



INDIAN FUSION DIET

NON-VEGETARIAN

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



INDIAN FUSION DIET

VEGETARIAN

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
MONDAY	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
TUESDAY	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
WEDNESDAY	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
THURSDAY	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
FRIDAY	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
SATURDAY	Avocado Paratha w/ Yogurt & Flax Seeds	Healthy Butter Tofu w/ Rice	Soya Bean Tadka w/ Sweet Corn Quinoa	Chocolate Donuts	Fresh Orange Juice
SUNDAY	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