



ENERGY
MEAL
PLANS

NON VEGETARIAN
ASIAN FUSION
(1300kcal - 1500kcal)

29th Sept - 5th Oct

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Potato stuffed paratha	Avocado Prawns Potato Salad	Paneer Tikka Kachumber Salad	Cranberry almond bars	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Chicken Club Sandwich	Chicken Hakka Noodles	Tofu korma with couscous	Triple chocolate chip Muffin	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Poha	Fish teriyaki with sweet potato	Egg quinoa stir fry	Biscoff tiramisu	Citrus (strawberries, orange, lemon)
THURSDAY	Chicken croissant	Chicken chettinad with steam rice	Asian Edamame with grilled potatoes	Pinwheel sandwiches	Iced Tea (apple, cinnamon)
FRIDAY	Lemon raspberry chia pudding	Chicken Jalfrezi with flat bread	Steamed vegetarian momos	Apple pie	Green Morning (green apple, mint, cucumber, spinach)
SATURDAY	Spinach scrambled eggs with brown bread	Sweet chili fish with bulgur	Red beans stew with mashed potato	Chocolate chip brownies	Sunset. (carrot, orange, apple)
SUNDAY	Dosa	Paneer tikka masala	Palak chicken with flat bread	Smashed potatoes	Lemon mint (lemon, mint)