

MENU PLAN FOR 28th WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	12/01/2026	13/01/2026	14/01/2026	15/01/2026	16/01/2026	17/01/2026
BREAKFAST 7:50AM						
BREAKFAST CEREAL	Wheat flakes and milk	Strawberry flakes with milk	Corn flakes with milk	Wheat flakes and milk	Muesli with milk	Corn flakes with milk
NATURAL BITE	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
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 raising porridge	Granola porridge	Oats porridge	Ragi and dates porridge
EGG PREPARATION OF THE DAY	Omelette	Boiled egg pepper salt	Red and green pepper scrambled egg	Masala omelette	Coriander scrambled egg	Egg fry
VEG PREPARATION OF THE DAY	Baked beans	Paneer bhurji	Soya bhurji	NA	Paneer scrambled with bell peppers	Paneer and veggies scrambled
POWER PACK	Veg poha with mixed chutney	Chapathi with veg kurma	Set dosa with coconut chutney and sambar	Carrot idly with peanut chutney and Sambar	Dhalia upma with Red chutney	Aloo stuffed paratha with raita and 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	Classic greek salad	Crudités	Green salad	Kimchi salad	Insalata mista	Carrot chatpata salad
SOUPS	Tomato soup with croutons	NA	NA	Manchow soup	NA	NA
BREADS/INDIAN BREADS	Phulka	Alfredo pasta	Phulka	Phulka	Ajwain Puri	Phulka
YUMMY OF THE DAY	Nizami handi (no paneer)	Gobi sabji (dry)	Paneer capsicum curry	Jeera aloo	Pindi chole	Tamarar mirch ka salan

FARM FRESH	Cabbage pakoda	NA	Andhra style vankaya fry	NA	Mixed veg poriyal	Bhendi sabji
DAL / RASAM	Beet root rasam	Veg sambar	Dal tadka	Tomato dal	Palak Dal	Dalma
RICE	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Veg dum biryani/ Steamed rice
ACCOMPANIMENTS	Fryums	Roasted papad	Roasted papad	Roasted papad	Roasted papad	Roasted papad
CURD / RAITA	Curd	Curd	Curd	Curd	Curd	Raita
PACHADI/ PICKLE	Chutney	Gongura pachadi	Chutney	Pickle	Pickle	Chutney
PROTEIN PACKED- NON VEG	Chicken grilled	Chicken butter masala	Egg bhurji	Malai chicken	Chicken chettinad	Malai paneer
PROTEIN PACKED- VEG	Paneer grilled	Paneer butter masala	Alasanda curry	Soya matar curry	Pindi chole	Methi Paneer

PRE WORKOUT SNACKS 4:00 PM

PRE TRAINING MEAL	Veg s/w and fruits	Boiled sweet potato	Masala oats	Veg roll with ketchup	Uggani	Corn on the cob
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POST WORKOUT SNACKS 6:30 PM

POST TRAINING MEAL	3 bean chat	Egg s/w/ paneer s/w	Boiled chana	Boiled eggs and fruits	Egg roll/ veg roll	NA
	Honey milk	Lemonade	Turmeric milk	Watermelon juice	Lemonade	NA