

MENU PLAN FOR 16 th WEEK						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	20/10/2025	21/10/2025	22/10/2025	23/10/2025	24/10/2025	25/10/2025
BREAKFAST						
BREAKFAST CEREAL	Wheat flakes and milk	Strawberry flakes with milk	Corn flakes with milk	Wheat flakes and milk	Strawberry flakes with milk	Muesli with milk
NATURAL BITE	Banana	Muskmelon	Papaya	Watermelon	Banana	Mix Fruit
BREAD AND SPREAD	Bread toast with Accompaniments	Bread toast with Accompaniments	Bread toast with Accompaniments	Bread toast with Accompaniments	Bread toast with Accompaniments	Bread toast with Accompaniments
HEALTHY BITE	Ragi and dates porridge	oats porridge	Ragi and black raisins porridge	Muesli with milk	oats porridge	ragi and dates porridge
EGG PREPARATION OF THE DAY	Coriander scrambled egg	Egg bhurji	Boiled egg with pepper and salt	Scrambled egg	Mushroom scrambled egg	Scrambled egg
VEG PREPARATION OF THE DAY	Paneer scrambled	Paneer bhurji	Spinach scrambled paneer	Paneer scrambled	Mushroom scrambled paneer	Paneer bhurji
POWER PACK	Semiya upma with red chutney	Veg upma with chutney	Poori with aloo besan curry	Set dosa with chutney and sambar	Kaikari idli with peanut chutney and sambar	Bonda with chutney-2 types and sambar
POWER BREAK	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade
LUNCH						
SALAD	Salad with garlic dip	Carrot raisin salad	Green salad	Crudités with dip	Fresh garden salad	Green salad
SOUPS	NA	NA	Pumpkin soup	NA	Cream of carrot soup	NA
BREADS/INDIAN BREADS	Phulka	phulka	Pad thai noodles	Phulka	Phulka	Phulka
YUMMY OF THE DAY	Mirch ka salan	Pindi chole	Tomato brinjal sabji	Veg makhani	Paneer gassi	Chilli gobi
FARM FRESH	Kalonji Bhendi	Turai curry	NA	NA	Aloo 65	Arvi ki sookhi sabji
DAL / RASAM	Dal bhukara	Dal tadka	Dal panchmel	Palak moong dal	Tomato rasam	Dal adraki

RICE	Vegetable dum biryani/ Steamed rice	Steamed rice	steamed rice	Steamed rice	Steamed rice	Veg fried rice/ steamed rice
ACCOMPANIMENTS	Roasted Papad	Roasted Papad	Roasted Papad	Roasted Papad	Fryums	Rice papad
CURD / RAITA	Raita	Curd	Curd	Curd	Curd	Curd
PACHADI/ PICKLE	Pickle	Pickle	Chutney	Pickle	Chutney	Chutney
PROTEIN PACKED- NON VEG	Chicken afghani	Chicken curry	Methi chicken	Chicken butter masala	Egg tomato curry	Chicken home style
PROTEIN PACKED- VEG	Grilled paneer	Paneer butter masala	Grilled tofu	Paneer pasanda	Saute mushroom <u>and paneer</u>	Paneer rogan josh
SNACKS 4:00 PM						
PRE TRAINING MEAL	Veg poha	Dabeli and fruits	Bhel puri	Tawa chilli toast	Quesadilla (less cheese)	Boiled sweet potato
4:30 PM						
POST TRAINING MEAL	3 bean chat/ Fruits	Sprouts chat	Omelette s/w/ Veg s/w	Egg roll and veg roll	Boiled egg and Fruits	NA
	Chocolate milk	Banana Milkshake	Honey milk	Lemonade	Fresh fruit juice	NA