



FRAMED RECIPES

DINNER

MONDAY

SPICY OATS CRUSTED CHICKEN THIGHS

TUESDAY

BELL PEPPER YOGURT CURRY & RICE

WEDNESDAY

CAJUN-SPICED SPINACH PASTA

THURSDAY

THAI COCONUT CURRY SOUP

FRIDAY

EAT OUT/TAKE OUT

SATURDAY

APPLE PULISSERY & RICE

SUNDAY

KEEMA MATAR & ROTI

ALL RECIPES AVAILABLE ON THE BLOG