

**VEGETARIAN  
ASIAN FUSION  
(1300kcal - 1500kcal)**
**20th-26th april**

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
<b>MONDAY</b>	Stuffed cauliflower paratha	Chili mushroom with fried rice	Nutrela keema with mashed potatoes	Chocolate cake	Red Scarlatta (beetroot, carrot, orange)
<b>TUESDAY</b>	Vegetarian sandwich	Vegetables hakkah noodles	Saag Aloo paneer	Blueberries muffins	Green Morning (green apple, mint, cucumber, spinach)
<b>WEDNESDAY</b>	Blueberries overnights oats	Paneer tikka masala with flat bread	Sesame cauliflower with edamame couscous salad	Energy sesame granola bar	Citrus (strawberries, orange, lemon)
<b>THURSDAY</b>	Dal palak wrap	Tofu tikka masala with potato	Red Lentil curry	Choco chips cookies	Iced Tea (apple, cinnamon)
<b>FRIDAY</b>	Peanuts poha	Coconut chickpeas curry with rice	Broccoli paneer kebab with salad	Strawberries tart	Watermelon Mint (watermelon, lemon, mint)
<b>SATURDAY</b>	Semolina Pudding	Aloo chettinad with steam rice	Chickpeas tikka masala with potato	Cranberries muffins	Sunset (carrot, orange, apple)
<b>SUNDAY</b>	Banana - nuts protein chia pudding	Stuffed Capsicum	Rajmah with flat bread	Energy balls	Lemon mint (lemon, mint)