

MENU PLAN FOR 29th WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	19/01/26	20/01/26	21/01/26	22/01/26	23/01/26	24/01/26

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	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	Oats porridge	Granola Oats porridge	ragi and dates porridge
EGG PREPARATION OF THE DAY	Masala omelet	spinach scrambled egg	Spanish omelete	Boiled egg pepper salt	Masala omelet	Spinach scrambled egg
VEG PREPARATION OF THE DAY	Soya bhurji	Paneer bhurji	Baked beans	NA	Boiled beans	Paneer scrambled
POWER PACK	Kaikari idli with Karnataka chutney and sambar	Dalia upma with Red chutney	Set dosa with Mixed chutney and sambar	Vermicelli upma with Tomato chutney	Palak puri with Aloo chole	Pesarattu with ginger tomato 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	Zesty cucumber salad	Garden salad	Mediterranean Salad	Green salad
SOUPS	Sweet corn soup	NA	NA	NA	Carrot celery soup	NA
BREADS/INDIAN BREADS	Phulka	Phulka	Singaporean Noodles	Phulka	beetroot phulka	Phulka
YUMMY OF THE DAY	NA	Soya masala	Scallions Manchurian	Kashmiri Rajma curry	Paneer kurchan	Masala brinjal
FARM FRESH	Palak aloo	Mix veg poriyal	Guar sabji	Bhendi sabji	Karela chips	NA
DAL / RASAM	Dal amritsari	Vegetable sambar	Dal tadka	NA	Mudda pappu/	Pappu charu

					pepper rasam	
RICE	Steamed rice	Steamed rice	Steamed rice	Green peas pulao/ Steamed rice	Steamed rice	Steamed rice
ACCOMPANIMENTS	Roasted Papad	Roasted Papad	Roasted Papad	Roasted Papad	Fryums	Fryums
CURD / RAITA	Curd	Curd	Curd	Raita	Curd	Curd
PACHADI/ PICKLE	Chutney	Chutney	Chutney	Pickle	Pickle	Chutney
PROTEIN PACKED- NON VEG	Chicken vindaloo	Methi chicken	Afghani chicken	Butter chicken	Tomato egg curry	Chicken curry
PROTEIN PACKED- VEG	Paneer curry	Soya matar masala	Shahi paneer	Kashmiri rajmah curry	Paneer kurchan	Grilled tofu

PRE WORKOUT SNACKS 4:00 PM

PRE TRAINING MEAL	Boiled sweet corn	Veg wrap	Boiled sweet potato	Aloo toast with Ketchup	Jhalmuri	Bombay s/w and banana
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POST WORKOUT SNACKS 6:30 PM

POST TRAINING MEAL	Sprouts chat	Boiled egg / fruits	Fruit chat	Masala omelette / grilled paneer	Egg roll/ veg roll with ketchup	NA
	Turmeric milk	Lemonade	Chocolate milkshake	Watermelon juice	Lemonade	NA