



ENERGY
MEAL
PLANS

NON VEGETARIAN
ASIAN FUSION
(1300kcal - 1500kcal)

MAY 3RD -MAY 10TH

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Chocolate banana overnight Oats	Peanut butter chicken with rice	Paneer butter masala with Roti	Healthy carrot cake	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Stuffed omlette	Healthy chicken biryani	Teriyaki tofu with rice	Fruits cup	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Flattens rice (POHA)	Chicken korma with Rice	Kadahi paneer with Roti	Rice cake with - peanut butter	Citrus (strawberries, orange, lemon)
THURSDAY	Banana overnights oats	Health chicken hakkah noodles	Chana masala with brown rice	Strawberry cheese cake	Iced Tea (apple, cinnamon)
FRIDAY	Stuffed potato in wheat bread	Chilli chicken fried rice	Fish chettinad with Roti	Blueberries Swiss roll	Watermelon Mint (watermelon, lemon, mint)
SATURDAY	Granola Bowl	Chicken kungpao	Chickpeas masala with chapati	Roasted nuts	Sunset. (carrot, orange, apple)
SUNDAY	Semolina with veggies	Chicken Katai with flat bread	Dal Tadka with Roti	Protein balls	Lemon mint (lemon, mint)