

FRAMED RECIPES

WHAT'S FOR DINNER?

MONDAY

THAI COCONUT SOUP

TUESDAY

LIMA BEAN CURRY

WEDNESDAY

WILTED SPINACH WITH
GARLIC

THURSDAY

CILANTRO CHICKEN
CURRY

FRIDAY

EAT-OUT/ TAKE-OUT

SATURDAY

BELL PEPPER STIR
FRY

SUNDAY

CHANA GHASHI

NOTES

SHOPPING LIST