

## MENU PLAN FOR 33<sup>rd</sup> WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	16/02/2026	17/02/2026	18/02/2026	19/02/2026	20/02/2026	21/02/2026

### BREAKFAST 7:50AM

<b>BREAKFAST CEREAL</b>	Plain hot milk and muesli	Plain hot milk and chocos	Plain hot milk corn flakes	Plain hot milk strawberry flakes	Plain hot milk and muesli	Plain hot milk and muesli
<b>NATURAL BITE</b>	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
<b>BREAD AND SPREAD</b>	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments
<b>HEALTHY BITE</b>	Ragi and dates porridge	Oats porridge	Ragi and black raisins porridge	Oatmeal	Oats porridge	Ragi java
<b>EGG PREPARATION OF THE DAY</b>	Easy over	Boiled egg pepper salt	red and green pepper scrambled egg	Omelette	Masala omelette	Egg bhurji
<b>VEG PREPARATION OF THE DAY</b>	Baked beans	NA	Paneerbhurji	NA	Soya keemabhurji	Paneer scrambled
<b>POWER PACK</b>	Veg poha with chutney	Cholebhature fried green chillies	Set dosa with coconut chutney and sambar	Dalia upma with chutney	Carrot idli with mixed chutney and sambar	Aooparatha with raita and pickle
<b>POWER BREAK</b>	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade

### LUNCH 11:45AM

<b>SALAD</b>	Green salad	Hawaian salad	Cabbage Kimchi	Crudités	Garden fresh salad	Green salad
<b>SOUPS</b>	Phulka	Pasta arrabbiata	Phulka	Phulka	Phulka	NA
<b>BREADS/INDIAN BREADS</b>	-	-	Carrot soup	-	Veg manchow soup	-
<b>YUMMY OF THE DAY</b>	Jeera dal	NA	Achari Paneer	Veg kadai	Rajmah masala	HyderabadiMircchkasalan
<b>FARM FRESH</b>	Veg saagwala	Beans poriyal	Bhendi fry	NA	Guar Sabji (dry)	Tendli Sabji

<b>DAL / RASAM</b>	Beet root Rasam	Dal tadka	Lehsuni dal	Veg sambar	NA	Tomato dal
<b>RICE</b>	Steamed rice	Steamed rice	Steamed rice	Tomato rice & steamed rice	Steamed rice	Veg dum biryani & Steamed rice
<b>ACCOMPANIMENTS</b>	Roasted papad	-	-	-	Roasted papad	-
<b>CURD / RAITA</b>	Curd	Curd	Curd	Raita	Curd	Raita
<b>PACHADI/ PICKLE</b>		Vankaya pachadi			Pickle	
<b>PROTEIN PACKED- NON VEG</b>	Chicken curry	Egg Butter Masala	Chicken masala	Mughlai chicken	Chicken homestyle	Methi chicken
<b>PROTEIN PACKED- VEG</b>	Paneer capsicum masala	Soya chunks curry	Achari Paneer ala	Kadai Veg mushroom	Rajmah masala	Paneer jalfrezi

### **PRE WORKOUT SNACKS 4:00 PM**

<b>PRE TRAINING MEAL</b>	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**

<b>POST TRAINING MEAL</b>	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