



Millet Mothers

Learn • Cook • Earn



MBF MILLET MOTHERS

Healthy Lunches. Better Nutrition.

Millet-Powered Living.

One Healthy Lunch Can Change Your Life

**Are you Eating the Same
Rice-Based Meals Every Day?**

- Low Energy After Meals?
- Repetitive Food Habits?
- Lack of Nutritional Variety?
- Difficulty Maintaining a Healthy Lifestyle?



One Meal in Every Three Meals a Day Should be Replaced with Millet Meal

- ✓ Freshly Prepared Daily
- ✓ No Maida
- ✓ No Preservatives
- ✓ Multiple Millet Varieties

- ✓ Protein Diversity
- ✓ Rice Diversity
- ✓ Daily Millet Boost Beverage

Rice Diversity

Unpolished White Rice, Black Rice and Brown Rice.

Protein Diversity

Paneer, Mushroom, Soya, Chicken, Egg and Fish.

Millet Diversity

Kodo, Little, Foxtail and Barnyard Millets.

Daily Millet Boost Included

GUT-CALM – Digestive Wellness

IRON-RISE – Energy & Iron Support

HEART-BEAT – Active Lifestyle Support

BLOOD-GUARD – Metabolic Wellness Support

Why Customers Love Us

- ✓ Fresh Daily Preparation
- ✓ Better Food Variety
- ✓ Rotating Weekly Menus
- ✓ Balanced Nutrition
- ✓ Convenient Subscription Plans
- ✓ Suitable for Long-Term Healthy Living

PLANS & PRICING

Subscribe Monthly & Save 35%

Plan	Daily Price	Regular Monthly Value	Subscription Price
KLF Premium	₹318	₹6,360	₹4,134
BLF Premium	₹251	₹5,020	₹3,263
KLF Power Thali	₹372	₹7,440	₹4,836
BLF Power Thali	₹305	₹6,100	₹3,965
KLF Harvest Thali	₹359	₹7,180	₹4,667
BLF Harvest Thali	₹291	₹5,820	₹3,783

Every Subscription Includes

- 20 Fresh Millet Lunches
- Rotating Weekly Menus
- No Maida
- 20 Millet Boost Beverages
- Fresh Daily Preparation
- No Preservatives

KLF Harvest Thali (Vegetarian)



Monday

1. Curd Rice
2. Kadambhug
3. Green Leaf Curry (Palak)
4. Unpolished White Rice
5. Apple Dessert



Tuesday

1. Unpolished White Rice
2. Ragi Roti (2)
3. Curd Rice
4. Paneer Curry
5. Paramannam



Wednesday

1. Mashroom Curry
2. Mexican Corn & Palak Rice
3. Black Rice
4. Pulihora
5. Curd Rice



Thursday

1. Curd Rice
2. Multi Grain Roti (2)
3. Vegetable Curry
4. Brown Rice
5. Strawberry Dessert



Friday

1. Brown Rice
2. Pudina Rice
3. Curd Rice
4. Soya Bean Curry
5. Kesar Bath

KLF Power Thali (Non-Vegetarian)



Monday

1. Curd Rice
2. Kadambhug
3. Green Leaf Curry (Palak)
4. Unpolished White Rice
5. Apple Dessert



Tuesday

1. Curd Rice
2. Ragi Roti (2)
3. Chicken Curry
4. Unpolished White Rice
5. Paramannam



Wednesday

1. Black Rice
2. Mexican Corn & Palak Rice
3. Egg Curry
4. Curd Rice
5. Pulihora



Thursday

1. Curd Rice
2. Multi Grain Roti(2)
3. Vegetable Curry
4. Brown Rice
5. Strawberry Dessert



Friday

1. Brown Rice
2. Pudina Rice
3. Curd Rice
4. Fish Curry
5. Kesar Bath

BLF Harvest Thali (Vegetarian)



Monday

1. Curd Rice
2. Kadambhug
3. Unpolished White Rice
4. Green Leaf Curry (Palak)



Tuesday

1. Curd Rice
2. Ragi Roti (2)
3. Paneer Curry
4. Unpolished White Rice



Wednesday

1. Curd Rice
2. Mashroom Curry
3. Pulihora
4. Black Rice



Thursday

1. Vegetable Curry
2. Mexican Corn & Palak Rice
3. Brown Rice
4. Curd Rice



Friday

1. Brown Rice
2. Multi Grain Roti (2)
3. Curd Rice
4. Soya Bean Curry

BLF Power Thali (Non-Vegetarian)



Monday

1. Curd Rice
2. Kadambhug
3. Unpolished White Rice
4. Green Leaf Curry (Palak)



Tuesday

1. Unpolished White Rice
2. Chicken Curry
3. Ragi Roti (2)
4. Curd Rice



Wednesday

1. Black Rice
2. Egg Curry
3. Pulihora
4. Curd Rice



Thursday

1. Brown Rice
2. Mexican Corn & Palak Rice
3. Curd Rice
4. Vegetable Curry



Friday

1. Brown Rice
2. Multigrain Roti (2)
3. Curd Rice
4. Fish Curry

KLF Premium (Vegetarian)



Monday

1. Kadambhug
2. Pudina Rice
3. Curd Rice
4. Apple Dessert



Tuesday

1. Curd Rice
2. Millet Curry
3. Ragi Roti (3)
4. Paramannam



Wednesday

1. Lemon Rice
2. Curd Rice
3. Mexican Corn & Palak Rice
4. Strawberry Dessert



Thursday

1. Multi Grain Roti (3)
2. Curd Rice
3. Millet Curry
4. Pulihora



Friday

1. Bisibele Bath
2. Kesar Bath
3. Curd Rice
4. Tomato Bath

BLF Premium (Vegetarian)



Monday

1. Tabbouleh Salad
2. Curd Rice
3. Kadambhug



Tuesday

1. Curd Rice
2. Millet Curry
3. Ragi Roti (4)



Wednesday

1. Curd Rice
2. Palak Salad
3. Pulihora



Thursday

1. Curd Rice
2. Tabbouleh Salad
3. Mexican Corn & Palak Rice



Friday

1. Curd Rice
2. Millet Curry
3. Multi Millet roti (4)

TRANSFORM YOUR LIFESTYLE Why Most Customers Choose Monthly Subscription

- Save Nearly 35% Every Month
- No Daily Ordering Hassle
- Consistent Healthy Eating Habit
- Fresh Lunches Every Weekday
- Better Value for Money

**Book Your Millet Lunch
Today**

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www.milletmothers.com

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