



**NON VEGETARIAN
ASIAN FUSION**
(1300kcal - 1500kcal)

6th - 12th April

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