

PACHADI/ PICKLE	Pickle	NA	Pickle	NA	Pickle	NA
PROTEIN PACKED- NON VEG	Chicken afghani	Methi chicken	Chicken butter masala	Malai Chicken	Egg burji gravy	Chicken home style
PROTEIN PACKED- VEG	Alasanda curry	Soya green peas curry	Vegetable paneer curry	Kadai paneer	Rajma masala	Paneer pasanda
PRE WORKOUT SNACKS 4:00 PM						
PRE TRAINING MEAL	Bhel puri	Boiled sweet potato	Boiled sweet corn	Club s/w and fruits	Masala oats	Uggani
POST WORKOUT SNACKS 6:30 PM						
POST TRAINING MEAL	Paneer s/w, egg s/w	Mexican bean chat	Omelette and veg s/w	Mixed fruit bowl	Boiled eggs and soya bhurji s/w	NA
	Lemonade	Banana milkshake	Watermelon juice	Honey milk	Lemonade	NA