

**Recipe- Whole Wheat Steamed
Vegetable Momos Dim sum
Wonton Dumplings**

**Recipe- Chatpati Chaat in
Edible Bowl**

Recipe- Curd Rice

**Recipe- Vegetarian quick and
easy Mushroom Spinach Risotto
Rice**

Recipe- Weight Loss Salad for Dinner

**Recipe- Homemade Roohafza/
Rose Squash/ Gulab Sharbat**