



ENERGY
MEAL
PLANS

VEGETARIAN
ASIAN FUSION
(1300kcal - 1500kcal)

MAY 3RD -MAY 10TH

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Chocolate banana overnight Oats	Tomato mint Nutrella rice	Paneer butter masala with Roti	Healthy carrot cake	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Stuffed omlette	Healthy paneer biriyani	Teriyaki tofu with rice	Fruits cup	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Flattens rice (POHA)	Rajmah curry woth Rice	Kadahi paneer with Roti	Rice cake with - peanut butter	Citrus (strawberries, orange, lemon)
THURSDAY	Banana overnights oats	Peanut butter tofu noodles	Chana masala with brown rice	Strawberry cheese cake	Iced Tea (apple, cinnamon)
FRIDAY	Stuffed potato in wheat bread	chilli Gobi fried Rice	Falafel Wrap	Blueberries Swiss roll	Watermelon Mint (watermelon, lemon, mint)
SATURDAY	Granola Bowl	Vegetables roll paratha	Chickpeas masala with chapati	Roasted nuts	Sunset. (carrot, orange, apple)
SUNDAY	Semolina with veggies	Indian style Lemon Quinoa with peas	Dal Tadka with Roti	Protein balls	Lemon mint (lemon, mint)