

FRAMED RECIPES

WHAT'S FOR DINNER?

MONDAY

MUSHROOM BHUTTI

TUESDAY

TOSTADAS WITH KIWI
SALSA

WEDNESDAY

OVEN ROASTED BRUSSEL
SPROUTS

THURSDAY

FISH CURRY WITH RICE

FRIDAY

EAT-OUT/ TAKE-OUT

SATURDAY

TOMATO COCONUT
RICE

SUNDAY

KHARA PONGAL

NOTES

SHOPPING LIST