

EATING OUT OPTIONS

EATING OUT OPTIONS (CHOOSE ANY 1)

- 2 plain/ rawa idli + sambhar + chutney
- 1 plain/ rawa dosa + sambhar + chutney
- 1 onion/ tomato/ mix vegetable uttapam + sambhar + chutney
- 2 plain phulka roti + tawa subzi + 1 glass chaas
- 1 plain tandoori roti + tawa subzi + dal + 1 glass chaas
- 1 missi roti + tawa subzi + dal + 1 glass chaas
- 1 ½ paneer/ mix veg paratha + raita/ chole + 1 glass chaas
- 1 cup steam/ jeera rice + dal + stir fry vegetables or tawa subzi
- 1 cup dal kichdi + 1 cup curd/ kadhi
- 1 ½ cup vegetable biryani/ pulav + 1 cup raita
- 1 serving whole wheat pasta with pesto/ arabiatta sauce + 1 tbsp fresh mozzarella cheese
- 4 pc vegetable & bean enchiladas + 1 bowl vegetable clear soup
- 1 paneer & vegetable wrap
- Barbequed tofu/ paneer with vegetables
- Quinoa with vegetables stir fry
- Moong chilla (passerattu) + green chutney
- Mix dal dosa + sambhar
- Falafel tikki with hummus & 1 pc pita bread

AVOID THESE WHILE EATING OUT:

1. Soups & salads with creamy dressing
2. Appetizers, fried snacks, farsan, rich creamy curries and gravies
3. Alcohol, cocktails, mocktails, sweet beverages, aerated drinks, soda, juices
4. Sweets, desserts, cookies, tea cakes, pretzels, muffins, donuts, puffs, croissants



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