



ENERGY
MEAL
PLANS

NON VEGETARIAN
ASIAN FUSION
(1300kcal - 1500kcal)

13th - 19th Oct

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Dosa	Shrimps Masala with rice	Paneer butter masala & roti	Chocolate & peanut butter cups	Pom Rose (pomegranate, rosemary, orange)
TUESDAY	Moong Dal cheela	Murgh musallam with quinoa	Vegetable Kebab with mash potato	Key lime bars	Green Juice (kale, green apple, celery, lemon, mint)
WEDNESDAY	Apple quinoa-oats protein porridge	Goan Fish curry with steam Rice	Szechuan Tofu with potatoes wedges	strawberry Cheesecake	Carrot Spice Zing (carrot, pineapple, ginger)
THURSDAY	Peas Poha	Fish masala with rice	Achari Subz with bulgur	Mini Burger	Energy boost (Pineapple, Cucumber, Ginger, Lemon)
FRIDAY	Chocolate protein chia pudding	Salmon tikka with corn salad	Rajma curry with roti	Classic millionaire shortbread	Ice tea (Green tea, Apple, Cinnamon)
SATURDAY	Aloo paratha	Chicken Biryani	Kathal kebab with potatoes	Rocky road bars	Pom Rose (pomegranate, rosemary, orange)
SUNDAY	Raspberry oats banana pancakes	Egg and Lentil Dahl	Chicken Malai with salad	Pistachio chocolate bars	Green Juice (kale, green apple, celery, lemon, mint)