

MENU PLAN FOR 21 ST WEEK						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	24/11/2025	25/11/2025	26/11/2025	27/11/2025	28/11/2025	29/11/2025
BREAKFAST 7:50AM						
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	Muskmelon	Papaya	Pineapple	Banana	Watermelon	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	Omelette	Boiled egg pepper salt	Omelette	Egg burji	Coriander scrambled egg	egg fry
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	Idli with Karnataka chutney and sambar	Chapathi with mixed vegetable curry	Set dosa with coconut chutney and Sambar	Vegetable upma with red chutney	Chole bature with Onion lemon wedges and fried green chilli	Bonda 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	Green salad	Shredded salad	Garden salad	Crudites	Carrot raisin salad	Green salad
SOUPS	-	Minestrone soup	-	Vegetable clear soup	-	-
BREADS/INDIAN BREADS	Phulka	Phulka	Pita bread	Phulka	Methi phulka	Phulka
YUMMY OF THE DAY	Nizami paneer	Bhendi masala	Hummus	NA	Soya aloo wadi korma	Brinjal korma
FARM FRESH	Mixed veg poriyal	NA	Tindly fry	Veg handi	Cabbage kootu	Karela fry

DAL / RASAM	Mysore rasam	Dal bhukara	Dal triveni	Turai moong dal	Dal tadka	Veg sambar
RICE	Steamed rice	Pulihora/ Steamed rice	Steamed rice	Steamed rice	steamed rice	Steamed rice /bagara rice
ACCOMPANIMENTS	Fryums	Roasted Papad	Roasted Papad	Roasted Papad	Roasted Papad	Rice Papad
CURD / RAITA	Curd	curd	Curd	Curd	Curd	Boondi raita
PACHADI/ PICKLE	Chutney	Chutney	Chutney	Pickle	Pickle	Chutney
PROTEIN PACKED- NON VEG	Methi chicken	Anda curry	Chicken korma	Chicken lababdar	Chicken jalfrezi	Chicken curry
PROTEIN PACKED- VEG	Paneer chungezi	Grilled paneer	Paneer patiyala	Grilled mushroom and paneer	Paneer panch phoran	Paneer home style
PRE WORKOUT SNACKS 4:00 PM						
PRE TRAINING MEAL	Jhalmuri	Corn on the cob	Aloo stuffed s/w	Boiled sweet potato	Tawa chilli toast and beetroot juice	Paneer Frankie
POST WORKOUT SNACKS 6:30 PM						
POST TRAINING MEAL	Boiled egg and Fruits	Veg sandwich	Omelette/ cut fruits	Lobia chat	Egg roll/ veg roll	NA
	Muskmelon juice	Honey milk	Watermelon juice	Warm chocolate milk	Lemonade	NA