

MENU PLAN FOR 14 th WEEK						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	06/10/2025	07/10/2025	08/10/2025	09/10/2025	10/10/2025	11/10/2025
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	Plain bread with accompaniments	Plain bread with accompaniments	Plain bread with accompaniments	Plain bread with accompaniments	Plain bread with accompaniments	Plain bread 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	Omelette	Boiled egg pepper salt	Masala Omelette	Mushroom scrambled egg	Fried egg	Coriander scrambled egg
VEG PREPARATION OF THE DAY	Paneer bhurji	Paneer mushroom scrambled	Soya keema scrambled with veggies	Spinach scrambled paneer	Coriander scrambled paneer	Paneer bhurji with veggies
POWER PACK	Paratha Veg korma	Chole bhature with onion, lemon wedges and fried green chilli	Dalia upma with red chutney	Masala dosa with peanut Chutney and sambar	Idli with Coconut mint chutney and sambar	Onion Pesarattu with Ginger chutney and Sambar
POWER BREAK	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade
LUNCH						
SALAD	Russian salad	Quinoa corn salad	Mexican bean salad	Koshimbir salad	Watermelon, mint and feta salad	Green salad
SOUPS	NA	NA	NA	NA	NA	NA
BREADS/INDIAN BREADS	Phulka	Hakka noodles	Ajwaini Phulka	Masala phulka	Phulka	Phulka
YUMMY OF THE DAY	Turai curry	NA	Paneer butter masala	Veg jalfrezi	Veg saagwala	Chamagadda pulusu

FARM FRESH	Bhendi jaipuri	Gobi chilli- semi dry	Garlic karela fry	Tindli palya	Aloo fry	Brinjal curry
DAL / RASAM	Ulva chaaru	Dal adraki	Dal tadka	Dal triveni	Mudda pappu	Dal makhani
RICE	Steamed rice	Steamed rice	steamed rice	Chitrannam /Steamed rice	Jeera rice /Steamed rice	Mint rice/ steamed rice
ACCOMPANIMENTS	Fryums	Roasted Papad	Roasted Papad	Roasted Papad	Roasted Papad	Roasted Papad
CURD / RAITA	Curd	Curd	curd	Curd	Raita	Raita
PACHADI/ PICKLE	Chutney	Chutney	Chutney	Pickle	Pickle	Chutney
PROTEIN PACKED- NON VEG	Chicken lababdar	Egg bhurji gravy	Andhra Chicken curry	Palak Chicken	Butter Chicken	Chicken grilled
PROTEIN PACKED- VEG	Paneer kurchan	Paneer hyderabadi	Tofu grilled	Malai Paneer	Paneer grilled	Paneer lababdar
SNACKS 4:00 PM						
PRE TRAINING MEAL	Roasted makhana	Club sandwich	Mashed potatoes with dip	Corn on the cob	Kathi roll	Masala oats
4:30 PM						
POST TRAINING MEAL	Boiled lobia	Egg roll/ paneer roll	Egg s/w, veg s/w	Boiled eggs/ fruits	Sprouts chat	NA
	Warm boost	Lemonade	Muskmelon juice	Lemonade	Chocolate Milkshake	NA