



VEGETARIAN
ASIAN FUSION

20th-26th November

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Steamed Idli with coconut chutney	Paneer butter masala with rice	Chana Kathi roll	Chocolate cake	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Stuffed cauliflower paratha	Dal tadka with roti	Pulao quinoa edamame	Fruit cup	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Vegetable upma	Kadahi paneer with quiona	Lentil coconut curry with bulgur	Strawberries tart	Citrus (strawberries, orange, lemon)
THURSDAY	Semolina mixed with nuts	Vegetables butter with brown rice	Nutrela Tikka masala with grilled potato	Granola bar	Iced Tea (apple, cinnamon)
FRIDAY	Vegan masala dosa	Hong Kong tofu noodles	Vegetarian Hara Bhara with sweet potatoes	Pistachio cake	Strawberry infused water (strawberries, basil, lime)
SATURDAY	Strawberries pancakes	Mushroom masala with chapati	Matar paneer with rice	Ginger cookies	Sunset. (carrot, orange, apple)
SUNDAY	Banana - nuts protein chia pudding	Hot & sour tofu with rice	Palak paneer quinoa	Protein balls	Lemon mint (lemon, mint)