

MENU PLAN FOR 31st WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	02/02/2026	03/02/2026	04/02/2026	05/02/2026	06/02/2026	07/02/2026

BREAKFAST 7:50AM

BREAKFAST CEREAL	Muesli with milk	Chocos with milk	Corn flakes with milk	Strawberry flakes with milk	Muesli with milk	Chocos 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 raisins porridge	Oatmeal	Oats porridge	Ragi java
EGG PREPARATION OF THE DAY	Easy over	Boiled egg pepper salt	red and green pepper scrambled egg	Omelette	Masala omelette	Egg bhurji
VEG PREPARATION OF THE DAY	Baked beans	NA	Paneer bhurji	NA	Soya keema bhurji	Paneer scrambled
POWER PACK	Veg poha with chutney	Chole bhature fried green chillies	Set dosa with coconut chutney and sambar	Dalia upma with chutney	Carrot idli with mixed chutney and sambar	Aloo 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	Green salad	Hawaian salad	Cabbage Kimchi	Crudités	Garden fresh salad	Green salad
SOUPS	Phulka	Penne pasta arrabbiata	Phulka	Phulka	Phulka	NA
BREADS/INDIAN BREADS	-	-	Carrot soup	-	Veg manchow soup	-
YUMMY OF THE DAY	Jeera dal	NA	Achari Paneer	Veg kadai	Rajmah masala	Hyderabadi Mirch ka salan
FARM FRESH	Bhendi fry	Beans poriyal	Veg saagwala	NA	Guar sabji (dry)	Tendli sabji

DAL / RASAM	Beet root rasam	Dal tadka	Lehsuni dal	Veg sambar	NA	Tomato dal
RICE	Steamed rice	Steamed rice	Steamed rice	Tomato rice & steamed rice	Steamed rice	Veg dum biryani & Steamed rice
ACCOMPANIMENTS	Roasted papad	-	-	-	Roasted papad	-
CURD / RAITA	Curd	Curd	Curd	Raita	Curd	Raita
PACHADI/ PICKLE	-	Vankaya pachadi	-	-	Pickle	-
PROTEIN PACKED- NON VEG	chicken curry	Chicken vindaloo	Chicken masala	Palak chicken	Chicken homestyle	Methi chicken
PROTEIN PACKED- VEG	Pindi chole	Soya chunks curry	Paneer capsicum masala	Kadai mushroom	Rajmah masala	Paneer jalfrezi

PRE WORKOUT SNACKS 4:00 PM

PRE TRAINING MEAL	Corn on the cob	Quesadilla	Peanut butter with toast, banana	Boiled sweet potato	Uggani	Chilli toast with ketchup
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POST WORKOUT SNACKS 6:30 PM

POST TRAINING MEAL	Egg s/w and paneer s/w	3 bean chat	Egg s/w, veg s/w	Lobia chat	Egg roll and paneer veg roll	NA
	Lemonade	Turmeric milk	Watermelon juice	Chocolate milkshake	Lemonade	NA