



NOT YOUR BASIC MEALPREP

WWW.JUSTGUILTY.COM

30% PROTEIN, 30% CARB, 40% FAT

3RD FEB - 14TH FEB

BALANCED MEAL PREP

VEG

(YOU CAN REPLACE PANEER WITH EGGS/VEGGIES)
150 GRAMS PANEER IN EACH MEAL PREP

MONDAY

LUNCH + DINNER

Butter paneer + steamed rice + pulses

Protein dal + chapatti + spicy soya

TUESDAY

LUNCH + DINNER

Italian pulses gravy + rice

Steak soya cubes + smoked noodles

WEDNESDAY

LUNCH + DINNER

Paneer pot pie + creamy mac + pulses

Jalapeno veggies + flavoured rice + pulses

THURSDAY

LUNCH + DINNER

Soya pancit + veg pasta + pulses

Coconut paneer curry + steamed rice + pulses

FRIDAY

LUNCH + DINNER

Korean soya + fried rice + pulses

Chili garlic eggs + veg pasta

IG -@justguiltymealpreps

FB -@ justguilty

TO ORDER CALL - +91 7619532625



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BALANCED MEAL PREP

NON VEG

150 GRAMS CHICKEN IN EACH MEAL PREP

MONDAY

LUNCH + DINNER

Butter chicken + steamed rice + pulses
Protein dal + chapatti + spicy eggs

TUESDAY

LUNCH + DINNER

Italian pulses gravy + rice + eggs
Steak chicken cubes + smoked noodles

WEDNESDAY

LUNCH + DINNER

Chicken pot pie + creamy mac + pulses
Jalapeno eggs + flavoured rice + pulses

THURSDAY

LUNCH + DINNER

Egg pancit + veg pasta + pulses
Coconut chicken curry + steamed rice +
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