TASTYTYKES FREE PRINTABLE GUIDE

7-Day Kids School Tiffin & Breakfast Planner

14 Wholesome, Toddler-Tested Desi Meals with Under 15-Minute Morning Workflows

Official Digital Resource • TastyTykes.com

DAY	QUICK BREAKFAST (10 MINS)	SCHOOL TIFFIN (SPILL-PROOF)	MOM'S SPEED TIP
MON	Suji Veggie Upma Tempered with mustard & soft carrots	Paneer Bhurji Paratha Roll + Sweet fresh apple slices	Quick Hack: Grate paneer on Sunday night; takes 6 mins to roll.
TUE	Moong Dal Chilla Protein-rich crepe with mild curd dip	Mini Ghee Podi Idlis + Crisp cucumber coins & coconut dip	Quick Hack: Steam bite-sized idlis; toss in ghee so they stay soft.
WED	Peanut & Pea Poha Light, iron-packed flattened rice	Spinach & Cheese Pinwheel Roti + Crunchy baby carrot sticks	Quick Hack: Roll roti with cheese & spinach puree; slice into fun coins.
THU	Banana Oats Pancakes Naturally sweet with jaggery & cardamom	Methi Thepla Roll + Aloo bhujia sprinkle & fresh banana	Quick Hack: Theplas stay soft for 12+ hours without refrigeration.
FRI	Besan Veggie Toast Savory egg-free golden pan toast	Sweet Corn Veggie Pulao + Fresh seedless grapes	Quick Hack: Toss leftover dinner in rice with sweet corn 5 mins.
SAT	Masala Paneer Scramble On warm whole wheat toast slices	Paneer Frankie Roll + Roasted makhana & almond mix	Quick Hack: Wrap roll tightly in to parchment paper avoid sogginess.
SUN	Fluffy Veggie Appe Golden paniyaram with mint dip	Whole Wheat Veggie Macaroni Packed with hidden veggie tomato sauce	Quick Hack: Puree boiled carrots into the sauce for secret nutrition!

PRO TIP: Let hot parathas cool on a rack for 3 minutes before packing to avoid soggy condensation in lunchboxes!

15-Minute Morning Workflow & Master Grocery List

The exact Sunday prep secrets that save 45 minutes every morning • Printable Sheet

THE 3 GOLDEN RULES OF SPEED TIFFIN PREP

1. Sunday 15-Minute Chop

Wash and finely chop capsicum, carrots, onions, and boil 4 potatoes. Store in airtight glass containers with a dry paper towel. Keeps fresh for 5 days.

2. The 3-Compartment Bento Law

Every box needs: 1 Main Carb + Protein (Paratha/Idli), 1 Fresh Crunch (Cucumber coins or Apple wedges), and 1 Energy Treat (Roasted Makhana or Raisins).

3. Zero-Sogginess Cooling Rule

Never wrap piping-hot parathas directly in aluminum foil. Cool on a plate for 2 minutes, then wrap in paper parchment to maintain crisp, soft texture.

PRINTABLE WEEKLY GROCERY CHECKLIST

Fresh Produce

- [ ] Spinach / Palak (1 bunch)
- [ ] Carrots (500g)
- [ ] Capsicum / Bell Peppers (2)
- [ ] Potatoes (1 kg)
- [ ] Sweet Corn (1 cup)
- [ ] Fresh Coriander & Curry Leaves
- [ ] Apples & Bananas (1 dozen)
- [ ] Seedless Sweet Grapes (250g)

Dairy & Protein

- [ ] Fresh Malai Paneer (400g)
- [ ] Pure Desi Ghee (for parathas)
- [ ] Fresh Thick Curd / Dahi (500g)
- [ ] Cheese Slices or Block
- [ ] Milk (for pancakes & smoothies)
- [ ] Eggs (Optional, for scramble)

Flours & Grains

- [ ] Chakki Whole Wheat Atta
- [ ] Fine Roasted Suji / Rava
- [ ] Yellow Moong Dal (500g)
- [ ] Thick Poha / Flattened Rice
- [ ] Rolled Oats (500g)
- [ ] Besan / Gram Flour

Pantry & Crunch

- [ ] Foxnuts / Roasted Makhana
- [ ] Raw Peanuts (for poha)
- [ ] Almonds, Walnuts & Raisins
- [ ] Organic Jaggery / Shakkar
- [ ] White Idli Podi Masala
- [ ] Parchment Wrapping Paper

Want Full Step-by-Step Cooking Guides & Videos?

Visit TastyTykes.com for quick search by ingredient, timers, and printable cards.

https://tastytykes.com • Follow on Pinterest: pinterest.com/tastytykes