



ENERGY
MEAL
PLANS

NON VEGETARIAN
ASIAN FUSION
(1300kcal - 1500kcal)

20th-26th april

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Vegetable upma	Chilly shrimps with fried rice	Tofu masala with roti	Nuts & dates	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Indian Scrambled eggs with bread	Paneer with noodles	Chicken chettinad with steam rice	Blueberry tart	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	POHA	Fish Jalfrezi with flat bread	Palak chicken with white rice	Chocolate muffin	Citrus (strawberries, orange, lemon)
THURSDAY	Masala omelette	Egg & chicken fried rice	Falafel wrap	Cranberries cookies	Iced Tea (apple, cinnamon)
FRIDAY	Banana overnight oats	Salmon teriyaki with sweet potato	Paneer butter masala with roti	Mango cheesecake	Watermelon Mint (watermelon, lemon, mint)
SATURDAY	stuffed Capsicum eggs	Sweet chili tofu with couscous	Chicken Shami Kebab with salad	Protein balls	Sunset. (carrot, orange, apple)
SUNDAY	Vanilla chia seeds pudding	Lentil Curry with Potatoes	Chickpeas tikka masala with potato	Roasted nuts	Lemon mint (lemon, mint)