



Indian Fusion Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Monday	Egg Bhurji w/ Schezwan Tossed Potatoes	Kerela Fish Curry w/ Quinoa Salad	Amritsari Chicken w/ Masala Mixed Beans & Corn Salad	Chocolate Brownie	Beets, Carrots, Lemon, Ginger, Apple
Tuesday	Kesar Badam Chia Seed Pudding w/ Banana	Mutton Keema w/ Roti	Chicken Curry w/ Dum Aloo	Raspberry Muffin	Apple, Ginger, Lemon & Celery
Wednesday	Mixed Sprouts Protein Poha	Salmon Tikka Masala w/ Sweet Potato Slices	Egg Mughlai w/ Couscous Salad	Carrot Cake	Cucumber, Lemon, Apple
Thursday	Stuffed Protein Dosa w/ Tomato Chutney	Andra Fish Curry w/ Coconut Rice	Palak Chicken Masala w/ Roti	Almond & Dark Chocolate Cake	Orange, Carrot & Ginger
Friday	Palak Paratha w/ Dal	Mixed Bean w/ Saffron Rice & Yogurt Sauce	Chicken & Baighan Jalfrezi w/ Roasted Potatoes	Orange Muffin	Watermelon & Apple Juice
Saturday	Spiced Idlis w/ Sambhar	Tawa Shrimp Masala w/ Hakka Noodles	Shahi Malai Chicken Korma w/ Roti	Chocolate Peanut Butter Energy Balls	Orange, Lemon, Ginger & Mint
Sunday	Bombay Grilled Sandwich w/ Spiced Chickpea Mash	Hara Kingfish w/ Roasted Potatoes	Chicken Tandoori & Mixed Bean Zucchini Boats	Lemon Cookies	Pineapple, Apple, Lemon & Mint