

INDIAN FUSION DIET (NON - VEG)

	BREAKFAST	LUNCH	SNACK	DINNER
MON	Veggie Stuffed Masala Omelette + Guacamole Dip	Tilapia Fish Curry + White Rice	New York Cheesecake	Chicken Tikka + Salad
TUE	Egg Bhurji + Bread	Tandoori Grilled Chicken + Potato Wedges & Veggies	Chicken Cold Sandwich	Dahi Chicken + Roti
WED	Egg Paratha	Chicken Bhuna + Whole Wheat Roti	Avocado Milkshake	Grilled Fish + Quinoa & Sweet Potatoes
THU	Protein Overnight Oats with Nuts	Kaali Dal + Chicken Tikka + Pulao Rice	Protein Brownie	Chicken Kadai + Roti
FRI	Masala Oats with Boiled Egg	Chicken Seekh Biryani	Deviled Eggs	Hariyali Chicken Tikka + Baked Potato & Veggies
SAT	Chicken & Egg Stuffed Omelette	Chicken Tikka Masala + Ajwain Roti	Chicken Burger	Chicken Stew + Green Peas Rice
SUN	Oats Pancakes	Chicken Kheema Paratha	Fruit Salad	Chicken Vermicelli