



NON VEGETARIAN ASIAN FUSION

18th - 25th June

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Blueberries pancakes	Thai Shrimps noodles	Nutrela masala	Chocolate brownie	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Poha	Butter chicken with flat bread	Chickpeas kale salad	Sesame protein balls	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Vanilla chia pudding	Hot & Sour fish with rice	Oats crusted tofu with Kala Chana Chaat	Orange cake	Citrus (strawberries, orange, lemon)
THURSDAY	Egg muffin	Chicken hakka noodles	Vegetables korma & flat bread	Fresh Fruits cup	Iced Tea (apple, cinnamon)
FRIDAY	Masala dosa	Chicken roll paratha	Triple beans salad	Roasted nuts	Green Morning (green apple, mint, cucumber, spinach)
SATURDAY	Strawberries oats	Mongolia fish with brown rice	Lentil curry with potatoes	Protein chocolate granola bar	Sunset. (carrot, orange, apple)
SUNDAY	Idli	Chicken masala with quinoa	Chimichurri grilled tofu with okra salad	Cranberries oats cookies	Lemon mint (lemon, mint)