

MENU PLAN FOR 19 th WEEK						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10/11/2025	11/11/2025	12/11/2025	13/11/2025	14/11/2025	15/11/2025
BREAKFAST 7:50AM						
BREAKFAST CEREAL	Wheat flakes and milk	Corn flakes with milk	Strawberry flakes with milk	Muesli with milk	Wheat flakes with milk	Strawberry flakes with milk
NATURAL BITE	Banana	Papaya	Watermelon	Mix Fruit	Pineapple	Banana
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 and banana porridge	Oats cinnamon porridge	Ragi malt with jaggery	oats porridge	Banana ragi porridge
EGG PREPARATION OF THE DAY	Boiled egg with pepper and salt	Spinach scrambled egg	Egg easy over	Mushroom scrambled egg	Masala omelette	Spanish omelette
VEG PREPARATION OF THE DAY	Paneer scrambled with spinach	Paneer bhurji	Paneer scrambled with coriander	Paneer bhurji with veggies	Mushroom Paneer scrambled	Soya keema bhurji
POWER PACK	Veg poha with red chutney	Set dosa with peanut chutney and sambar	Veg upma with red chutney and sambar	Idli with coconut chutney and sambar	Palak poori with aloo chole	Pesarattu with chutney and sambar
POWER BREAK	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade
LUNCH 11:45AM						
SALAD	Kimchi salad	Carrot raisin salad	Crudités	Garden salad	Salad with dip	Green salad
SOUPS		Veg Clear soup	Veg hot and sour soup	-		-
BREADS/INDIAN BREADS	Phulka	Phulka	Phulka	Phulka	Veggie Delight Burger	Phulka
YUMMY OF THE DAY	Rajmah masala	Vegetable handi	NA	Paneer chungezi	Paneer butter masala	NA
FARM FRESH	Mixed veg	NA	Gobi sabji	Karela do	French fries	Bangala

	curry			pyaza		dumpa vepudu
DAL / RASAM	Mysore rasam	Dal tadka	Kerala Sambar	Moong dal tadka	Dal tadka	Methi dal
RICE	steamed rice	Peas pulao/ steamed rice	steamed rice	steamed rice	Jeera rice / steamed rice	Tomato rice / steamed rice
ACCOMPANIMENTS	Fryums	Roasted Papad	Roasted Papad	Roasted Papad	Roasted papad	Roasted papad
CURD / RAITA	Curd	Raita	Curd	Curd	Raita	Raita
PACHADI/ PICKLE	Chutney	Pudina kobbari pachadi	Chutney	Pickle	Turai chutney	Chutney
PROTEIN PACKED- NON VEG	Chicken homestyle	Egg onion curry	Chicken chettinad	Chicken lababdar	Chicken vindaloo	Chicken home style
PROTEIN PACKED- VEG	Pepper paneer	Paneer rogan josh	Methi chaman	Soya curry	Paneer grilled	Paneer pasanda
PRE WORKOUT SNACKS 4:00 PM						
PRE TRAINING MEAL	Bhel puri	Quesadilla	Club sandwich and banana	Uggani	Boiled sweet potato	Baked potato with dip
POST WORKOUT SNACKS 6:30 PM						
POST TRAINING MEAL	Omelette/ fruit bowl	Fruit bowl	Boied eggs/ fruits	Cut fruits	Egg roll/ veg roll	NA
	Watermelon juice	Honey milk	Muskmelon juice	Chocolate milkshake	Lemonade	NA