

MENU PLAN FOR 38th WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	23/03/26	24/03/26	25/03/26	26/03/26	27/03/26	28/03/26
BREAKFAST 7:50AM						
BREAKFAST CEREAL	Muesli with milk	Chocos with milk	Corn flakes with milk	Wheat flakes with milk	Strawberry flakes with milk	Corn flakes with milk
NATURAL BITE	Cut fruits					
BREAD AND SPREAD	Bread toast with accompaniments					
EGG PREPARATION OF THE DAY	Bell pepper scrambled egg	Coriander scrambled egg	Boiled egg pepper and salt	Mushroom scrambled egg	Spinach scrambled egg	Scrambled egg
VEG PREPARATION OF THE DAY	-	-	-	-	-	-
POWER PACK	Veg Vermicelli with red chutney	Sabudana kichidi	Idli with coconut Chutney	Tomato bhath with chutney	Veg sandwich	Veg pongal with chutney
POWER BREAK	Cut fruits Lemonade					
LUNCH 11:45AM						
SALAD	Hawaiian salad	Classic greek salad	Corn veggie salad	Carrot raisin salad	Fattoush salad	Green salad
YUMMY OF THE DAY	Bhendi sabji (dry)	Paneer veg kadai	Aloo guar sabji	Mixed veg poriyal	Palak paneer	Methi Malai matar
DAL / RASAM	Rajmah masala	Dal tadka	Mudda pappu & Pepper rasam	Tomato dal	Hari moong dal tadka	Thotakura pappu
RICE	Steamed rice					
CURD / RAITA	Curd	Curd	Curd	Curd	Curd	Curd
PACHADI/ PICKLE	Pickle	-	Chutney	-	Pickle	-
PROTEIN PACKED- NON VEG	Grilled chicken	Methi chicken	Chicken grilled	Egg tomato curry	Malai Chicken	Chicken curry

PROTEIN PACKED- VEG	Soya keema dry	Rajmah masala	Kadai paneer	Chole curry	Grilled paneer	Paneer
PRE WORKOUT SNACKS 4:00 PM						
PRE TRAINING MEAL	Uggani	Corn on the cob	Banana	Bhel puri (no sev)	Boiled sweet potato	Masala oats
POST WORKOUT SNACKS 6:30 PM						
POST TRAINING MEAL	egg s/w & veg s/w	Omelette & grilled paneer	Sprouts chat	Egg s/w & paneer s/w	Makhana	NA
	Lemonade	Watermelo n juice	Banana milkshake	Lemonade	Honey milk	NA