

VEGETARIAN DIET

	BREAKFAST	LUNCH	SNACK	DINNER
MON	Protein Pancakes with Nuts & Banana	Paneer Tikka Masala + Jeera Brown Rice & Sautéed Veggies	Mixed Vegetables Wrap	Teriyaki Edamame with Quinoa & Green Onion on Top
TUE	Pesto Hummus Sandwich with Vegetables	Lentils Kebab with Saffron Rice & Tzatziki Sauce	Tropical Fruit Salad	Chickpeas Sweet Potato Salad
WED	Overnight Oats Bowl with Fruit	Soya Kheema Quesadilla + Pickles	Broccoli Almond Soup	Paneer & Veg Stir Fry
THU	Besan Chilla + Mint Chutney	Pepper Paneer Steak + Mashed Potatoes & Sautéed Veggies	Vegan Burger	Tuscan Green Lentils with Oregano Sweet Potatoes & Black Sesame
FRI	Masala Oats	Veg Biryani + Dahi Raita	Mumbai Style Bhaji Sandwich	Italian Herbs Edamame with Kidney Beans & Balsamic Vinaigrette
SAT	Spinach & Mushroom Rolled Omelet with Vegetables	Palak Paneer + Ajwain Roti	Protein Brownie	Tofu & Veg Stir Fry
SUN	Paneer Bhurji + Whole Wheat Pav	Kung Pao Paneer + Veg Soba Noodles	Exotic Veggie Pizza	Beetroot Kebab + Sautéed Veggies