

Day	Breakfast	Lunch	Snacks	Dinner
MONDAY	Pesto Pasta+Sauteed Mushrooms, Roasted Veggies	Soya Chilli + Yellow Rice+Sauteed Veggies(Carrot+ Broccoli+Capsicum)	Dry Fruit Laddoo	Palak Paneer+ Roti+ Salad
TUESDAY	Dates Overnight over night oats	Jeera Rice + Butter Paneer+ Roasted Broccoli	mixed dry fruit	Soya Chunk Tikka with Roasted Sweet Potato+Cherry Tomato with Raisins Yogurt Chutney Dressing On Side
WEDNESDAY	Veg Sandwich with mango smoothie	Lemon Rice+ Grilled Paneer+Red Kidney Beans Curry	Roasted Makhana	Zucchini Noodles with Pesto and Cherry Tomatoes or Wheat Porotta + veg/non veg curry
THURSDAY	Keto Paneer Tortilla Wrap, Coffee Chia seeds Smoothie	Soya Pulav+ Mixed Veggies+ Yoghurt Cucumber Dill Dip (Raita)	Roasted Tandoori flavour chana	Paneer Keema Kabab with Sweet White Rice and Mint Dressing
FRIDAY	vanilla chocolate chip Pancake with Berry glaze	Creamy Paneer with Red Sauce Spagetti	Chickpeas Salad	Shawarma Wrap+ roasred wedges cucumber brine
SATURDAY	Avocado, Banana, and Apple// Protein Dosa with sauce	Red Sauce Paneer/ Lauki Kofta w/ Roasted Vegetables & Yoghurt Cucumber Mint Side	Lo! Brand	Veg Kurma Curry with variety Roti
SUNDAY	Avocado Bruschetta+ Ciinamon+ Turmeric Shot	Mushroom Stroganoff+ Toasted Veggies	Lo! Brand	Paneer Curry with Naan// variety Roti