

Day of the Week	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Masala omelette with whole wheat toast	Greek yogurt with chopped fruits	Tandoori chicken breast with cucumber raita and brown rice	Sprouts chaat	Palak paneer with roti or brown rice
Tuesday	Moong dal cheela with mint chutney	Roasted chickpeas	Grilled fish curry with mixed vegetables and quinoa	Boiled eggs	Chicken tikka masala with cucumber-toma to salad and whole wheat naan
Wednesday	Vegetable upma	Almond milkshake	Dal tadka with brown rice and stir-fried vegetables	Paneer tikka	Lean mutton curry with spinach and roti
Thursday	Poha with lemon juice	Greek yogurt with honey and almonds	Chicken biryani with cucumber raita	Boiled chickpeas	Rajma with jeera rice and mixed vegetable salad
Friday	Masala scrambled eggs with whole wheat toast	Mixed nuts	Tandoori fish tikka with quinoa pulao and cucumber-toma to salad	Roasted soybeans	Egg curry with roti or brown rice
Saturday	Besan chilla with mint chutney	Cottage cheese cubes	Chana masala with brown rice and cucumber raita	Moong dal soup	Keema curry with whole wheat naan and mixed vegetable salad
Sunday	Vegetable dalia	Greek yogurt with chopped fruits	Paneer bhurji with roti and mixed vegetable salad	Boiled eggs	Chicken curry with brown rice or whole wheat naan