

FRAMED RECIPES

# WHAT'S FOR DINNER?

**MONDAY**

PAN-SEARED TILAPIA

**TUESDAY**

TEHRI

**WEDNESDAY**

LASOONI PANEER

**THURSDAY**

CAJUN SPICED SPINACH  
PASTA

**FRIDAY**

EAT-OUT/ TAKE-OUT

**SATURDAY**

PAN ROASTED  
BUTTERNUT SQUASH

**SUNDAY**

INDIAN SPICED SMASHED  
POTATOES

**NOTES**

SHOPPING LIST