



# Indian Fusion Vegetarian Weekly Menu

## Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>Monday</b>	Masala Eggs w/ Toasted Bread	Chilli Lentil Noodles w/ Veggies	Paneer Curry w/ Aloo	Chocolate Brownie	Beets, Carrots, Lemon, Ginger, Apple
<b>Tuesday</b>	Stuffed Dosa w/ Spinach, Mushroom & Tomato Chutney Sauce	Coconut Chana Stew w/ Quinoa	Tofu Mughali w/ Rajma Salad	Raspberry Vanilla Cake	Apple, Ginger, Lemon & Celery
<b>Wednesday</b>	Mediterrian Chickpea Salad w/ Feta Cheese & Rasperry Vinaigrette Dressing	Curry Soya w/ Couscous Salad	Schezwan Egg Fried Rice	Nutty Carrot Cake	Lemon, Cucumber & Mint Infused Water
<b>Thursday</b>	Tropical Overnight Oats w/ Almonds	Punjabi Rajma Masala w/ Pita Bread	Mandi Paneer w/ Saffron Rice & Tomato Sauce	Chocolate Marble Cake	Orange, Lemon, Ginger & Mint
<b>Friday</b>	Palak Moong Daal Chilla w/ Yogurt	Malai Kofta w/ Sauteed Vegetables	Lentil Casserole w/ Quinoa & Cheese	Chocolate Banana Muffin	Watermelon Mint Juice
<b>Saturday</b>	Egg Bhurji w/ Toasted Bread	Indian Chana Kurma w/ Mashed Potatoes	Methi Edamame Masala w/ Roti & Yogurt Sauce	Protein Energy Balls	Orange, Carrot & Ginger
<b>Sunday</b>	Chicken Tikka Sandwich	Tandoori Mixed Beans w/ Rice & Ginger Garlic Sauce	Tofu Rogan Josh w/ Noodles	Chocolate Swiss Roll	Pineapple, Apple, Lemon & Mint