



PROTEIN MEAL PLAN MARCH 2025

DATE	MENU ITEM	DATE	MENU ITEM
3RD MARCH	Mexican Beans & Greens Paneer / Chicken	17TH MARCH	Pesto Cream Pasta with Paneer / Chicken
4TH MARCH	Vegetable Grilled Paneer / Chicken Cheese Sandwich	18TH MARCH	Asian Noodle Salad with Paneer / Chicken
5TH MARCH	Paneer / Chicken Biryani with Raita	19TH MARCH	Hummus Platter with Marinated Paneer / Chicken
6TH MARCH	Kala Masala Paneer / Chicken Vegetable Quesadilla	20TH MARCH	Paneer / Chicken Makhani Bowl
7TH MARCH	Mushroom Basil Pasta with Paneer / Chicken	21ST MARCH	Cottage Cheese or Chicken Lasagne
10TH MARCH	Greek Falafel Salad with Paneer / Chicken	24TH MARCH	Kung Pao Paneer / Chicken with Spring Onion Rice
11TH MARCH	Paneer Bhurji or Egg Bhurji with Brown Bread & Green Salad	25TH MARCH	Bombay Masala Paneer / Chicken Sandwich with Thecha Salad
12TH MARCH	Tomato Soup with Paneer / Chicken Grilled Toast	26TH MARCH	Lebanese Paneer / Chicken Cous Cous Bowl
13TH MARCH	Dan Dan Noodle with Paneer / Chicken	27TH MARCH	Italian Godfather Salad with Paneer / Chicken
14TH MARCH	Ghee Roast Paneer / Chicken with Coconut Rice	28TH MARCH	Mexican Fried Rice with Paneer / Chicken with Tangy Curd Dip

5 DAY TRIAL PLAN ₹ 1,400 (NON VEG) & ₹ 1,300 (VEG)

Plan must be completed within 30 days.

15 DAY MONTHLY PLAN ₹ 3,900 (NON VEG) & ₹ 3,600 (VEG)

Plan must be completed within 30 days. 5 meals can be rolled over into the next subscription.

TO ORDER:

CHOOSE YOUR PLAN, DAYS & MEALS

**CONTACT THE SECRET GARDEN BISTRO
ON +918855813694 DIRECTLY OR VIA WHATSAPP,
OR EMAIL SOCIAL@THESECRETGARDENPUNE.COM**