

## WEEK 1

	SUNDAY	INGREDIENTS	CAL PER 100g	MONDAY	INGREDIENTS	CAL PER 100g	TUESDAY	INGREDIENTS	CAL PER 100g	WEDNESDAY	INGREDIENTS	CAL PER 100g	THURSDAY	INGREDIENTS	CAL PER 100g
<b>SOUP</b>	<b>Hot and Sour Vegetable Soup</b>	Vegetable Stock, Ginger, Carrot, Peas, Tofu, Soy Sauce, Vinegar, Sugar, Egg, Corn Flour	34kcal	<b>Cream of Vegetable Soup</b>	Onion, Garlic, Potato, Leek, Carrot, Celery, Pumpkin, Marrow, Basil, Butter and Flour	45kcal	<b>Roasted Carrot Soup</b>	Onion, Garlic, Carrot, Celery, Leek, Potato, Butter, Flour, Cooking Cream, Basil, Salt	54kcal	<b>Minestrone Soup</b>	Peeled Tomato, Carrot, Pumpkin, Marrow, Lima Beans, Basil, Leek, Celery, Onion, Garlic, Spaghetti, Salt and Pepper	50kcal	<b>Mint &amp; Peas Soup</b>	Onion, Leek, Celery, Potato, Green Peas, Mint, Butter, Flour	47kcal
<b>SALADS</b>	<b>Carrot Kosambari</b>	Carrot, Moong Dal, Lemon, Salt, Oil, Mustard, Green Chili	184kcal	<b>Bhel</b>	Puffed Rice, Tomato, Cucumber, Onion, Spring Onion, Pepper, Chili Powder Chaat Masala, Salt, Papdi, Coriander Leaves	188kcal	<b>Aloo Pudina</b>	Onion, Potato, Mint, Salt, Spring Onion	48kcal	<b>Chickpea Chaat</b>	Chickpeas, Onion, Tomato, Chili, Cumin, Chili Powder, Chaat Masla, Lemon Juice, Papdi, Coriander Leaves and Salt	126kcal	<b>Garden Salad</b>	Carrot, Onion, Tomato, Cucumber, Capsicum, Cabbage, Coriander Leaves, Salt, Pepper, Lemon Juice,	49kcal
	<b>Carrot Grated</b>	Carrot	41kcal	<b>Carrot Grated</b>	Carrot	41kcal	<b>Carrot Grated</b>	Carrot	41kcal	<b>Carrot Grated</b>	Carrot	41kcal	<b>Carrot Grated</b>	Carrot	41kcal
	<b>Cucumber Sliced</b>	Cucumber	15kcal	<b>Cucumber Sliced</b>	Cucumber	15kcal	<b>Cucumber Sliced</b>	Cucumber	15kcal	<b>Cucumber Sliced</b>	Cucumber	15kcal	<b>Cucumber Sliced</b>	Cucumber	15kcal
<b>SALAD DRESSING</b>	<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar		<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar		<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar		<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar		<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar	
<b>DAL</b>	<b>Toor Dal with Spinach</b>	Toor Dal, Spinach, Onion, Garlic, Tomato, Turmeric, Coriander, Chili Powder, Salt	76kcal	<b>Dal Punjabi</b>	Toor Dal, Chana Dal, Masoor Dal, Moong Dal, Tomato, Onion, Garlic, Ginger, Green Chili, Garam Masala Powder, Cumin, Coriander, Turmeric, Chili Powder, Coriander Leaves, Salt, Lemon Juice and Cumin Seeds	86kcal	<b>Tadka Dal</b>	Toor dal, Masoor Dal, Onion, Tomato, Ginger, Garlic, Turmeric Powder, Asafoetida, Garam Masala, Fenugreek Leaves, Coriander Leaves, Red Chili, Cumin Seeds, Ghee, Chili Powder and Salt	80kcal	<b>Dhaba Dal</b>	Chana Dal, Balck Lentil, Peeled Tomato, Turmeric, Coriander, Cumin, Cumin Seeds, Chilli, Salt, Coriander Leaves	82kcal	<b>Rajma Masala</b>	Red Kidney Beans, Onion, Tomato, Ginger, Garlic, Turmeric Powder, Asafoetida, Garam Masala, Fenugreek Leaves, Coriander Leaves, Red Chili, Cumin Seeds, Ghee, Chili Powder and Salt	141kcal
<b>PROTEIN</b>	<b>Chicken Makhani</b>	Chicken, Yoghurt, Tomato, Cream, Onion, Garlic, Ginger, Spices, Oil, Salt.	259kcal	<b>Mutton Curry</b>	Mutton, Onion, Garlic, Peeled Tomato, Ginger, Oil, Turmeric, Chili, Cumin, Coriander, Garam Masala Powder, Mint Leaves, Coconut Milk, Coriander Leaves, Salt	170kcal	<b>Chicken Korma</b>	Chicken, Onion, Garlic, Coconut Milk Powder, Yoghurt, Cream, Spices, Ghee, Oil, Salt.	186kcal	<b>Fish Curry</b>	Dory Fillet, Turmeric, Onion, Vegetable Oil, Coconut Milk, Red Chili, Ginger, Tamarind, Cumin Seeds, Coriander Leaves.	66kcal	<b>Chicken Biryani</b>	Basmati Rice, Chicken Cubes, Spices, Ghee, Herbs, Salt.	139kcal
<b>VEGETARIAN</b>	<b>Diwani Handi</b>	Carrot, Potato, Beans, Peas, Eggplant, Fenugreek Leaves, Onion, Garlic, Ginger, Turmeric Powder, Chili powder, Coriander Leaves, and Green Chili, Oil and Salt	70kcal	<b>Mushroom Masala with Green Peas</b>	Mushroom, Green Peas, Onion, Garlic, Ginger, Turmeric, Cardamom, Cloves, Cinnamon, Garam Masala, Coriander Powder, Green Chili, Chaat Masala, Oil and Salt	97kcal	<b>Navratan Korma</b>	Carrot, Beans, Potato, Cauliflower, Peas, Onion, Chili, Garlic, Ginger, Yoghurt, Garam Masala Powder, Chili Powder, Ghee, Cooking Cream, Coriander Leaves, Mint Leaves and Salt	80kcal	<b>Aloo Bingan Curry</b>	Eggplant, Potato, Onion, Tomato, Ginger, Garlic, Turmeric Powder, Asafoetida, Garam Masala, Coriander Leaves, Red Chili, Cumin Seeds, Ghee, Chili Powder and Salt	32kcal	<b>Vegetable Biryani</b>	Basmati Rice, Assorted Vegetables, Tomato Sauce, Spices, Herbs, Ghee And Salt.	105kcal
<b>CARBOHYDRATES</b>	<b>Steamed White Rice</b>	Rice and Salt	130kcal	<b>Jeera Rice</b>	Basmati Rice, Cumin Seeds, Salt, Ghee	180kcal	<b>Steamed White Rice</b>	Rice and Salt	130kcal	<b>Kashmiri Pulao Rice</b>	Basmati Rice, Milk, Saffron, Cumin Seeds, Salt and Ghee	180kcal	<b>Steamed White Rice</b>	Basmati Rice, Butter and Salt	130kcal
<b>DESSERT</b>	<b>Cherry Pie (Tray Bake)</b>	Cherry Pie Filling, Lemon, Butter, Sugar, Egg, Vanilla Essence, Flour, Baking Powder	265kcal	<b>Banana Cake</b>	Banana, Sugar, Egg, Flour, Baking Soda, Oil, Milk	300kcal	<b>Fruit Trifle</b>	Milk, Sugar, Custard Powder, Jelly, Flour, Baking Powder, Egg, Vanilla Essence, Fruit Cocktail	131kcal	<b>Kesari Kheer</b>	Milk, Sugar, Vermicelli, Orange Essence	76kcal	<b>Pineapple Mousse</b>	Milk, Whipping Cream, Sugar, Pineapple Essence.	220kcal
<b>DRINK</b>	<b>Juice</b>			<b>Juice</b>			<b>Juice</b>			<b>Juice</b>			<b>Juice</b>		
<b>YOGHURT</b>	<b>Plain Yogurt Low Fat</b>	Plain Yogurt Low Fat	63kcal	<b>Plain Yogurt Low Fat</b>	Plain Yogurt Low Fat	63kcal	<b>Plain Yogurt Low Fat</b>	Plain Yogurt Low Fat	63kcal	<b>Plain Yogurt Low Fat</b>	Plain Yogurt Low Fat	63kcal	<b>Pudina Raita</b>	Yogurt, Mint, Cucumber, Salt	55kcal
<b>BREAD</b>	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal
<b>PICKLES</b>	<b>Indian Pickle</b>			<b>Indian Pickle</b>			<b>Indian Pickle</b>			<b>Indian Pickle</b>			<b>Indian Pickle</b>		
<b>AFTERNOON SNACK</b>															
<b>SNACK</b>	<b>Dry Fruit Cake</b>	Butter, Sugar, Egg, Flour, Tuty Fruity, Baking Powder, Vanilla Essence	290kcal	<b>Whole Fruit</b>			<b>Coconut Cookies</b>	Butter, Sugar, Egg, Coconut Powder, Flour	320kcal	<b>Pineapple Sponge Cake</b>	Egg, Sugar, Flour, Pineapple Essence, Sliced Pine apple	297kcal	<b>Whole Fruit</b>		

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<b>SOUP</b>	<b>Mushroom</b>	Mushroom, Butter, Fresh Vegetable Stock, Parsley, Pepper, salt.	41kcal	<b>Noodle Soup</b>	Egg Noodles, Carrot, Bell Pepper, Leek, Cabbage White, Onion, Garlic, Salt and Pepper	64kcal	<b>Roasted Pumpkin Soup</b>	Onion, Celery, Leek, Carrot, Potato, Pumpkin, Flour, Butter, Basil	31kcal	<b>Cream of Tomato Soup</b>	Onion, Garlic, Celery, Carrot, Potato, Butter, Flour, milk	56kcal	<b>Lentil Soup</b>	Onion, Garlic, Potato, Carrot, Yellow Lentil, Coriander Powder, Cumin Powder, Coriander Leaves, Salt and Pepper	41kcal
<b>SALADS</b>	<b>Kabuli Chana</b>	Chickpeas, Cumin Powder, Coriander Powder, Turmeric Powder, Onion, Tomato, Ginger, Garlic, Coriander, Leaves Garam Masala, Salt	77kcal	<b>Bhel</b>	Puffed Rice, Tomato, Cucumber, Onion, Spring Onion, Pepper, Chili Powder, Chaat Masala, Salt, Papdi, Coriander Leaves	188kcal	<b>Pasta Salad</b>	Penne pasta, Olive, Pesto Sauce (Basil, Pine Nuts, Olive Oil, Parmesan Cheese Reduced Fat, Garlic), Seasoning	133kcal	<b>Garden Green Salad</b>	Onion, Tomato, Cucumber, Mint Leaves, Coriander Leaves, Lemon Juice, Cumin Powder, Chili and Salt	22kcal	<b>Eggplant and Tomato Salad</b>	Eggplant, Tomato, Lettuce, Olive Oil, Vinegar, Salt.	66kcal
	<b>Carrot Grated</b>	Carrot	41kcal	<b>Carrot Grated</b>	Carrot	41kcal	<b>Carrot Grated</b>	Carrot	41kcal	<b>Carrot Grated</b>	Carrot	41kcal	<b>Carrot Grated</b>	Carrot	41kcal
	<b>Cucumber Sliced</b>	Cucumber	15kcal	<b>Cucumber Sliced</b>	Cucumber	15kcal	<b>Cucumber Sliced</b>	Cucumber	15kcal	<b>Cucumber Sliced</b>	Cucumber	15kcal	<b>Cucumber Sliced</b>	Cucumber	15kcal
<b>SALAD DRESSING</b>	<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar		<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar		<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar		<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar		<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar	
<b>DAL</b>	<b>Panchmel Dal</b>	Chana Dal, Moong Dal, Black Dal, Peeled Tomato, Turmeric, Coriander, Cumin, Chilli, Salt, Coriander Leaves	80kcal	<b>Dal Amritsari</b>	Black Lentil, Peeled Tomato, Turmeric, Coriander, Cumin, Chilli, Salt, Coriander Leaves	80kcal	<b>Methi Dal</b>	Toor Dal, Onion, Garlic, Turmeric Powder, Green Chili, Cumin Seeds, Fenugreek Leaves, Asafoetida, Chili Powder, Salt	80kcal	<b>Yellow Dal</b>	Toor Dal, Onion, Garlic, Tomato, Turmeric, Coriander, Chili Powder, Salt, Cumin Seeds, Red Chilli, Coriander Leaves	80kcal	<b>Spouted Moong Curry</b>	Moong Beans, Mustard Seeds, Fenugreek Seeds, Coriander, Chili, Coconut Powder, Asfoetida, Onion, Tomato, Curry Leaves, Salt, Lemon Juice, Coriander Leaves	103kcal
<b>PROTEIN</b>	<b>Chicken Do Pyaza</b>	Chicken, Onion, Garlic, Ginger, Tomato, Curry Powder, Chili Powder, Cooking Cream, Butter, Salt, Pepper, Coriander Leaves, Mint Leaves	180kcal	<b>Rara Mutton</b>	Mutton, Bay Leaves, Cardamom, Coriander Powder, Cumin Powder, Garlic Paste, Ginger Paste, Oil, Red Chili Powder, Red Chili, Salt, Tomato, Turmeric Powder, Yogurt	185kcal	<b>Chicken Lababdar</b>	Chicken Leg, Oil, Cumin Seeds, Onion, Peeled Tomato, Chili Powder, Garam Masala, Cumin Powder, Kasuri Methi, Cooking Cream, Salt	167kcal	<b>Chetnad Fish Curry</b>	Onion, Garlic, Ginger, Tomato, Coconut, Dory Fish Fillet, Lemon, Turmeric Powder, Fenugreek Seeds, Mustard Seeds, Curry Leaves, Chili Powder, Coriander Powder, Salt and Coriander Leaves	115kcal	<b>Dum Chicken Biryani</b>	Basmati Rice, Chicken Cubes, Spices, Ghee, Herbs, Salt.	139Kcal
<b>VEGETARIAN</b>	<b>Aloo Matar Masala</b>	Potato, Green Peas, Onion, Garlic, Ginger, Peeled Tomato, Garam Masala, Chili, Coriander, Cumin, Salt, Coriander Leaves, Cumin Seeds, Fennel Seeds	94kcal	<b>Mix Vegetable Kuzhambu</b>	Eggplant, Carrot, Cauliflower, Potato, Drumsticks, Green Peas, Onion, Garlic, Ginger, Turmeric, Cardoman, Cloves, Cinamon, Garam Masala, Coriander Powder, Green Chili and Salt	62kcal	<b>Vegetable Paneer Jalfrezi</b>	Paneer, Carrot, Green Peas, Capsicum, Onion, Tomato, Ginger, Cumin, Pepper, Red Chili, Vinegar, Sugar, Salt, Coriander Leaves	89kcal	<b>Gobi Masala</b>	Cauliflower, Onion, Garlic, Ginger, Peeled Tomato, Garam Masala, Chili, Coriander, Cumin, Salt, Coriander Leaves, Cumin Seeds, Fennel Seeds	52kcal	<b>Dum Veg Biryani</b>	Basmati Rice, Assorted Vegetables, Tomato Sauce, Spices, Herbs, Ghee And Salt.	105kcal
<b>CARBOHYDRATES</b>	<b>Steamed White Rice</b>	Basmati Rice and Salt	130kcal	<b>Green Peas Rice</b>	Basmati Rice, Green Peas, Oil, Salt.	128kcal	<b>Steamed White Rice</b>	Rice and Salt	130kcal	<b>Spinach Rice</b>	Basmati Rice, Onion, Garlic, Ginger, Cinnamon Sticks, Cardamom, Bayleaves, Spinach, Oil, Salt.	180kcal	<b>Steamed White Rice</b>	Rice and Salt.	130kcal
<b>DESSERT</b>	<b>Banana Cake</b>	Banana, Sugar, Egg, Flour, Baking Soda, Oil, Milk	300kcal	<b>Fruit Custard</b>	Milk, Sugar, Custard Powder, Fruit Cocktail	89kcal	<b>Bread Butter Pudding</b>	Bread, Egg, Sugar, Cooking Cream, Vanilla Essence, Butter	220kcal	<b>Crema Caramel</b>	Milk, Egg, Sugar, Vanilla Essence	120kcal	<b>Strawberry Jelly</b>	Jelly Mix, Water	74kcal
<b>DRINK</b>	<b>Juice</b>			<b>Juice</b>									<b>Juice</b>		
<b>YOGHURT</b>	<b>Plain Yogurt Low Fat</b>	Plain Yogurt Low Fat	63kcal	<b>Plain Yogurt Low Fat</b>	Plain Yogurt Low Fat	63kcal	<b>Plain Yogurt Low Fat</b>	Plain Yogurt Low Fat	63kcal	<b>Plain Yogurt Low Fat</b>	Plain Yogurt Low Fat	63kcal	<b>Pudina Raita</b>	Yogurt, Mint, Cucumber, Salt	55kcal
<b>BREAD</b>	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal
<b>PICKLES</b>	<b>Indian Pickle</b>			<b>Indian Pickle</b>									<b>Indian Pickle</b>		
<b>AFTERNOON SNACK</b>															
<b>SNACK</b>	<b>Oat Cookies</b>	Flour, Butter, Sugar, Oats, Egg.	320kcal	<b>Whole Fruit</b>			<b>English Cake</b>	Butter, Sugar, Egg, Flour, Tuty Frutty	300kcal	<b>Marble Cake</b>	Egg, Sugar, Flour, Oil, Baking Powder, Vanilla Essence	300kcal	<b>Whole Fruit</b>		

	SUNDAY	INGREDIENTS	CAL PER 100g	MONDAY	INGREDIENTS	CAL PER 100g	TUESDAY	INGREDIENTS	CAL PER 100g	WEDNESDAY	INGREDIENTS	CAL PER 100g	THURSDAY	INGREDIENTS	CAL PER 100g
<b>SOUP</b>	<b>Vegetable Noodle Soup</b>	Egg noodles, Carrot, Bell Pepper, Leek, Cabbage White, Onion, Garlic, Salt and Pepper	64kcal	<b>Minestrone With Pasta</b>	Onion, Garlic, Celery, Leek, Carrot, Marrow, Pumpkin, White Beans, Peeled Tomato, Basil, Flour, Butter, Spaghetti, Salt, Pepper	50kcal	<b>Three Bean Soup</b>	Onion, Garlic, Celery, Leeks, Red Kidney Beans, Black Beans, Lima Beans, Flour Butter, Peeled Tomato, Basil, Spaghetti, Salt	42kcal	<b>Roasted Potato Soup</b>	Potato, Garlic, Onion, Pepper, Salt, Vegetable Broth.	48kcal	<b>Broccoli Soup</b>	Broccoli, Carrot, Potatoes, Vegetable Broth, Cooking Cream, Salt.	58kcal
<b>SALADS</b>	<b>Bhel</b>	Puffed Rice, Tomato, Cucumber, Onion, Spring Onion, Pepper, Chili Powder, Chaat Masala, Salt, Papdi, Coriander Leaves	188kcal	<b>Aloo Anarkali</b>	Potato, Chaat Masala, Lemon Juice, White Pepper, Sugar, Coriander Leaves, Salt, Olive Oil	130kcal	<b>Garden Vegetable Salad</b>	Lettuce, Cucumber, Capsicum, Tomato, Olives, Lemon Juice, Salt.	43kcal	<b>Kidney Bean Salad With Mint Yogurt</b>	Kidney Beans, Assorted Bell Pepper, Sweet Corn, Celery, Lemon Juice, Yogurt, Mint, Coriander, Tomato, Salt.	60kcal	<b>Chefs Special</b>		
	<b>Carrot Grated</b>	Carrot	41kcal	<b>Carrot Grated</b>	Carrot	41kcal	<b>Carrot Grated</b>	Carrot	41kcal	<b>Carrot Grated</b>	Carrot	41kcal	<b>Carrot Grated</b>	Carrot	41kcal
	<b>Cucumber Sliced</b>	Cucumber	15kcal	<b>Cucumber Sliced</b>	Cucumber	15kcal	<b>Cucumber Sliced</b>	Cucumber	15kcal	<b>Cucumber Sliced</b>	Cucumber	15kcal	<b>Cucumber Sliced</b>	Cucumber	15kcal
<b>SALAD DRESSING</b>	<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar		<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar		<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar		<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar		<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar	
<b>DAL</b>	<b>Masoor Dal Nayab</b>	Black Lentil, Tamarind, Turmeric, Coriander Powder, Cumin Powder, Mustard Seed, Fenugreek Leaves, Salt, Oil and Black Pepper	80kcal	<b>Dhaba Dal</b>	Chana Dal, Toor Dal, Onion, Tomato, Garlic, Ginger, Turmeric, Coriander, Cumin, Chilli Powder, Green Chilli, Garam Masala, Asafoetida, Cumin Seeds and Salt	80kcal	<b>Chironji Ki Dal</b>	Lentil, Sunflower Seeds, Ghee, Cumin Seeds, Cardamom, Peppercorns, Ginger, Green Chilli, Coriander Powder, Chilli Powder, Yogurt and Coriander Leaves	83kcal	<b>Toor Dal With Spinach</b>	Toor Dal, Spinach, Onion, Garlic, Tomato, Turmeric, Coriander, Chilli Powder, Salt, Cumin Seeds, Red Chilli, Coriander Leaves	76kcal	<b>Chana Masala</b>	Chickpeas, Onion, Tomato, Ginger, Garlic, Turmeric Powder, Asafoetida, Garam Masala, Fenugreek Leaves, Coriander Leaves, Red Chilli, Cumin Seeds, Ghee, Chilli Powder and Salt	141kcal
<b>PROTEIN</b>	<b>Chicken Kolapuri</b>	Chicken Leg, Yogurt, Turmeric Powder, Chili Powder, Garlic Paste, Salt, Lime Juice, Bay Leaves, Cinnamon Sticks, Onion, Coconut, Peeled Tomato, Pepper, Coriander Leaves	128kcal	<b>Mutton Rogan Josh</b>	Mutton, Spices, Ginger, Garlic, Tomato, Onion, Red Chilli Powder, Turmeric, Bay Leaves, Mint, Fresh Coriander, Oil, Salt.	165kcal	<b>Chicken Kali Mirch</b>	Chicken Leg, Yogurt, Cumin Powder, Garam Masala, Salt, Pepper, Garlic, Ginger, Onion, Chilli, Kasuri Methi, Mint leaves, Coriander Leaves	118kcal	<b>Fish Curry</b>	Dory Fillet, Onion, Tomato, Chilli, Ginger, Garam Masala, Coriander Powder, Chilli Powder, Turmeric Powder, Yogurt, Coriander Leaves, Salt	61kcal	<b>Chicken Biryani</b>	Basmati Rice, Chicken Cubes, Spices, Ghee, Herbs, Salt.	139kcal
<b>VEGETARIAN</b>	<b>Vegetable Kadai</b>	Assorted Vegetables, Onion, Tomato, Ginger, Garlic, Garam Masala, Bay Leaves, Red Chillies, Coriander Seeds, Fresh Coriander Leaves, Oil, Salt.	73kcal	<b>Aloo Capsicum Do Pyaza</b>	Capsicum, Potato, Onion, Garlic, Ginger, Tomato Paste, Ketchup, Chilli Powder, Cumin Seeds, Salt, Oil	94kcal	<b>Mix Veg Curry With Paneer</b>	Onion, Garlic, Ginger, Peeled Tomato, Carrot, Cauliflower, Green Beans, Peas, Paneer, Garam Masala, Cumin Powder, Coriander Powder, Salt, Chilli Powder, Corinder Leaves	89kcal	<b>Bagara Baingan</b>	Eggplant, Onion, Garlic, Ginger, Peeled Tomato, Garam Masala, Cumin Powder, Coriander Powder, Salt, Chilli Powder, Corinder Leaves	42kcal	<b>Hydrabadi Veg Biryani</b>	Basmati Rice, Assorted Vegetables, Tomato Sauce, Spices, Herbs, Ghee And Salt.	105kcal
<b>CARBOHYDRATES</b>	<b>Steamed White Rice</b>	Rice and Salt	130kcal	<b>Peas Rice</b>	Basmati Rice, Green Peas, Butter, Salt.	128kcal	<b>Steamed White Rice</b>	Rice and Salt	130kcal	<b>Carrot Rice</b>	Onion, Garlic, Ginger, Carrot, Coriander Leaves, Basmati Rice, Ghee, Salt	175kcal	<b>Steamed White Rice</b>	Rice and Salt.	130kcal
<b>DESSERT</b>	<b>Apple Pie (Tray Bake)</b>	Apples, Lemon, Butter, Sugar, Egg, Vanilla Essence, Flour, Baking Powder	265kcal	<b>Yoghurt Cake</b>	Flour, Eggs, Vanilla Essence, Sugar, Baking Powder, Yogurt.	300kcal	<b>Orange Mousse</b>	Milk, Whipping Cream, Sugar, Corn Flour, Orange Essence	220kcal	<b>Fruit Custard</b>	Fruit Cocktail, Milk, Sugar, Custard Powder	89kcal	<b>Bread Butter Pudding</b>	Bread, Egg, Sugar, Cooking Cream, Vanilla Essence, Butter	220kcal
<b>DRINK</b>	<b>Juice</b>			<b>Juice</b>			<b>Juice</b>			<b>Juice</b>			<b>Juice</b>		
<b>YOGHURT</b>	<b>Plain Yogurt Low Fat</b>	Plain Yogurt Low Fat	63kcal	<b>Plain Yogurt Low Fat</b>	Plain Yogurt Low Fat	63kcal	<b>Plain Yogurt Low Fat</b>	Plain Yogurt Low Fat	63kcal	<b>Plain Yogurt Low Fat</b>	Plain Yogurt Low Fat	63kcal	<b>Pudina Raita</b>	Yogurt, Mint, Cucumber, Salt	55kcal
<b>BREAD</b>	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal
<b>PICKLES</b>	<b>Indian Pickle</b>			<b>Indian Pickle</b>			<b>Indian Pickle</b>			<b>Indian Pickle</b>			<b>Indian Pickle</b>		
<b>AFTERNOON SNACK</b>															
<b>SNACK</b>	<b>Vanilla Sponge Cake</b>	Egg, Sugar, Flour, Baking Powder, Vanilla Essence	290kcal	<b>Whole Fruit</b>			<b>Butter Cookies</b>	Butter, Sugar, Egg White, Flour, Vanilla Essence	321kcal	<b>Orange Sponge Cake</b>	Egg, Sugar, Flour, Baking Powder, Orange Essence	290kcal	<b>Whole Fruit</b>		



WEEK 4

	SUNDAY	INGREDIENTS	CAL PER 100g	MONDAY	INGREDIENTS	CAL PER 100g	TUESDAY	INGREDIENTS	CAL PER 100g	WEDNESDAY	INGREDIENTS	CAL PER 100g	THURSDAY	INGREDIENTS	CAL PER 100g
<b>SOUP</b>	<b>Cajun Potato Soup</b>	Onion, Garlic, Leek, Celery, Potato, Cajun Spice, Butter, Flour, Salt and Pepper	36kcal	<b>Vegetable Soup</b>	Carrot, Onion, Garlic, Marrow, Pumpkin, Leek, Salt	45kcal	<b>Coriander &amp; Carrot Soup</b>	Onion, Garlic, Celery, Leek, Carrot, Potato, Flour, Butter, Coriander Leaves, Salt	40kcal	<b>Pesto Minestrone Soup</b>	Peeled Tomato, Carrot, Pumpkin, Marrow, Lima Beans, Basil, Leek, Celery, Onion, Garlic, Spaghetti, Salt and Pepper	50kcal	<b>Carrot Ginger Soup</b>	Carrot, Ginger, Garlic, Onion, Pepper, Olive Oil, Salt.	45kcal
<b>SALAD</b>	<b>Carrot Kosambari</b>	Carrot, Moong Dal, Lemon, Salt, Oil, Mustard, Green Chili	184kcal	<b>Bhel</b>	Puffed Rice, Tomato, Cucumber, Onion, Spring Onion, Pepper, Chili Powder Chaat Masala, Salt, Papdi, Coriander Leaves	188kcal	<b>Aloo Pudina</b>	Onion, Potato, Mint, Salt, Spring Onion	48kcal	<b>Rajma Salad</b>	Rajma, Onion, Tomato, Cucumber, Mint Leaves, Coriander Leaves, Lemon Juice, Cumin Powder, Chili and Salt	22kcal	<b>Kachumber Salad</b>	Onion, Tomato, Cucumber, Mint Leaves, Coriander Leaves, Lemon Juice, Cumin Powder, Chili and Salt	22kcal
	<b>Carrot Grated</b>	Carrot	41kcal	<b>Carrot Grated</b>	Carrot	41kcal	<b>Carrot Grated</b>	Carrot	41kcal	<b>Carrot Grated</b>	Carrot	41kcal	<b>Carrot Grated</b>	Carrot	41kcal
	<b>Cucumber Sliced</b>	Cucumber	15kcal	<b>Cucumber Sliced</b>	Cucumber	15kcal	<b>Cucumber Sliced</b>	Cucumber	15kcal	<b>Cucumber Sliced</b>	Cucumber	15kcal	<b>Cucumber Sliced</b>	Cucumber	15kcal
<b>SALAD DRESSING</b>	<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar		<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar		<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar		<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar		<b>Lemon &amp; Vinegar Dressing</b>	Lemon Juice, Mustard, Salt, Olive Oil, Pepper, Sugar	
<b>DAL</b>	<b>Methi Dal</b>	Toor Dal, Onion, Garlic, Turmeric Powder, Green Chili, Cumin Seeds, Fenugreek Leaves, Asafoetida, Chili Powder, Salt	80kcal	<b>Khatti Dal</b>	Toor Dal, Tomato, Onion, Garlic, Ginger, Turmeric Powder, Tamarind, Coriander, Chili, Cumin Powder, Red Chili, Curry Leaves, Cumin Seeds, Asafoetida and Salt	80kcal	<b>Dal Malabari</b>	Toor Dal, Tomato, Onion, Garlic, Ginger, Turmeric Powder, Fennel Seeds, Coriander, Chili, Cumin Powder, Red Chili, Curry Leaves, Cumin Seeds, Asafoetida and Salt	80kcal	<b>Panchmel Dal</b>	Chana Dal, Moong Dal, Black Dal, Peeled Tomato, Turmeric, Coriander, Cumin, Chilli, Salt, Coriander Leaves	80kcal	<b>Blackeyed Peas Masala</b>	Blackeyed peas, Onion, Tomato, Garlic, Ginger, Turmeric, Coriander, Cumin, Chili Powder, Green Chili, Garam Masala, Asafoetida, Cumin Seeds and Salt	83kcal
<b>PROTEIN</b>	<b>Murgh Mirch Masala</b>	Chicken Leg, Green Chili, Coconut, Garam Masala, Yogurt, Cooking Cream, Onion, Garlic, Ginger, Turmeric Powder, Coriander Leaves, Chili Powder, Salt	128kcal	<b>Lamb Madras Curry</b>	Lamb, Indian Spicemix, Onions, Ginger, Garlic, Clarified Butter, Coconut Milk, Sugar, Tamarind Paste, Salt.	170kcal	<b>Murgh Subji Wala</b>	Chicken, Onion, Peeled Tomato, Garlic, Ginger, Turmeric, Bell Pepper, Coriander Powder, Garam Masala, Salt and Oil	171kcal	<b>Southern Fish Curry</b>	Dory Fillet, Lemon, Cumin Seeds, Garlic, Turmeric Powder, Chilli, Coriander Seeds, Coconut, Tamarind, Onion, Green Chili	117kcal	<b>Dum Chicken Biryani</b>	Basmati Rice, Chicken Cubes, Spices, Ghee, Herbs, Salt.	139kcal
<b>VEGETARIAN</b>	<b>Aloo Jeera</b>	Potato, Cumin Seeds, Coriander Leaves, Chili, Turmeric Powder, Chili Powder, Lemon Juice, Oil, Rock Salt	109kcal	<b>Meloni Subzi</b>	Cauliflower, Onion, Beans, Carrot, Capsicum, Tomato, Spinach, Fenugreek, Cumin Seeds, Coriander Powder, Salt, Fresh Cream, Grated Cheese	80kcal	<b>Corn &amp; Veg Masala</b>	Onion, Garlic, Ginger, Peeled Tomato, Sweet Corn, Carrot, Green Beans, Cauliflower, Peas, Garam Masala, Chili, Coriander, Cumin, Salt, Coriander Leaves	71kcal	<b>Aloo Bhindi</b>	Potato, Okra, Onion, Garlic, Ginger, Peeled Tomato, Garam Masala, Chilli, Coriander, Cumin, Salt, Coriander Leaves, Cumin Seeds, Fennel Seeds	94kcal	<b>Dum Vegetable Biryani</b>	Basmati Rice, Assorted Vegetables, Tomato Sauce, Spices, Herbs, Ghee And Salt.	105kcal
<b>CARBOHYDRATES</b>	<b>Steamed White Rice</b>	Rice and Salt	130kcal	<b>Yellow Rice</b>	Basmati Rice, Onion, Garlic, Ginger, Ghee, Turmeric Powder, Salt	180kcal	<b>Steamed White Rice</b>	Rice and Salt	130kcal	<b>Mushroom Rice</b>	Basmati Rice, Mushroom, Salt	123kcal	<b>Steamed White Rice</b>	Rice and Salt.	130kcal
<b>DESSERT</b>	<b>Cherry Pie (Tray Bake)</b>	Cherry Pie Filling, Lemon, Butter, Sugar, Egg, Vanilla Essence, Flour, Baking Powder	265kcal	<b>Fruit Custard</b>	Milk, Sugar, Custard Powder, Fruit Cocktail	89kcal	<b>Orange Sponge Cake</b>	Egg, Sugar, Flour, Baking Powder, Orange Essence	290kcal	<b>Strawberry Jelly</b>	Jelly Mix, Water	74kcal	<b>Mango Mousse</b>	Milk, Whipping Cream, Sugar, Mango Essence	220kcal
<b>DRINK</b>	<b>Juice</b>			<b>Juice</b>			<b>Juice</b>			<b>Juice</b>			<b>Juice</b>		
<b>YOGHURT</b>	<b>Plain Yogurt Low Fat</b>	Plain Yogurt Low Fat	63kcal	<b>Plain Yogurt Low Fat</b>	Plain Yogurt Low Fat	63kcal	<b>Plain Yogurt Low Fat</b>	Plain Yogurt Low Fat	63kcal	<b>Plain Yogurt Low Fat</b>	Plain Yogurt Low Fat	63kcal	<b>Pudina Raita</b>	Yogurt, Mint, Cucumber, Salt	55kcal
<b>BREAD</b>	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal	<b>Chapatti</b>	Flour, Water, Oil, Salt	170kcal
<b>PICKLES</b>	<b>Indian Pickle</b>			<b>Indian Pickle</b>			<b>Indian Pickle</b>			<b>Indian Pickle</b>			<b>Indian Pickle</b>		
<b>AFTERNOON SNACK</b>															
<b>SNACK</b>	<b>Pineapple Sponge Cake</b>	Egg, Sugar, Flour, Pineapple Essence, Sliced Pineapple.	297kcal	<b>Whole Fruit</b>			<b>Coconut Cookies</b>	Butter, Sugar, Egg, Coconut Powder, Flour	320kcal	<b>Dry Fruit Cake</b>	Butter, Sugar, Egg, Flour, Tutti Fruity, Vanilla Essence	290kcal	<b>Whole Fruit</b>		

Serving size : Protein - 125g, Vegetarian - 150g, Carbohydrates - 150g, Salad - 150g, Soup - 125g.

Nut Free Food.