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FREE PREVIEW

Monthly Menu & Grocery Planner

Decide what to cook once a month: plan breakfast, lunch and dinner for every date from your own dish list, mark tiffin meals, catch dishes repeated within a week, and turn the plan into a grocery list with quantities, cost and budget.

What the full file has

Dishes: Your family's dishes.

Menu: One row per date.

Grocery List: Monthly quantities and cost.

Summary: Menu variety and grocery budget.

Free 3-page preview: the next pages show the sample file exactly as it looks in Excel and Google Sheets.

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Get the full Monthly Menu & Grocery Planner

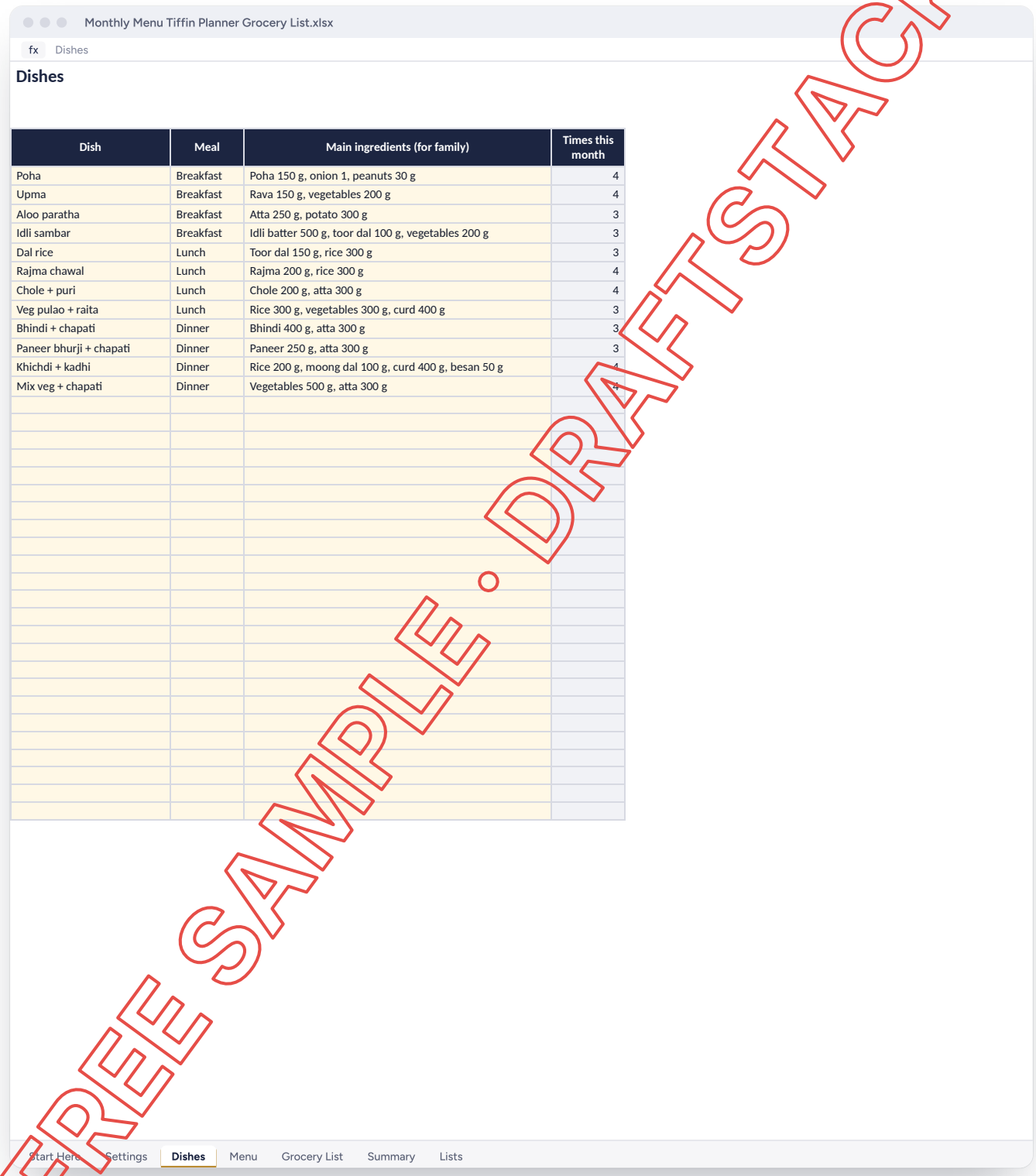
Blank file for your own data plus the sample file. Works in Excel, Google Sheets and WPS Office.

Buy the full product

FREE SAMPLE ONLY · This is not the real product.
Buy the full product to use it: draftstack.in/product/monthly-menu-tiffin-planner-grocery-list

Dishes

Your family's dishes.


Monthly Menu Tiffin Planner Grocery List.xlsx

fx Dishes

Dishes

Dish	Meal	Main ingredients (for family)	Times this month
Poha	Breakfast	Poha 150 g, onion 1, peanuts 30 g	4
Upma	Breakfast	Rava 150 g, vegetables 200 g	4
Aloo paratha	Breakfast	Atta 250 g, potato 300 g	3
Idli sambar	Breakfast	Idli batter 500 g, toor dal 100 g, vegetables 200 g	3
Dal rice	Lunch	Toor dal 150 g, rice 300 g	3
Rajma chawal	Lunch	Rajma 200 g, rice 300 g	4
Chole + puri	Lunch	Chole 200 g, atta 300 g	4
Veg pulao + raita	Lunch	Rice 300 g, vegetables 300 g, curd 400 g	3
Bhindi + chapati	Dinner	Bhindi 400 g, atta 300 g	3
Paneer bhurji + chapati	Dinner	Paneer 250 g, atta 300 g	3
Khichdi + kadhi	Dinner	Rice 200 g, moong dal 100 g, curd 400 g, besan 50 g	4
Mix veg + chapati	Dinner	Vegetables 500 g, atta 300 g	4

Start Here | Settings | Dishes | Menu | Grocery List | Summary | Lists

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Summary

Menu variety and grocery budget.



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