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THE EVERYDAY TIFFIN GUIDE

I've lived those rushed mornings too - hungry by 11am, irritable and reaching for chai to stay steady.

It was never a discipline problem. It was nourishment missing.

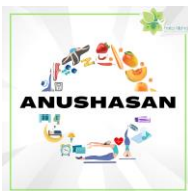
This guide is for days when you want food to be simple, real, doable and still support your mind, hormones and energy.

10-Min Breakfast & Tiffin Ideas

Meal Idea	Quick Method	Protein Boost	Fibre Boost
Moong Dal Chilla	Keep batter for 3 days	Add paneer / egg	Add grated vegetables
Poha	Use frozen peas	Add peanuts / sprouts	Carrot + lemon
Curd Rice	Mix & pack	Roasted chana dal powder	Cucumber + sesame
Besan Omelette	Whisk & cook	Add 2 tbsp curd and paneer	Spinach + onion + sesame seeds
Oats + Peanuts Bowl	Cook soft	Add curd / 1 egg	Cucumber + coriander

Quick Tiffin Lunches

Tiffin Idea	How to Pack	Why It Works
Veg Pulao (Leftover Rice)	Toss rice + veggies + haldi + ghee	Saves time + stable energy
Roti Wrap	Roti + bhaji + paneer/egg/chana	Portable & filling
Khichdi Bowl	Moong + rice + ajwain + ghee	Gut-friendly + balanced



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Dal + Rice + Cucumber	Cook dal 2 days ahead	Simple + nourishing
Chana/Peanut Sundal + Fruit	Boil once, season daily	High fibre + satiety

Make Any Meal More Wholesome

Add 1 Protein:

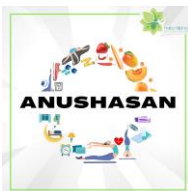
- 1 egg
- 2 tbsp peanuts
- ½ cup curd
- ½ cup paneer/ tofu or soya
- ½ cup sprouts
- 2 tbsp roasted chana dal powder
- Cooked chickpeas/ moong / rajma or bean salad

Add 1 Raw Crunchy Veg Or a stir fry

- Cucumber
- Carrot
- Cabbage
- Tomato

Meal Prep Hacks

Hack	What to Do	Why
Base Batter Prep	Make moong dal or besan batter for 3 days	Instant breakfast
Boil in Bulk	Boil peanuts / chana / moong /lobia / eggs every 3 days	Protein becomes easy
Chop Once, Use 3 Days	Store cut cucumber/capsicum/carrot	Quick add-ons reduce stress
One Spice Mix	Roast + grind jeera/dhaniya/sesame	Flavor = consistency



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Example 3-Day Tiffin Plan

Day	Meal Idea
Day 1	Moong dal chilla + chutney + cucumber sticks
Day 2	Roti wrap with paneer + carrot salad
Day 3	Poha with peanuts + ½ cup curd + fruit

Cooked Portion Protein Reference

Food	Cooked Portion	Protein (approx)
Dal (any)	1 cup cooked	7 g
Chana/Chickpeas	1 cup cooked	14 g
Rajma	1 cup cooked	13 g
Tofu	100 g	8–10 g
Paneer	100 g	14 g
Curd	1 cup	8 g
Egg	1 large	6 g
Chicken (cooked)	100 g	27 g
Fish (cooked)	100 g	22 g
Peanuts	2 tbsp	5–6 g