



# INDIAN FUSION DIET

## VEGETARIAN

|                  | BREAKFAST  | LUNCH   | DINNER   | SNACK                              | DRINK                                    |
|------------------|--|---|--|------------------------------------|--|
| <b>MONDAY</b>    | Egg Paratha Wrap w/ Fresh Tomato Sauce                                 | Soya Bean Biryani w/ Tossed Cashews                                       | Tofu Tikka w/ Seasoned Roasted Potato Wedges & Chutney   | Chocolate Chip Cake                | Beets, Carrots, Lemon, Apple             |
| <b>TUESDAY</b>   | Kandha Chickpea Poha w/ Chopped Tomatoes aside                         | Paneer Keema Kebabs w/ Sweetcorn, White Rice & Yoghurt Cucumber Mint Side | Soya Chunks Tikka w/ Roasted Sweet Potatoes & Cherry Tomatoes, Raisins Yogurt Chutney Dressing On Side | Cinammon Nut Muffin                | Apple, Carrot & Orange                   |
| <b>WEDNESDAY</b> | Sweetcorn Palak Masala Dosa w/ Sambhar On Side                         | Soya Bean Jalfrezi w/ Roti  | Egg Vinadloo w/ Pilaf Rice   | Peanut Chocolate Chip Bites        | Strawberry Kiwi Mint Infused Water       |
| <b>THURSDAY</b>  | Protein Overnight Oats w/ Blueberries, Mangoes & Coconut Flakes on top | Green Moong, Sprouts & Aloo Masala w/ Roti                                | Tofu Pattice w/ Chana Curry On Top & Onions Tomato Aside   | Protein Coconut Mango Rice Pudding | Orange, Carrot, Ginger, Lemon & Turmeric |
| <b>FRIDAY</b>    | Egg Bhurji w/ Masala Sliced Potatoes & Vegetables                      | Paneer Tandoori Burger w/ Yogurt Herb Dip                                 | Dahi Rajma & Bindhi Ka Salan w/ Roti   | Raspeberry Cheesecake              | Watermelon Juice                         |
| <b>SATURDAY</b>  | Avocado Paratha w/ Yogurt & Flax Seeds                                 | Healthy Butter Tofu w/ Rice   | Soya Bean Tadka w/ Sweet Corn Quinoa   | Chocolate Donuts                   | Fresh Orange Juice                       |
| <b>SUNDAY</b>    | Veggie Stuffed Rolled Masalsa Omelette w/ Guacamole Dip                | Daal Fry w/ Couscous & Bainghan Ka Salan                                  | Malai Kofta w/ Roti  | Chocolate Almond Dates             | Chcolate Peanut Butter Shake             |