kesari	LUNCH Paruppu Urundai Kulambu, Vegetable Kootu and Poriyal, Papad, Butter Milk	DINNER Sambar Sadam, Papad, Pickle (or) Idli (3 pcs), Era Kaaram Chutney, Sambar
Tuesday TUE	BREAKFAST Siruthaniya Idli (5 pcs), Tomato Chutney, Sambar	LUNCH Traditional Mixed Vegetable Sambar, Rasam, Vegetable Kootu and Poriyal	DINNER Onion Uthappam (3 pcs), Karuveppilai-Malli Chutney, Sambar
Wednesday WED	BREAKFAST Ven Pongal, Coconut Chutney, Sambar, Medu Vadai	LUNCH Tomato Rice, Boiled Egg, Curd Onion, Veg Kurma	DINNER Wheat Dosa (2 pcs) with Spicy Chutney and Coconut Chutney
Thursday THU	BREAKFAST Podi Uthappam (4 pcs), Onion Chutney, Sambar	LUNCH Green Peas Kurma, Vegetable Kootu and Poriyal, Papad, Butter Milk	DINNER Chapathi, Egg Gravy, Veg Kurma
Friday FRI	BREAKFAST Veg Rava Kichadi, Coconut-Peanut Chutney, Warm Black Chana Sundal	LUNCH White Pumpkin Mor Kulambu, Paruppu Rasam, Vegetable Poriyal, Papad	DINNER Idli (5 pcs), Tomato Chutney, Sambar
Saturday SAT	BREAKFAST Chilli Chapathi, Coconut Chutney (or) Veg Kurma	LUNCH Karunai Kilangu Kulambu, Vegetable Kootu and Poriyal, Papad, Butter Milk	DINNER Chapathi (4 pcs), Chicken Kurma
Sunday SUN	BREAKFAST Karuppatti Ulundhu Kanji and Rice Flour Puttu (or) Sweet/Kara Paniyaram with Chutney and Ulundhu Paruppu Kanji	LUNCH Chicken Briyani, Curd Onion, Salna	DINNER Ghee Uthappam, White Peas Kurma

Week 1 & Week 3 follow the same weekly base menu — only the **Sunday lunch** changes (Chicken Briyani in Week 1, Fish Kulambu in Week 3).

DAY	BREAKFAST	LUNCH	DINNER
Monday MON	BREAKFAST Steamed Idiyappam with Coconut Milk (5 nos)	LUNCH White Rice with Vatha Kuzhambu, Vegetable Kootu and Poriyal, Papad, Butter Milk	DINNER Coconut Milk Rice with Black Channa Semi Gravy and Meal Maker Gravy, Idli (2 nos) with Sambar
Tuesday TUE	BREAKFAST Idli (5 nos) with Tomato Chutney and Authentic Kumbakonam Kadappa	LUNCH Veg Biryani with Boiled Egg, Curd Onion, Veg Kurma	DINNER Plain Uthappam (3 nos) with Coconut Chutney and Sambar
Wednesday WED	BREAKFAST Malli Uthappam (3 nos), Coconut Chutney with Sambar (Warm Black Channa)	LUNCH White Rice with Pasi Payaru Kuzhambu, Vegetable Kootu and Poriyal, Rasam	DINNER Adai (3 nos) with Coconut Chutney and Kumbakonam Kadappa
Thursday THU	BREAKFAST Poori (4 nos), South Indian Potato Kurma & Special Black Kuvni Sweet Pongal	LUNCH White Rice with Traditional Fish Kuzhambu, Fish Fry and Rasam	DINNER Idli (5 nos) with Malli Chutney and Sambar
Friday FRI	BREAKFAST Ven Pongal, Coconut Chutney with Vadai and Sambar	LUNCH White Rice with Drumstick Sambar, Vegetable Kootu and Poriyal, Papad, Rasam	DINNER Pasi Payaru Uthappam (3 nos) with Tomato Chutney and Sambar
Saturday SAT	BREAKFAST Idli (5 nos) with Malli Chutney and White Peas Kurma	LUNCH White Rice with White Channa, Vegetable Kootu and Poriyal, Papad, Butter Milk	DINNER Chapathi (4 nos) Veg Kurma with Egg Gravy
Sunday SUN	BREAKFAST Kambu Kool or Kappa Kool and Sweet & Kara Paniyaram with Kara Chutney	LUNCH White Rice with Chicken Kuzhambu, Chicken 65 and Rasam	DINNER Parotta (3 nos) with Chicken Kurma

Week 2 & Week 4 follow the same weekly base menu — only the **Sunday lunch** changes (Chicken Kuzhambu Rice in Week 2, Ghee Rice with Semi Chicken Gravy in Week 4).

DAY	BREAKFAST	LUNCH	DINNER
Monday MON	BREAKFAST Poori (4 pcs) with South Indian Potato Kurma, Rava Kesari	LUNCH Paruppu Urundai Kulambu, Vegetable Kootu and Poriyal, Papad, Butter Milk	DINNER Sambar Sadam, Papad, Pickle (or) Idli (3 pcs), Era Kaaram Chutney, Sambar
Tuesday TUE	BREAKFAST Siruthaniya Idli (5 pcs), Tomato Chutney, Sambar	LUNCH Traditional Mixed Vegetable Sambar, Rasam, Vegetable Kootu and Poriyal	DINNER Onion Uthappam (3 pcs), Karuveppilai-Malli Chutney, Sambar
Wednesday WED	BREAKFAST Ven Pongal, Coconut Chutney, Sambar, Medu Vadai	LUNCH Tomato Rice, Boiled Egg, Curd Onion, Veg Kurma	DINNER Wheat Dosa (2 pcs) with Spicy Chutney and Coconut Chutney
Thursday THU	BREAKFAST Podi Uthappam (4 pcs), Onion Chutney, Sambar	LUNCH Green Peas Kurma, Vegetable Kootu and Poriyal, Papad, Butter Milk	DINNER Chapathi, Egg Gravy, Veg Kurma
Friday FRI	BREAKFAST Veg Rava Kichadi, Coconut-Peanut Chutney, Warm Black Chana Sundal	LUNCH White Pumpkin Mor Kulambu, Paruppu Rasam, Vegetable Poriyal, Papad	DINNER Idli (5 pcs), Tomato Chutney, Sambar
Saturday SAT	BREAKFAST Chilli Chapathi, Coconut Chutney (or) Veg Kurma	LUNCH Karunai Kilangu Kulambu, Vegetable Kootu and Poriyal, Papad, Butter Milk	DINNER Chapathi (4 pcs), Chicken Kurma
Sunday SUN	BREAKFAST Karuppatti Ulundhu Kanji and Rice Flour Puttu (or) Sweet/Kara Paniyaram with Chutney and Ulundhu Paruppu Kanji	LUNCH Fish Kulambu, Fish Fry, Rasam	DINNER Ghee Uthappam, White Peas Kurma

Week 1 & Week 3 follow the same weekly base menu — only the **Sunday lunch** changes (Chicken Briyani in Week 1, Fish Kulambu in Week 3).

DAY	BREAKFAST	LUNCH	DINNER
Monday MON	BREAKFAST Steamed Idiyappam with Coconut Milk (5 nos)	LUNCH White Rice with Vatha Kuzhambu, Vegetable Kootu and Poriyal, Papad, Butter Milk	DINNER Coconut Milk Rice with Black Channa Semi Gravy and Meal Maker Gravy, Idli (2 nos) with Sambar
Tuesday TUE	BREAKFAST Idli (5 nos) with Tomato Chutney and Authentic Kumbakonam Kadappa	LUNCH Veg Biryani with Boiled Egg, Curd Onion, Veg Kurma	DINNER Plain Uthappam (3 nos) with Coconut Chutney and Sambar
Wednesday WED	BREAKFAST Malli Uthappam (3 nos), Coconut Chutney with Sambar (Warm Black Channa)	LUNCH White Rice with Pasi Payaru Kuzhambu, Vegetable Kootu and Poriyal, Rasam	DINNER Adai (3 nos) with Coconut Chutney and Kumbakonam Kadappa
Thursday THU	BREAKFAST Poori (4 nos), South Indian Potato Kurma & Special Black Kuvni Sweet Pongal	LUNCH White Rice with Traditional Fish Kuzhambu, Fish Fry and Rasam	DINNER Idli (5 nos) with Malli Chutney and Sambar
Friday FRI	BREAKFAST Ven Pongal, Coconut Chutney with Vadai and Sambar	LUNCH White Rice with Drumstick Sambar, Vegetable Kootu and Poriyal, Papad, Rasam	DINNER Pasi Payaru Uthappam (3 nos) with Tomato Chutney and Sambar
Saturday SAT	BREAKFAST Idli (5 nos) with Malli Chutney and White Peas Kurma	LUNCH White Rice with White Channa, Vegetable Kootu and Poriyal, Papad, Butter Milk	DINNER Chapathi (4 nos) Veg Kurma with Egg Gravy
Sunday SUN	BREAKFAST Kambu Kool or Kappa Kool and Sweet & Kara Paniyaram with Kara Chutney	LUNCH Ghee Rice with Semi Chicken Gravy, Papad	DINNER Parotta (3 nos) with Chicken Kurma

Week 2 & Week 4 follow the same weekly base menu — only the **Sunday lunch** changes (Chicken Kuzhambu Rice in Week 2, Ghee Rice with Semi Chicken Gravy in Week 4).