



FRAMED RECIPES

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



ALL RECIPES AVAILABLE ON THE BLOG