



ALOT KITCHEN

CONTEMPORARY WEEKLY MEAL COLLECTION

NORTH INDIAN COLLECTION

PRIME + SAVER | 6 PACKAGES

Prime Flexitarian

Prime Pro Flexitarian

Prime Vegetarian



PRIME FLEXITARIAN

NORTH INDIAN / WEEKLY MEAL PLAN

BREAKFAST / LUNCH / DINNER



BREAKFAST_{MON-SAT}

MON	Dhokla / Green Chutney / Sweet Chutney
TUE	Poha / Green Chutney / Sweet Chutney
WED	Chapati / Black Chana
THU	Pav / White Chana
FRI	Chicken Macaroni (<i>week 1</i>) Veg Macaroni / Salna (<i>week 2 & 4</i>) Egg Macaroni / Salna (<i>week 3</i>)
SAT	Chapati / Veg Korma

LUNCH_{MON-SAT}

MON	Rice / Dal Curry / Chicken Fry / Carrot Raita / Pickle / Papad (<i>week 1 & 3</i>) Rice / Chicken Curry / Carrot Raita / Pickle / Papad (<i>week 2 & 4</i>)
TUE	Barik Rice / Mix Veg Curry (N) / Raita / Aloo Jeera (N) / Pickle
WED	Special Rice / Egg Tikka Masala (N) / Tadka Raita
THU	Barik Rice / Dal Gravy (N) / Curd / Cumin Raita / Egg Fry / Pickle
FRI	Chicken Biryani (<i>week 1 & 2</i>) Malabar Chicken Dum Biryani (<i>week 3</i>) Ambur Chicken Biryani / (Boiled Egg / Carrot Cucumber Raita / Pickle / Sweets) (<i>week 4</i>)
SAT	Barik Rice / Soya Chukka (N) / Mint Raita / Pickle

DINNER_{MON-SAT}

MON	Roti / Sausage Curry / Salad (<i>week 1 & 3</i>) Roti / Chicken Xacuti / Salad (<i>week 2 & 4</i>)
TUE	Kulcha (2) / White Chana Curry / Salad (<i>week 1 & 3</i>) Bhatura / White Chana Curry / Salad (<i>week 2 & 4</i>)
WED	Porotta (2) / Egg Stew / Salad (<i>week 1 & 3</i>) Puri / Egg Korma / Salad (<i>week 2 & 4</i>)
THU	Chapati (3) / Veg Curry / Salad (<i>week 1 & 3</i>) Chapati (3) / Shahi Chicken Kofta / Salad (<i>week 2 & 4</i>)
FRI	Half Barik Rice / Chapati (2) / Bhurji Curry / Salad
SAT	Special Pulao / Gravy (<i>week 1</i>) Chicken Kabsa / Salsa (<i>week 2</i>) Chicken Mandhi / Salsa (<i>week 3</i>) Ghee Rice / Mushroom Curry / Vinegar Salad (<i>week 4</i>)

PACKAGE PRICING

Breakfast

DHS 180

Breakfast + Dinner

DHS 370

Tiffin Lunch / Lunch

DHS 220

Tiffin Lunch / Lunch + Dinner

DHS 370

Dinner

DHS 220

Breakfast + Tiffin Lunch / Lunch + Dinner

DHS 480

Breakfast + Tiffin Lunch / Lunch

DHS 370



PRIME PRO FLEXITARIAN

NORTH INDIAN / WEEKLY MEAL PLAN

BREAKFAST / LUNCH / DINNER



BREAKFAST^{MON-SAT}

MON	Dhokla / Chicken Salna / Chutney
TUE	Poha / Green Chutney / Sweet Chutney / Boiled Egg
WED	Chapati / Black Chana / Boiled Egg
THU	Pav / White Chana / Onion Chop / Lemon
FRI	Chicken Macaroni (<i>week 1</i>) Veg Macaroni / Salna (<i>week 2 & 4</i>) Egg Macaroni / Salna (<i>week 3</i>)
SAT	Chapati / Egg Do Pyaza

LUNCH^{MON-SAT}

MON	Rice / Dal Curry / Chicken Fry / Carrot Raita / Pickle / Papad (<i>week 1 & 3</i>) Rice / Chicken Curry / Carrot Raita / Pickle / Papad (<i>week 2 & 4</i>)
TUE	Barik Rice / Chicken Curry (N) / Raita / Aloo Jeera (N) / Pickle
WED	Special Rice / Egg Tikka Masala (N) / Chicken Fry / Tadka Raita
THU	Barik Rice / Dal Gravy (N) / Curd / Cumin Raita / Egg Fry / Pickle
FRI	Chicken Biryani (<i>week 1 & 2</i>) Malabar Chicken Dum Biryani (<i>week 3</i>) Ambur Chicken Biryani / (Boiled Egg / Carrot Cucumber Raita / Pickle / Sweets) (<i>week 4</i>)
SAT	Barik Rice / Soya Chukka (N) / Mint Raita / Pickle

DINNER^{MON-SAT}

MON	Roti / Sausage Curry / Salad (<i>week 1 & 3</i>) Roti / Chicken Xacuti / Salad (<i>week 2 & 4</i>)
TUE	Kulcha (2) / White Chana Curry / Salad (<i>week 1 & 3</i>) Bhatura / White Chana Curry / Salad (<i>week 2 & 4</i>)
WED	Porotta (2) / Egg Stew / Salad (<i>week 1 & 3</i>) Puri / Egg Korma / Salad (<i>week 2 & 4</i>)
THU	Chapati (3) / Shahi Chicken Kofta / Salad
FRI	Half Barik Rice / Chapati (2) / Bhurji Curry / Moong Dal / Salad
SAT	Special Pulao / Gravy (<i>week 1</i>) Chicken Kabsa / Salsa (<i>week 2</i>) Chicken Mandhi / Salsa (<i>week 3</i>) Ghee Rice / Mushroom Curry / Vinegar Salad (<i>week 4</i>)

PACKAGE PRICING

Breakfast	DHS 220	Breakfast + Dinner	DHS 480
Tiffin Lunch / Lunch	DHS 270	Tiffin Lunch / Lunch + Dinner	DHS 480
Dinner	DHS 270	Breakfast + Tiffin Lunch / Lunch + Dinner	DHS 600
Breakfast + Tiffin Lunch / Lunch	DHS 480		



PRIME VEGETARIAN

NORTH INDIAN / WEEKLY MEAL PLAN

BREAKFAST / LUNCH / DINNER



BREAKFAST^{MON-SAT}

MON	Dhokla / Green Chutney / Sweet Chutney
TUE	Poha / Green Chutney / Sweet Chutney
WED	Chapati / Black Chana
THU	Pav / White Chana / Onion Chop / Lemon
FRI	Veg Macaroni / Veg Salna
SAT	Chapati / Veg Korma

LUNCH^{MON-SAT}

MON	Rice / Dal Curry / Gobi Fry / Carrot Raita / Pickle / Papad (<i>week 1 & 3</i>) Rice / Mushroom Curry / Carrot Raita / Pickle / Papad (<i>week 2 & 4</i>)
TUE	Barik Rice / Mix Veg Curry (N) / Raita / Aloo Jeera (N) / Pickle
WED	Special Rice / Chole Tikka Masala (N) / Tadka Raita
THU	Barik Rice / Dal Gravy (N) / Curd / Cumin Raita / Ivy Gourd Fry (N) / Pickle
FRI	Veg Biryani / Gobi Fry / Carrot Cucumber Raita / Pickle / Sweets
SAT	Barik Rice / Soya Chukka (N) / Bhindi Fry / Mint Raita / Pickle

DINNER^{MON-SAT}

MON	Roti / Green Peas Curry / Dal Fry / Salad
TUE	Kulcha (2) / White Chana Curry / Salad (<i>week 1 & 3</i>) Bhatura / White Chana Curry / Salad (<i>week 2 & 4</i>)
WED	Porotta (2) / Veg Korma / Dal Fry / Salad (<i>week 1 & 3</i>) Puri / Veg Korma / Dal Fry / Salad (<i>week 2 & 4</i>)
THU	Chapati (3) / Veg Curry / Dal / Salad
FRI	Half Barik Rice / Chapati (2) / Subzi / Moong Dal / Pickle / Salad
SAT	Veg Special Pulao / Gravy (<i>week 1 & 3</i>) Veg Maqluba / Salsa (<i>week 2 & 3</i>) Ghee Rice / Mushroom Curry / Vinegar Salad (<i>week 4</i>)

PACKAGE PRICING

Breakfast

DHS 220

Breakfast + Dinner

DHS 480

Tiffin Lunch / Lunch

DHS 270

Tiffin Lunch / Lunch + Dinner

DHS 480

Dinner

DHS 270

Breakfast + Tiffin Lunch / Lunch + Dinner

DHS 600

Breakfast + Tiffin Lunch / Lunch

DHS 480