



# Indian Fusion Vegetarian Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>Monday</b>	Egg Bhurji w/ Schezwan Tossed Potatoes	Soya Chunks Curry w/ Quinoa Salad	Mixed Bean & Veggie Cutlets w/ Mint Chutney	Chocolate Brownie	Beets, Carrots, Lemon, Ginger, Apple
<b>Tuesday</b>	Kesar Badam Chia Seed Pudding w/ Banana	Punjabi Chole w/ Roti	Soya Bean Curry w/ Dum Aloo	Raspberry Muffin	Apple, Ginger, Lemon & Celery
<b>Wednesday</b>	Mixed Sprouts Protein Poha	Daal Tadka w/ Rice & Sweet Potato Chunks	Egg Mughlai w/ Couscous Salad	Carrot Cake	Cucumber, Lemon, Apple
<b>Thursday</b>	Stuffed Protein Dosa w/ Tomato Chutney	Soya Bean Biryani w/ Raita	Palak Paneer Masala w/ Roti	Almond & Dark Chocolate Cake	Orange, Carrot & Ginger
<b>Friday</b>	Palak Paratha w/ Dal	Mixed Bean w/ Saffron Rice & Yogurt Sauce	Kaala Channa & Baighan Jalfrezi w/ Roasted Potatoes	Orange Muffin	Watermelon & Apple Juice
<b>Saturday</b>	Spiced Idlis w/ Sambhar	Paneer Schezwan Hakka Noodles	Shahi Malai Veg Korma w/ Roti	Chocolate Peanut Butter Energy Balls	Orange, Lemon, Ginger & Mint
<b>Sunday</b>	Bombay Grilled Sandwich w/ Spiced Chickpea Mash	Green Moong Subzi w/ Roti	Tandoori Mixed Bean Zucchini Boats	Lemon Cookies	Pineapple, Apple, Lemon & Mint