

MENU PLAN FOR 24 <sup>th</sup> WEEK						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	15/12/2025	16/12/2025	17/12/2025	18/12/2025	19/12/2025	20/12/2025
BREAKFAST 7:50AM						
BREAKFAST CEREAL	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk
NATURAL BITE	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
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	Granola oats porridge	Ragi java	Oats and raisins porridge	Ragi malt	Oats porridge	Ragi and black raisins porridge
EGG PREPARATION OF THE DAY	Scrambled egg	Boiled egg with pepper and salt	Egg easy over	Omelette	Spinach scrambled Egg	Masala omelette
VEG PREPARATION OF THE DAY	Paneer bhurji	Paneer scrambled with coriander	Paneer scrambled with veggies	Veg and paneer bhurji	Paneer scrambled	Soya keema bhurji
POWER PACK	Set dosa Karnataka chutney and Sambar	Chapathi with veg korma	Carrot idli, Peanut chutney and vegetable sambar	Veg poha with red chutney	Pav bhaji with lemon wedges and onion	Medu vada 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	Shredded salad	Garden salad	Carrot raisin salad	Green salad	Classic Greek Salad	Crudités
SOUPS	Tomato soup with croutons	-	-	-	-	-
BREADS/INDIAN BREADS	Phulka	Aglio-e-olio pasta	Phulka	Phulka	Phulka	Phulka
YUMMY OF THE DAY	Palak aloo (semi gravy)	NA	Alasanda curry	Paneer butter masala	Soya kofta masala	Chamagada pulusu
FARM FRESH	NA	Dahi bhindi	Karela chips	Honey chilli potato	Mixed veg poriyal	Cauliflower fry

<b>DAL / RASAM</b>	Dal tadka	Gongura dal	Miryala rasam	Dal triveni	Dal lehsuni	NA
<b>RICE</b>	Steamed rice	Steamed rice	Steamed rice	Navratan pulao/ steamed rice	Steamed rice	Steamed rice
<b>ACCOMPANIMENTS</b>	Roasted papad	Roasted papad	Fryums	Roasted papad	Rosted papad	Roasted papad
<b>CURD / RAITA</b>	Curd	Curd	Curd	Raita	Curd	Curd
<b>PACHADI/ PICKLE</b>	Chutney	Chutney	Chutney	Pickle	Pickle	Chutney
<b>PROTEIN PACKED- NON VEG</b>	Chicken korma	Chicken butter masala	Dhaba style egg curry	Chicken grilled	Chicken kolhapuri	Hariyali chicken curry
<b>PROTEIN PACKED- VEG</b>	Paneer gassi	Paneer grilled (with gravy on side)	Dhaba style paneer curry	Soya kofta masala	Paneer kolhapuri	Methi matar paneer
<b>PRE WORKOUT SNACKS 4:00 PM</b>						
<b>PRE TRAINING MEAL</b>	Sweet corn chatpata	Peanut butter s/w/ Banana	Uggani	Coleslaw sandwich/ banana	Veg roll	Boiled sweet potato
<b>POST WORKOUT SNACKS 6:30 PM</b>						
<b>POST TRAINING MEAL</b>	Egg roll/ paneer roll	Omelette and fruits	Boiled chana	Boiled eggs and fruits	Cut fruits	NA
	Fresh juice	Watermelon juice	Warm honey milk	Lemonade	Chocolate milkshake	NA