



Indian Fusion Vegetarian Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Monday	Rose Gulkhand Overnight Oats w/ Banana & Walnut	Methi Masala Tofu w/ Saffron Rice & Raisins	Black Bean Tadka & Cumin Carrot Salad w/ Quinoa	Chocolate Brownie	Beets, Carrots, Lemon, Ginger, Apple
Tuesday	Egg Bhurji w/ Sliced Potatoes	Malai Kofta w/ Roti	Soya Keema w/ Bombay Sweet Potatoes	Lemon Blueberry Muffin	Green apple, Cucumber, Spinach, Celery, Ginger
Wednesday	Steamed Idlis w/ Sambhar	Egg Curry w/ Jeera Rice	Paneer Tikka w/ Brown Lentil Salad	Raisin Orange Cake	Cucumber, Lemon, Apple
Thursday	Masala Corriander Egg Sandwich w/ Pesto Sauce	Daal Palak Tadka w/ Couscous	Soya Bhuna Masala w/ Sliced Potatoes	Chocolate Chip Cake	Carrot, Orange, Ginger, Lemon & Turmeric
Friday	Stuffed Dosa w/ Tomato Chutney	Dahi Malai Kebab w/ Roti	Chana Daal w/ Methi Pulao	Apple & Berry Muffin	Watermelon & Apple Juice
Saturday	Steamed Idlis w/ Sambhar	Paneer Pasanda w/ Aloo Gobi	Mixed Beans Mashed Frankie	Carrot Cake	Orange, Carrot & Ginger
Sunday	Breakfast Moong Bhel w/ Yogurt Sauce	Soya Bean Biryani w/ Cucumber Carrot Raita	Tofu Masala Stuffed Zucchini w/ Corn Salad	Peanut Chocolate Chip Bites	Apple, Ginger, Pineapple & Celery