

**PUNE, IT'S TIME TO
START LOOKING FORWARD
TO YOUR MEALS!**



HEALTH

- The freshest ingredients
- Minimal oil and spice, maximum flavor
- Diet designed by our in-house nutritionist



HYGIENE

- Highest standards of hygiene
- Daily Sanitation and cleanliness checks
- Premium packaging & contactless delivery



HAPPINESS

- What's for Lunch today? a surprise
- The comfort of a home-cooked meal
- Recipes inherited from our grandmothers

घर कि याद

“ Homely Meals was born when my search for a simple, healthy dabba that came from a hygienic, professionally managed kitchen led me nowhere. Should getting a wholesome, homemade Indian meal delivered at one's doorsteps every day, without worrying about hygiene be this hard? We didn't think so, and Homely Meals was born. Every meal is prepared with the greatest care and love to make you feel like it was cooked in your mother's kitchen.

Ranjit Sawhney
Founder, homely meals

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घरवाली
FEELING

घर कि याद

“ An average Indian adult needs approx—45 gms of protein, 90 gms of carbs, and 20 gms of fats in one meal. We can easily get this through regular, home-cooked food as long as we measure and choose the right ingredients. At homely meals, we ensure you have a balanced diet, pick the most nutritious seasonal vegetables and top-quality grains and pulses, and cook using methods that preserve nutrition. All with one clear goal - to build your immunity through a complete meal.

”

Disha Jain
Certified Nutritionist



घरवाली
FEELING

घर का स्वाद!

An exciting surprise combo everyday!

Nutrition balanced by our expert

Taste tested by our moms. 



SrNo.	Dal / Curry	Sabji 1	Sabji 2	Calories	Carbs (g)	Protein(g)	Fats(g)
1	Dal Tadka	Cabbage	Carrot Peas	521	82.7	17	14.2
2	Kadi Pakora	Mixed Vegetables	Chole	652	95.3	19.1	22.6
3	Rajma	Aloo Gobi	Hara Moong	616	110.8	23.1	9.5
4	Palak Dal	Channa Masala	Aloo Baigan	683	104.1	21.1	21.8
5	Sambar	Beetroot Thoran	Stuffed Tendli	650	85.3	21	26
6	Varan	Soya (Nutrinuggget)	Bhari hui Shimla Mirch	623	94.6	24.1	18.2
7	Dal fry	Bhari hui Bhindi	Matki Usal	672	98.9	20.8	21.8
8	Dal Fry	Shepu Dal Ke Sabji	Baigan Ka Bhartha	668	101.3	20.4	20.6
9	Gujrati Curry	Kurkure Bhindi	Dry aloo matar	613	91.2	17.2	20.9
10	Dal Tadka	Bharwa Karela	Mooli Ki Sabji	567	90.4	17.4	15.7
11	Dal Tadka	Beans Toran	Dum aloo	649	110	20.6	14.6
12	Gatta Curry	Arbi	Baby corn Jalfrezi	599	93.9	17	18
13	Maa Ki Daal	Khatta mitta Kaddu	Torai	568	93.1	19.5	15
14	Rajma	Sukhe Mattar	Methi Aloo	631	104.1	21.2	15.1
15	Masoor Ki Dal	Mooli Ki Sabji	Parval	688	111.5	23.7	18.2
16	Black Channa Curry	Tamdi Bhaji (Amarnath Leaves)	Fry Arbi	683	111.4	18.3	18.8
17	Lobia Curry	Bhari hui Jodhpuri Mirch	Shalgam Ki Sabji	577	92.1	17.6	16.9
18	Dal Fry	Dill ki sabji	Kathal Ki Sabji	670	93.6	21.2	23.7
19	Dal Tadka	Sehjan (Moringa) Ki sabji	Surti Papdi	593	86.4	17.7	19.6
20	Dal Tadka	Sweet Potato	Green Peas Masala	554	104.5	18.6	7.4
21	Moong Ki Dal	Tinde Ki Sabji	Baby corn stir fry	691	120.2	28.9	10.9
22	Tamatar Mutter Curry	Borcolli Butter Garlic	Besan wali Simla Mirch	631	93.8	19.6	21.7
23	Maa Ki Daal	Muli Ke Patto Ki Sabji	Kadoon Ki Kofte	593	59.4	25.7	29.3
24	Aloo Mattar	Palak Paneer	Bhindi Fry	717	93.3	20	31
25	Dal Tadka	Baigan Ka Bhartha	Kamal Kakdi	728	117.6	22.5	19.1

When you opt for a non-veg option, the dal/curry is replaced with a chicken or egg dish.

Every combo is served with 3 phulkas/parathas/chapatis, a bowl of steamed/jeera rice or peas pulao, and a side of salad/raita/dahi vade.



PACKAGING QUALITY

घर कि याद

घर का स्वाद!



भरवाली
FEELING

घर कि याद

Each meal box comes secured in 100 mm waterproof plastic cover, with a corrugated box inside, which carries spill proof and microwave friendly food containers.

भरवाली
FEELING



NOW SERVING AREAS

Kalyani Nagar

Wadgaon Sheri

Vishrant Wadi

Camp

Yerwada

Kharadi

Lohegaon

B.T Kawade Rd.

Koregaon Park

Bund Garden Rd.

Mundhwa

Nagar Road


Viman Nagar

Tingre Nagar

Ghorpadi

*Terms

- Minimum Subscription Period 6 days
- Prepaid Subscription
- Operational – Monday to Saturday
- Service – Lunch and Dinner
- Delivery time: Lunch (11:30 am to 1:00 pm) & Dinner (7:00 pm to 9:00 pm)

 To know more or order: **9850044744**

 Order online: **homelymeals.co/order**