

MENU PLAN FOR 32 nd 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
BREAKFAST 7:50AM						
BREAKFAST CEREAL	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
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 and banana porridge	Oats cinnamon porridge	Ragi malt with jaggery	oats porridge	Banana ragi porridge
EGG PREPARATION OF THE DAY	Boiled egg with pepper and salt	Spinach scrambled egg	Egg easy over	Mushroom scrambled egg	Masala omelette	Spanish omelette
VEG PREPARATION OF THE DAY	NA	Paneer bhurji	Paneer scrambled with coriander	Paneer bhurji with veggies	Mushroom Paneer scrambled	Soya keema bhurji
POWER PACK	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
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	Crudités	Garden salad	Greek Salad	Green salad
SOUPS	Phulka	Pad thai noodles	Phulka	Phulka	Phulka	NA
BREADS/INDIAN BREADS	-	-	-	Veg shorba	-	-
YUMMY OF THE DAY	Kadala curry	NA	Veg jalfrezi	Paneer curry	Lauki chana sabji	Bendakaya pulusu
FARM FRESH	Jeera aloo	Gobi matar sabji	NA	Tendli palya	NA	Broad beans curry

DAL / RASAM	Gongura pappu	Dal tadka	Tomato Dal	Methi dal	Tomato rasam	NA
RICE	Steamed rice	Steamed rice	Tawa pulao/steamed rice	steamed rice	steamed rice	steamed rice
ACCOMPANIMENTS	-	Roasted papad	-	-	Fryums	-
CURD / RAITA	Curd	Curd	Raita	Curd	Curd	Curd
PACHADI/ PICKLE	-	-	Chutney	Pickle	-	Chutney
PROTEIN PACKED- NON VEG	Chicken homestyle	Egg onion curry	Chicken chettinad	Chicken lababdar	Chicken vindaloo	Chicken home style
PROTEIN PACKED- VEG	Paneer grilled	Soya masala	Grilled tofu	Rajmah curry	Paneer rogan josh	Methi chaman
PRE WORKOUT SNACKS 4:00 PM						
PRE TRAINING MEAL	Veg Frankie (no ketchup)	Boiled sweet potato	Uggani	Boiled sweet corn	Bhelpuri (without sev)	Baked potato with dip
POST WORKOUT SNACKS 6:30 PM						
POST TRAINING MEAL	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