

FRAMED RECIPES

WHAT'S FOR DINNER?

MONDAY

BEETROOT AVIYAL &
RICE

TUESDAY

KASHMIRI GAADH & RICE

WEDNESDAY

CAULIFLOWER STEAK
WITH POLENTA

THURSDAY

BISI BELE BATH

FRIDAY

EAT-OUT/ TAKE-OUT

SATURDAY

WILD RICE WITH
GARBANZO BEANS

SUNDAY

INDIAN MASALA PASTA

DESSERT

ROSE & SAFFRON PANNA
COTTA

SHOPPING LIST