



FRAMED RECIPES

DINNER

MONDAY

PINEAPPLE CURRY ICE

TUESDAY

SIMPLE CHICKEN ROAST & RICE

WEDNESDAY

PASTA WITH ASPARAGUS

THURSDAY

VEGETBALE UTHAPPAM

FRIDAY

EAT OUT/TAKE OUT

SATURDAY

PANEER PULAO

SUNDAY

CAULIFLOWER CURRY & ROTI

ALL RECIPES AVAILABLE ON THE BLOG