

FRAMED RECIPES

WHAT'S FOR DINNER?

MONDAY

PINEAPPLE CURRY RICE

TUESDAY

SIMPLE CHICKEN ROAST
& RICE

WEDNESDAY

PASTA WITH ASPARAGUS

THURSDAY

VEGETABLE UTHAPPAM

FRIDAY

EAT-OUT/ TAKE-OUT

SATURDAY

PANEER PULAO

SUNDAY

CAULIFLOWER CURRY &
ROTI

NOTES

SHOPPING LIST