



# DND

## DAILY NUTRITIONAL DIET

• WHAT'S GOOD  
ON THE MENU!  
YOU DON'T EVEN HAVE TO ASK!

### LEAN MUSCLE MASS

- MEXICAN EGG SALAD
- MEXICAN COTTAGE CHEESE SALAD
- LEAN AND GREEN CHILI TOFU AND BROCCOLI
- SMOKED CHICKEN HAWAII SALAD
- EGGS AND BEAN SALAD
- COTTAGE CHEESE HAWAII SALAD

### WEIGHT GAIN

- ANDA BHURJI PAV
- COTTAGE CHEESE FAJITA ROLL
- SOYA TOFU ROLLS
- GRILLED CHICKEN WITH POTATO MASH AND SAUTEED VEGETABLES

### FAT LOSS

- RAJMA MUSHROOM GALAUTI
- MEXICAN GRILLED CHICKEN SALAD
- GREEK SALAD WITH CHICKPEAS AND OLIVES
- GREEK SALAD WITH SMOKED CHICKEN AND OLIVES
- EGG PITA PIZZA

### HIGH PROTEIN MEALS

- OPEN COTTAGE CHEESE FAJITA BOWL
- OPEN TOFU FAJITA BOWL
- CHICKEN AND POTATO
- HALF POUND PANEER WITH VEGETABLES AND DND'S ARRABIATA SAUCE
- STEAMED FISH WITH SAUTEED VEGGIES IN LEMON BUTTER SAUCE
- HALF POUND CHICKEN WITH VEGETABLES AND DND'S ARRABIATA SAUCE
- GRILLED CHICKEN WITH OUR LOW BECHEMEL SAUCE
- STEAMED CHICKEN BREASTS WITH SAUTEED VEGGIES IN LEMON BUTTER SAUCE
- DEVILLED EGGS WITH CHICKEN SURPRISE
- OPEN CHICKEN FAJITA BOWL

### HIGH PROTEIN (RICE MEALS/ZERO CARB MEALS)

- BROWN RICE WITH GRILLED FISH AND VEGETABLES IN DND'S ITALIAN CURRY
- ORGANIC RED RICE WITH BEANS AND VEGGIES AND SALSA SAUCE
- BROWN RICE, TOFU TIKKA CUBES AND SAUTEED VEGGIES IN DND'S INDIAN CURRY
- BROWN RICE, PANEER TIKKA BITES AND SAUTEED VEGGIES IN DND'S INDIAN CURRY
- BROWN RICE, CHICKEN TIKKA BITES AND SAUTEED VEGGIES IN DND'S INDIAN CURRY
- BROWN RICE, GRILLED TOFU CUBES AND SAUTEED VEGGIES IN DND'S ITALIAN CURRY
- BROWN RICE, GRILLED PANEER AND SAUTEED VEGGIES IN DND'S ITALIAN CURRY
- BROWN RICE, GRILLED CHICKEN BITES AND SAUTEED VEGGIES IN DND'S ITALIAN CURRY
- ORGANIC RED RICE WITH STUFFED CHICKEN IN SALSA SAUCE
- ORGANIC RED RICE WITH STUFFED OMELETTE IN SALSA SAUCE
- ORGANIC RED RICE WITH STUFFED PANEER IN SALSA SAUCE

### ROTI SABZI PROTEIN

- ANDA BHURJI MASALA WITH BEET ROOT ROTI AND DND'S SPECIAL SALAD
- PANEER BHURJI MASALA WITH BEET ROOT ROTI AND DND'S SPECIAL SALAD
- PANEER TIKKA MASALA WITH BEET ROOT ROTI AND DND'S SPECIAL SALAD
- CHICKEN TIKKA MASALA WITH BEET ROOT ROTI AND DND'S SPECIAL SALAD
- BHUNA CHICKEN WITH BEET ROOT ROTI AND DND'S SPECIAL SALAD
- BHUNA PANEER WITH BEET ROOT ROTI AND DND'S SPECIAL SALAD
- PALAK CHICKEN WITH BEET ROOT ROTI AND DND'S SPECIAL SALAD
- PALAK PANEER WITH BEET ROOT ROTI AND DND'S SPECIAL SALAD

### GENERAL FITNESS

- GRILLED FISH WITH EXOTIC VEGETABLES IN CHILI LIME DRESSING
- SHREDDED CHICKEN PAV BHAJI
- BEAN AND CHICKEN BURRITOS
- MEXICAN BEAN BURRITOS
- SAUTEED VEGGIES PAV BHAJI (WHOLE WHEAT PAV)

### KETO

- CHICKEN SHAMMI KEBABS
- CREAMY PANEER WITH MUSHROOM & BROCCOLI
- COTTAGE CHEESE & BROCCOLI KEBABS
- GRILLED FISH WITH CREAMY CAULIFLOWER PUREE AND SAUTEED MUSHROOMS
- GRILLED PANEER WITH CREAMY CAULIFLOWER PUREE AND SAUTEED MUSHROOMS
- GRILLED CHICKEN WITH CREAMY CAULIFLOWER PUREE AND SAUTEED MUSHROOMS
- GRILLED FISH WITH INDIAN STYLE ROASTED PUMPKIN MASH
- GRILLED PANEER WITH INDIAN STYLE ROASTED PUMPKIN MASH
- GRILLED CHICKEN WITH INDIAN STYLE ROASTED PUMPKIN MASH
- DND'S NO BUTTER CHICKEN WITH ZERO CARB RICE
- CREAM CHICKEN WITH MUSHROOM AND BROCCOLI IN ITALIAN HERBS
- GRILLED BARBECUE COTTAGE CHEESE WITH SPROUTS AND VEGGIES
- DND'S NO BUTTER PANEER WITH ZERO CARB RICE

### DND'S HEALTH PIZZA

- MINI CHICKEN PIZZA
- MINI VEG PIZZA
- PANEER TIKKA PIZZA
- CHICKEN TIKKA PIZZA
- TOMATO BASILICA PIZZA
- MARGHERITA PIZZA
- HALF N HALF EXOTIC VEGGIES AND SMOKED CHICKEN PIZZA
- HALF N HALF BARBECUE CHICKEN AND VEGETABLE PIZZA
- CHICKEN AND CORN PIZZA
- MUSHROOM AND ONION PIZZA
- LOADED CHICKEN PIZZA
- LOADED VEGGIE PIZZA
- FRESHLY BAKED BARBECUE CHICKEN PIZZA
- FRESHLY BAKED FARMHOUSE PIZZA

	C	P	F	CAL	FIB
220I-	15.2	19.6	7.6	200	0.875
250I-	16	22	18	296	1.3
220I-	6	9	7.2	117.6	0.8
260I-	19	34	4	244	0.975
220I-	5	25	30	360	0.825
250I-	20	20	17	296	1.4

220I-	38.6	31.2	33.7	548.8	1.55
250I-	37	11.2	12.3	291.2	1.55
220I-	26	11.2	9.3	223.2	1.05
260I-	12	36	6.7	245.6	2.125

250I-	28	9.5	4.2	183.6	1.7
260I-	12	28	6	208	2
220I-	31	14	16	308	1.175
260I-	17	37	15	336	1.3
220I-	27	34	9	316	3.55

230I-	9	15.6	14	210.4	1.3
220I-	6	9	7.2	117.6	1.05
260I-	16	34.5	14.2	315.6	1.15
230I-	12	38	41	528	1.3
320I-	12	43	7	276	1.15
230I-	12	58	11	368	0.4
280I-	12	62	22	472	1.225
230I-	16	58	8	360	1.425
230I-	22	64	12	440	1.775
250I-					

340I-	24	42	18	408	2.3
220I-	50	30	13	424	1.95
250I-	24	28	8	272	1.725
250I-	29	32	18	388	1.625
260I-	24	46	10	360	1.625
250I-	24	26	16	328	1.725
250I-	26	29	22	396	1.775
260I-	24	40	18	400	2.2
260I-	25	39	17	392	2.3
220I-	25	25	12	296	2.175
250I-	26	26	34	480	0.45

	C	P	F	CAL	FIB
200I-	28	15	15	292	1.55
200I-	30	18	21	360	1.425
200I-	30	17	21	356	1.575
200I-	28	19	4.6	224.8	1.35
200I-	28	20.4	4.6	230.4	1.475
200I-	30.4	18.4	21.4	366.4	2.05
200I-	29	20	4	228	2.1
200I-	31	18	19	348	1.3

320I-	8.9	41	11.2	289.2	1.4
190I-	39	34	21	460	1.95
190I-	43	50	7	428	1.95
160I-	43	18	3	268	1.4
160I-	39	22	20	404	1.3

260I-	2.2	49	3.2	230.4	0.8
250I-	3	14.5	28.4	297.2	0.975
250I-	4	12	26	272	1.075
350I-	12	39	37	500	1.025
300I-	9	31	37	456	1.025
320I-	7	43	28	424	1.4
350I-	11	34	39	492	1.275
300I-	12	27	42	492	1.3
320I-	11	38	28	420	1.675
320I-	9	41	34	472	0.8
260I-	3	35	23.7	341.6	1.625
220I-					
300I-	9	39	32	448	0.95

170I-	17	12	17	252	1.875
150I-	19	4	14	204	3.1
360I-	29	32.8	37	543.2	2.125
380I-	29	45.7	28	522.8	2.3
280I-	29	22.3	35.6	490	2.3
280I-	29	22.3	28	429.2	3.5
430I-	29	38.6	34.5	546.4	3.5
450I-	29	38.6	34.5	546.4	4.05
340I-	29	39	31.8	526.4	3.125
290I-	29	22	32.6	464.8	2.375
380I-	29	49.5	32.1	570.8	3.625
380I-	29	24.3	36.2	502.8	3.175
320I-	29	45.7	33.8	569.2	3.3
290I-	29	24.5	32.5	474	2.15

### WHOLE WHEAT PASTA

- PENNE PESTO
- PENNE CAULIFLOWER
- PENNE BECHAMEL
- PENNE ARRABIATA

200I-	34	6.3	22.3	339.6	1.675
200I-	28	5.2	26.7	346.4	1.675
180I-	36	7.5	26.7	387.6	2.15
180I-	36	5.2	11.2	254.4	1.675

### WRAPS AND BURRITOS

- CREAMY MUSHROOM RICE BURRITOS
- PERI PERI PANEER BURRITOS
- PERI PERI CHICKEN BURRITOS
- PANEER TIKKA WRAP
- CHICKEN TIKKA WRAP

200I-	32	7.2	13.7	266.4	1.55
220I-	30	11.2	12.3	263.2	1.55
250I-	22	17.6	5.6	203.2	1.55
220I-	22	11.2	12.3	231.2	1.55
250I-	22	11.2	12.3	231.2	

### ALL DAY BREAKFAST

- SUNNY SIDE UP
- CHICKEN POHA
- EGG POHA
- VEG POHA
- MUSHROOM AND CHICKEN
- MUSHROOM SANDWICH
- CHICKEN PESTO SANDWICH
- VEGETABLE PESTO SANDWICH
- PRANTHA ENVELOPES
- MUSHROOM AND OATS
- GREEN OMELETTE
- EGG WHITES OMELETTE
- OMELETTE BURRITOS
- CHICKEN AND CHEESE OMELETTE
- MUSHROOM AND CHEESE OMELETTE
- CLASSIC BREAD OMELETTE
- PANEER TIKKA SANDWICH
- CHICKEN TIKKA SANDWICH
- FRUIT AND NUTS SALAD
- GRILLED PANEER SANDWICH
- BOILED EGGS WITH TOASTED MULTIGRAIN SANDWICH
- BARBECUE CHICKEN MULTIGRAIN SANDWICH
- CREAMY EGG MULTIGRAIN SANDWICH
- HIGH PROTEIN CHOCOLATE PANCAKE
- HIGH PROTEIN VANILLA PANCAKE
- GARDEN FRESH SANDWICH

140I-	12	12	10	132.8	0.75
160I-	46	18	6	304	1.5
120I-	46	14	18	384	1.5
90I-	46	3.2	10	276.8	1.875
200I-	28	17.8	12.6	284	3.5
200I-	28	5	12.6	232.8	1.875
180I-	28	19	12.6	288.8	3.5
100I-	28	5	12.6	232.8	0.625
150I-	2	24	19	256	0.15
150I-	1	12	1	60	0.9
160I-	9	24	20	292	0.3
150I-	2.5	28	27	338	0.2
200I-	2.5	19	27	302	0.525
150I-	24	12	10	224	2.5
200I-	29	9	8	216	2.5
200I-	24	17.7	3	190.8	2.5
200I-	29	9	8	216	0.575
160I-	24.4	7.2	3	150.4	2.5
120I-	24	9	8	196	2.75
160I-	29	12.9	17.8	310	0.675
170I-	30	22.4	3	233.6	0.675
160I-	30	22.4	3	233.6	6.5
150I-	29	7	6	192	3

### SOUPS

- CREAM OF BROCCOLI
- CREAM OF BROCCOLI
- CREAM OF MUSHROOM
- CREAM OF MUSHROOM
- MANCHOW SOUP
- MANCHOW SOUP
- CLEAR SOUP
- CLEAR SOUP

### DESSERTS

- FRUIT CREAM
- CHOCOLATE CUSTARD
- FRUIT & NUT CUSTARD
- CREPES WITH FRESH FRUITS AND HONEY
- MANGO SORBET
- HIGH PROTEIN VANILLA PAN CAKE DESSERT
- HIGH PROTEIN CHOCOLATE PANCAKE DESSERT
- CHOCOLATE PROTEIN TRUFFLE

200I-					
200I-					
200I-					
200I-					
200I-					
150I-					
160I-					
160I-					

### COMBOS

- PRE WORKOUT (OUR TRIPLE BERRY SMOOTHIE WITH CHOCOLATE PROTEIN TRUFFLES PROVIDE QUICK-DIGESTING CARBS TO FUEL YOUR WORKOUT) 220I-
- POST WORKOUT CHICKEN (OUR SIGNATURE HIGH PROTEIN PEANUT BUTTER SHAKE WITH MULTIGRAIN BARBECUE CHICKEN SANDWICH) 300I-
- POST WORKOUT EGG (OUR SIGNATURE HIGH PROTEIN PEANUT BUTTER SHAKE WITH MULTIGRAIN CREAMY EGG SANDWICH) 300I-
- POST WORKOUT VEG (OUR SIGNATURE HIGH PROTEIN PEANUT BUTTER SHAKE WITH MULTIGRAIN GARDEN FRESH SANDWICH) 300I-
- MUSCLE REPAIR NON-VEG (OUR SIGNATURE COFFEE ALMOND SHAKE WITH HALF POUND CHICKEN WITH VEGETABLES AND DND'S ARRABIATA SAUCE) 350I-
- MUSCLE REPAIR VEG (OUR SIGNATURE COFFEE ALMOND SHAKE WITH HALF POUND PANEER WITH VEGETABLES AND DND'S ARRABIATA SAUCE) 350I-
- IMMUNITY BOOSTER (OUR SIGNATURE FRUIT AND NUT SALAD WITH OUR FAVOURITE GREEN GOLD JUICE TO PUMP YOUR IMMUNITY) 320I-
- HANGOVER CURE (PEANUT BUTTER SANDWICH WITH FRESHLY SQUEEZED CARROT AND GINGER JUICE TO CURE YOUR HANGOVERS) 250I-



### COFFEE

- SOY MILK LACTOSE FREE COFFEE
- ALMOND MILK LACTOSE FREE COFFEE
- BULLETPROOF COFFEE
- ICED AMERICANO NORMAL
- COFFEE SHOTS
- DND'S ICED COFFEE
- DND'S EGG COFFEE

220I-					
250I-					
100I-					
200I-					
55I-					
160I-					
170I-					

### ZERO CALORIE DRINKS