

MENU PLAN FOR 20 th WEEK						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	17/11/2025	18/11/2025	19/11/2025	20/11/2025	21/11/2025	22/11/2025
BREAKFAST 7:50AM						
BREAKFAST CEREAL	Wheat flakes and milk	Strawberry flakes with milk	Corn flakes with milk	Wheat flakes with milk	Muesli with milk	Strawberry flakes with milk
NATURAL BITE	Watermelon	Papaya	Banana	Muskmelon	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 porridge	ragi and black raisins porridge	oats porridge	ragi and dates porridge	Muesli with milk
EGG PREPARATION OF THE DAY	Boiled egg pepper salt	Masala omelette	red and green pepper scrambled egg	Omelette	Coriander scrambled egg	Masala omelet
VEG PREPARATION OF THE DAY	Paneer scrambled	Paneer bhurji with veggies	Soya keema scrambled	Mushroom paneer scrambled	Paneer bhurji	Coriander scrambled paneer
POWER PACK	Uttapam with chutney and sambar	Semiya bhath with chutney	Veg Poha with Chutney	Idli with Chutney and sambar	Pav bhaji with Onion and lemon wedges	Tomatobhath Chutney Pickle
POWER BREAK	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade
LUNCH 11:45AM						
SALAD	Beetroot salad	Crudités with dip	Kimchi salad	Cucumber chatpata salad	Green stick salad	Green salad
SOUPS			Cream of spinach soup	-	Lentil soup	-
BREADS/INDIAN BREADS	Multigrain Phulka	Phulka	Spaghetti arrabiata	Masala phulka	Phulka	Phulka
YUMMY OF THE DAY	Veg makhani	Amritsari Chole	NA	Kadai paneer	Vegetable handi	Tamatar mirch ka salan
FARM FRESH	NA	Cabbage sabji	Lehsuni Bhendi	Sem aloo ki sabji	Dondakaya vepudu	Mixed veg poriyal

DAL / RASAM	dal tadka	Vegetable sambar	Dal makhani	Gongura dal (seasonal veg)	Lemon pepper rasam	Dalcha
RICE	Steamed rice/ sweet corn pulao	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice/ veg bagara rice
ACCOMPANIMENTS	Roasted Papad	Roasted Papad	Roasted Papad	Roasted Papad	Fryums	Roasted papad
CURD / RAITA	Raita	Curd	Curd	Curd	Curd	Raita
PACHADI/ PICKLE	Chutney	Chutney	Chutney	Pickle	Pickle	Chutney
PROTEIN PACKED- NON VEG	Chicken chettinad	Malai chicken	Chicken butter masala	Chicken vindaloo	Egg tomato curry	Chicken home style
PROTEIN PACKED- VEG	Grilled tofu with sauce	Paneer kali mirchi	Mushroom and paneer curry	Kadai paneer	Soya Capsicum curry	Paneer korma
PRE WORKOUT SNACKS 4:00 PM						
PRE TRAINING MEAL	Bhelpuri	Boiled sweet potato	Veg Frankie	Coleslaw s/w/ boiled peanuts	Corn on the cob	veg sandwich
POST WORKOUT SNACKS 6:30 PM						
POST TRAINING MEAL	Bread omelette/ cut fruits	Egg roll/ veg roll	Banana milkshake	Fruit chat	Boiled egg/ fruits	NA
	Lemonade	Muskmelon juice	NA	Honey milk	Lemonade	NA