

VEGETARIAN
ASIAN FUSION

18th - 25th June

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Blueberries pancakes	Thai tofu noodles	Nutrela masala	Chocolate brownie	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Poha	Butter paneer with flat bread	Chickpeas kale salad	Sesame protein balls	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Vanilla chia pudding	Hot & Sour vegetables with rice	Oats crusted tofu with Kala Chana Chaat	Orange cake	Citrus (strawberries, orange, lemon)
THURSDAY	Tofu muffin	Edamame hakka noodles	Vegetables korma & flat bread	Fresh Fruits cup	Iced Tea (apple, cinnamon)
FRIDAY	Masala dosa	Paneer roll paratha	Triple beans salad	Roasted nuts	Green Morning (green apple, mint, cucumber, spinach)
SATURDAY	Strawberries oats	Mongolia nutrela with brown rice	Lentil curry with potatoes	Protein chocolate granola bar	Sunset. (carrot, orange, apple)
SUNDAY	Idli	Chana masala with quinoa	Chimichurri grilled tofu with okra salad	Cranberries oats cookies	Lemon mint (lemon, mint)