



FRAMED RECIPES

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



ALL RECIPES AVAILABLE ON THE BLOG