



FRAMED RECIPES

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



ALL RECIPES AVAILABLE ON THE BLOG