

## MENU PLAN FOR 32<sup>nd</sup> WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	09/02/2026	10/02/2026	11/02/2026	12/02/2026	13/02/2026	14/02/2026
<b>BREAKFAST 7:50AM</b>						
<b>BREAKFAST CEREAL</b>	Wheat flakes and corn flakes with milk	Muesli and chocos with milk	Strawberry flakes and muesli with milk	Corn flakes and strawberry flakes with milk	Chocos and wheat flakes with milk	Muesli and corn flakes with milk
<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 and banana porridge	Oats cinnamon porridge	Ragi malt with jaggery	oats porridge	Banana ragi porridge
<b>EGG PREPARATION OF THE DAY</b>	Boiled egg with pepper and salt	Spinach scrambled egg	Egg easy over	Mushroom scrambled egg	Masala omelette	Spanish omelette
<b>VEG PREPARATION OF THE DAY</b>	NA	Paneer bhurji	Paneer scrambled with coriander	Paneer bhurji with veggies	Mushroom Paneer scrambled	Soya keema bhurji
<b>POWER PACK</b>	Tomato bath Chutney	Chapathi with veg kurma	Utappam Peanut chutney sambar	Idli with peanut chutney and sambar	Veg poha with chutney	Onion dosa with chutney and sambar
<b>POWER BREAK</b>	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade
<b>LUNCH 11:45AM</b>						
<b>SALAD</b>	Green salad	Shredded salad	Crudités	Garden salad	Greek Salad	Green salad
<b>SOUPS</b>	Phulka	Pad thai noodles	Phulka	Phulka	Phulka	NA
<b>BREADS/INDIAN BREADS</b>	-	-	-	Veg shorba	-	-
<b>YUMMY OF THE DAY</b>	Kadala curry	NA	Veg jalfrezi	Paneer curry	Lauki chana sabji	Bendakaya pulusu
<b>FARM FRESH</b>	Jeera aloo	Gobi matar sabji	NA	Tendli palya	NA	Broad beans curry

<b>DAL / RASAM</b>	Gongura pappu	Dal tadka	Tomato Dal	Methi dal	Tomato rasam	NA
<b>RICE</b>	Steamed rice	Steamed rice	Tawa pulao/ steamed rice	steamed rice	steamed rice	steamed rice
<b>ACCOMPANI MENTS</b>	-	Roasted papad	-	-	Fryums	-
<b>CURD / RAITA</b>	Curd	Curd	Raita	Curd	Curd	Curd
<b>PACHADI/ PICKLE</b>	-	-	Chutney	Pickle	-	Chutney
<b>PROTEIN PACKED- NON VEG</b>	Chicken homestyle	Egg onion curry	Chicken chettinad	Chicken lababdar	Chicken vindaloo	Chicken home style
<b>PROTEIN PACKED- VEG</b>	Paneer grilled	Soya masala	Grilled tofu	Rajmah curry	Paneer rogan josh	Methi chaman

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

<b>PRE TRAINING MEAL</b>	Veg Frankie (no ketchup)	Boiled sweet potato	Uggani	Boiled sweet corn	Bhelpuri (without sev)	Baked potato with dip
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### **POST WORKOUT SNACKS 6:30 PM**

<b>POST TRAINING MEAL</b>	Egg bhurji s/w/ veg sandwich	3 bean chat	Boiled eggs/ grilled paneer	Lobia chat	Egg roll/ paneer roll (no ketchup)	NA
	Watermelon juice	Honey milk	Muskmelon juice	Chocolate milkshake	Lemonade	NA