

VEGETARIAN
ASIAN FUSION

(1300kcal - 1500kcal)

6th - 12th April

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Vegetable upma	Paneer Biryani	Tofu shami kebab with mixed vegetable salad	Pineapple cake	Summer Berry (raspberries, banana, soy milk)
TUESDAY	Dosa	Paneer butter masala with bread	Mixed vegetables korma with quinoa	Chicken sliders	Banana Bliss (banana, oats, flax seeds, peanut butter, soy milk)
WEDNESDAY	Healthy banana pancakes	Sweet potato & chana chaat	Edamame fried rice	Peanut butter Nuts Bar	Tropical (mangoes, coconut, passion fruit, soy milk)
THURSDAY	Aloo paratha	Paneer chettinad with salad	Lentil curry with bulgur	Orange muffin	Strawberry Twist (soy milk, peanut butter, banana, strawberry)
FRIDAY	Berries - almonds chia pudding	Nutrela tikka with roasted potatoes	Vegetables edamame Kathi roll	Berries granola bar	Chocolate Shake (chocolate, soy milk)
SATURDAY	Flattened rice (POHA)	Rajmah with rice	Sweet chili tofu with couscous	Chocolate oats brownie	Summer Berry (raspberries, banana, soy milk)
SUNDAY	Banana protein oats porridge	Palak corn with flat bread	Paneer tikka masala with rice	Protein balls	Mango Banana (mango, banana, soy milk)