

MENU PLAN FOR 27th WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	05/01/2026	06/01/2026	07/01/2026	08/01/2026	09/01/2026	10/01/2026

BREAKFAST 7:50AM

BREAKFAST CEREAL	Muesli and corn flakes with milk	Chocos and wheat flakes with milk	Muesli and strawberry flakes with milk	Chocos and wheat flakes with milk	Muesli and corn flakes with milk	Strawberry flakes and 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 cinnamon porridge	Ragi java	Oats porridge	ragi and dates porridge	Oatmeal
EGG PREPARATION OF THE DAY	Omelette	Boiled egg pepper salt	Easy over	Mushroom scrambled egg	Egg fry	Coriander scrambled egg
VEG PREPARATION OF THE DAY	Paneer scrambled with spinach	Paneer bhurji	Paneer scrambled with coriander	Soya keema bhurji	Paneer bhurji	Paneer bhurji with veggies
POWER PACK	Tomato bhath with mixed chutney	Set dosa with coconut chutney and sambar	Veg vermicelli with red Chutney	Chapathi with Mixed veg curry	Podi Idli with peanut chutney and vegetable sambar	Onion Pesarattu with Ginger 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	Garden salad	Tabouli salad	Green salad	Carrot raisin salad	Crudites	Green salad
SOUPS	Sweet corn soup	-	Vegetable creamy soup	-	-	-
BREADS/INDIAN BREADS	Phulka	Mint phulka	Phulka	Phulka	Phulka	Phulka
YUMMY OF THE DAY	NA	Chole korma	Hummus	Paneer kali mirch	Brinjal curry	Arvi fry
FARM FRESH	BhendiJaipuri	Tindli curry	NA	Gobi sabji	Mukkala pulusu	NA

DAL / RASAM	Drumstick dal	Pappu chaaru	Dalcha	Dal tadka	Mudda pappu	Gongura pappu
RICE	Tawa pulao /Steamed rice	Steamed rice	Steamed rice	Steamed rice	Pulihora/ Steamed rice	Steamed rice
ACCOMPANIMENTS	Roasted Papad	Fryums	Roasted Papad	Roasted Papad	Gottalu	Fryums
CURD / RAITA	Raita	Curd	Curd	Curd	Curd	Curd rice
PACHADI/ PICKLE	Chutney	Pudina kobbari pachadi	Chutney	Pickle	Garlic chutney	Chutney
PROTEIN PACKED- NON VEG	Chicken vindaloo	Chicken jalfrezi	Chicken korma	Palak Chicken	Egg and onion curry	Chicken butter masala
PROTEIN PACKED- VEG	Methi chaman	Chole kurma	Paneer pasanda	Paneer kali mirch	Soya curry	Mapo tofu

PRE WORKOUT SNACKS 4:00 PM

PRE TRAINING MEAL	Quesadilla	Corn on the cob	Veg tikki with green chutney	Bhelpuri	Boiled sweet potato	Bombay s/w and banana
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POST WORKOUT SNACKS 6:30 PM

POST TRAINING MEAL	Omelette s/w, Veg s/w,	3 bean chat/ fruits	Egg roll/ veg roll	Boiled egg and Fruits	Lobia chat	NA
	Lemonade	Honey milk	Watermelon juice	Lemonade	Chocolate milkshake	NA