



FRAMED RECIPES

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

ALL RECIPES AVAILABLE ON THE BLOG