

5 DAY OFFICE LUNCH BOX IDEAS

DAY
01

**Jeera Rice, Raita, Matar
Paneer**

Snack : Veggie Sticks with
Hummus & Papaya+ blueberry

DAY
02

**Pasta, Beetroot and goat
cheese salad**

Snack: Banana & Grapes

DAY
03

**Egg Curry, Jeera rice,
cucumber, yogurt**

Snacks: Sprout Chaat + Banana

DAY
04

**Pasta and Herbed Roasted
Vegetables**

Snack: Orange + Grapes

DAY
05

**Mix Veg Pulao, Veggie Sticks,
yogurt**

Snack: Boiled egg, Apple

