



FRAMED RECIPES

DINNER

MONDAY

SPICY FISH CURRY WITH RICE

TUESDAY

KALE THORAN & RICE

WEDNESDAY

PASTA WITH GARBANZO BEANS

THURSDAY

RATATOUILLE QUESADILLAS

FRIDAY

EAT OUT/TAKE OUT

SATURDAY

KAPPA
PUZHUKKU/TAPIOCA/CASSAVA

SUNDAY

TURMERIC SWEET CORN STIR FRY
& ROTI

ALL RECIPES AVAILABLE ON THE BLOG