

INDIAN FUSION DIET (VEG)

	BREAKFAST	LUNCH	SNACK	DINNER
MON	Moong Dal Chilla	Paneer Kebab + Pulao Rice + Dahi Raita	Chana Chat	Tofu Tikka + Seasoned Roasted Potato Wedges & Chutney
TUE	Steamed Idli with Coconut Chutney	Soya Bean Kadai + Missi Roti	Tofu Burger	Veg Stew + Green Peas Rice
WED	Kandha Poha with Chopped Tomato	Rajma Chawal	Mixed Veggie Grilled Sandwich	Bhindi Ka Salan with Roti
THU	Protein Overnight Oats with Nuts	Palak Paneer + Roti	Mixed Berry Smoothie	Edamame & Veg Stir Fry + Sweet Potato
FRI	Soya Bhurji + Bread	Mixed Veg Biryani + Dahi Raita	Tomato Basil Soup	Protein Pav Bhaji + Whole Wheat Pav
SAT	Mixed Vegetable Paratha with Garlic Chutney	Green Moong, Sprout & Aloo Masala with Roti	Vegan Bao	Paneer Tikka + Dal Khichadi
SUN	Quinoa Upma	Healthy Butterless Tofu + White Rice	Avocado Smoothie	Dudhi Chana with Ajwain Roti