



# Indian Fusion Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>Monday</b>	Besan Cheela w/ Raita	Paalak Mattar Paneer w/ Mixed Veggies & Rice	Goan Beef Chilli Stir-fry w/ pepprs & broccoli	Chocolate Brownie	Orange, Carrot & Ginger
<b>Tuesday</b>	Chocolate Protein Pancakes w/ Nuts & Honey	Masaledar Salmon w/ mixed peppers and Green Beans	Moong Daal Chawal w/ Mixed Vegetables	Blueberry Muffin	Apple, Kale, Spinach, Celery, Pineapple, Lemon, Ginger and Parsley
<b>Wednesday</b>	Mixed Fruit Protein Chia Seed Pudding	Soya Bean Quinoa Pulao w/ Cabbage Carrot Salad	Mutton Curry w/ Zucchini and Lemon rice	Raspberry Cheesecake	Lemon & Mint
<b>Thursday</b>	Strawberry Vanilla Protein Overnight Oats	Protein Chickpea Poha w/ sauteed veggies	Chicken Tikka Masala w/ green beans & mixed bean chaat	Fruit Salad w/ yogurt	Orange, Apple, Lemon, Ginger, Turmeric, Grapefruit and Cayenne
<b>Friday</b>	Spinach Omlette w/ Cheese and Bell Peppers	Kerela-Style Fish w/ carrots & quinoa salad	Chicken & Vegetable Biryani	Watermelon Slices w/ feta	Pineapple, Apple, Lemon & Mint
<b>Saturday</b>	Protein Granola Bowl w/ fruits	Garlic & Chilli Seabream w/ Mixed Vegetables & aloo subzi	Chatpata Rajma Salad	Chocolate Swiss Roll	Apple, Ginger, Lemon & Celery
<b>Sunday</b>	Cinnamon Pear Chia Seed Pudding with Almonds	Tawa Shrimp Pulao w/ Mixed Peppers & Green Beans	Chicken & Mix Vegetable Subzi w/ brown pita bread	Sweet Potato Chips w/ tzatziki sauce	Carrot, Apple, Ginger, Turmeric & Lemon