

3 DAY WELLNESS MENU

Day 1

Breakfast

Glass of green juice
(Please note this juice must be given at 6 am)
Upma made with oats and vegetables
Paneer paratha made with multi grain flour
Fresh fruits or Fruit juice

Lunch

Salad
Sprouts
Green vegetable
Dal with spinach
Plain roti
Steamed rice with vegetables
Dark chocolate brownie with fresh strawberries and maple syrup

Dinner

Medley of vegetables and masoor dal soup
Whole grain sandwich
Fala khichdi with vegetables
Chicken florentine

Day 2

Breakfast

Glass of green juice
(Please note this juice must be given at 6 am)
Sunny side egg white or egg white omelette
Multi grain toast with fruit marmalade
Muesli
Whole grain pasta with potatoes, carrots and peas
Fresh juice

Lunch

Protein salad
Mixed vegetable medley
Tomato and coriander soup

Plain roti

Khichdi/rice with steamed vegetables

Apricot flan

Dinner

Baked whole wheat or multi grain lasagna with spinach, ricotta cheese and paneer
Multi grain garlic bread
Greek salad
Dal shorba
Cracked wheat masala khichdi
Sautéed fish

Day 3

Breakfast

Glass of green juice
(Please note this juice must be given at 6 am)
Multi grain multi paratha
Paneer bhurji
Oats and suji methi pancakes with coconut chutney
Muesli
Whole grain toast with fruit marmalade

Lunch

Salad with lemon and black pepper dressing
Spinach rice
Tomato soup
Juwar roti
Bean sprouts with potatoes
Fruit salad

Dinner

Mixed dal
Plain rotis or garlic coriander rotis
Green salad with lemon coriander dressing
Cauliflower/peas masala bake
Chicken stew
Dalia fried rice with option of vegetables or egg

All dishes are freshly prepared with very little oil and low fat ingredients

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