

FRAMED RECIPES

WHAT'S FOR DINNER?

MONDAY

PINEAPPLE PACHADI

TUESDAY

MORU CURRY WITH
CHAYOTE SQUASH

WEDNESDAY

ERISSERY

THURSDAY

RAJMA SABJI WITH
CABBAGE

FRIDAY

EAT-OUT/ TAKE-OUT

SATURDAY

FISH CURRY WITH
COCONUT MILK

SUNDAY

KERALA STYLE KADALA
CURRY

NOTES

SHOPPING LIST