

MENU PLAN FOR 23 <sup>rd</sup> WEEK						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	08/12/2025	09/12/2025	10/12/2025	11/12/2025	12/12/2025	13/12/2025
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	Banana	Muskmelon	Watermelon	Papaya	Banana	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	oats porridge	ragi and dates porridge	Muesli with milk
EGG PREPARATION OF THE DAY	Mushroom scrambled egg	Spinach scrambled egg	scrambled egg	red and green pepper scrambled egg	Coriander scrambled egg	Boiled egg pepper and salt
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	Pesarattu with chutney and sambar	Ragi idly with peanut chutney and sambar	Dhalia upma with red Chutney	Uttapam with chutney and sambar	Pav bhaji with onion and lemon wedges	Methi Chapathi with Aloo gobi masala
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	Crudités	Carrot raisin salad	Garden salad	Stick salad	Green salad
SOUPS	NA	Lemon coriander soup	NA	NA	NA	Mulligatawny soup
BREADS/INDIAN BREADS	Phulka	Ajwain Phulka	American chopsuey	Phulka	Phulka	Phulka
YUMMY OF THE DAY	Lauki kofta banarasi	Veg kadai	NA	Paneer jalfrezi	Rajmah masala	Long brinjal sauté
FARM FRESH	NA	NA	Cauliflower fry	Tendli fry	Veg saagwala	NA

<b>DAL / RASAM</b>	Dal makhani	Drumstick sambar	Dal panchmel	Dal tadka	Tomato dal	Muddapappu / rasam
<b>RICE</b>	Steamed rice	Steamed rice	Mint Rice/ steamed rice	Steamed rice	Steamed rice	Tamarind rice/ steamed rice
<b>ACCOMPANIMENTS</b>	Roasted papad	Roasted papad	Roasted Papad	Roasted Papad	Roasted papad	Roasted Papad
<b>CURD / RAITA</b>	Curd	Curd	Raita	Curd	Curd	Curd
<b>PACHADI/ PICKLE</b>	Turai Chutney	Chutney	Chutney	Pickle	Pickle	Chutney
<b>PROTEIN PACKED- NON VEG</b>	Chicken afghani	Methi chicken	Chicken butter masala	Malai Chicken	Egg burji gravy	Chicken home style
<b>PROTEIN PACKED- VEG</b>	Paneer curry	Paneer kali mirchi	Paneer and mushroom sauté	Kadai paneer	Aloo soya curry	Paneer pasanda
<b>PRE WORKOUT SNACKS 4:00 PM</b>						
<b>PRE TRAINING MEAL</b>	Boiled sweet corn	Peanut butter sandwich and banana	Boiled sweet potato	Aloo toast with ketchup and banana	Veg poha with chutney	Masala oats
<b>POST WORKOUT SNACKS 6:30 PM</b>						
<b>POST TRAINING MEAL</b>	Egg roll/ paneer roll	Mexican bean chat	Omelette and veg s/w	Mixed fruit bowl	Boiled eggs and fruits	NA
	Grape juice	Banana milkshake	Watermelon juice	Honey milk	Lemonade	NA