

MENU PLAN FOR 36th WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	09/03/2026	10/03/2026	11/03/2026	12/03/2026	13/03/2026	14/03/2026
BREAKFAST 7:50AM						
BREAKFAST CEREAL	Plain hot milk with cereal	Plain hot milk with cereal	Plain hot milk with cereal			
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			
HEALTHY BITE	ragi and dates porridge	oats porridge	ragi and black raisins porridge	oats porridge	ragi and dates porridge	Muesli with milk
EGG PREPARATION OF THE DAY	Omelette	Spinach scrambled egg	Boiled egg with pepper and salt	Masala omelette	Boiled egg pepper and salt	Egg fry
VEG PREPARATION OF THE DAY	Paneer scrambled with spinach	NA	Veggies Paneer scrambled	Paneer bhurji with veggies	Baked beans	Soya keema bhurji
POWER PACK	Veg roll with ketchup	Set dosa Peanut chutney sambar	Veg Vermicelli with red chutney	Vegetable upma with mixed chutney	Idli with Chutney and Sambar	Poori with Andhra aloo curry
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	Zesty cucumber salad	American Pasta salad	Beetroot salad	Three bean salad	Green salad
SOUPS	Phulka	Phulka	Veggie burger	Phulka	Phulka	-
BREADS/INDIAN BREADS	Rajmah masala	Paneer handi	Herbed sweet corn	Methi Malai matar	Soya masala	-
YUMMY OF THE DAY	Cabbage kuttu	Bhendi sabji	French fries with dip	Beans Poriyal	Crispy aloo fry	Tendli sabji
FARM FRESH	Veg sambar	Dal tadka	Dal adraki	Dalcha	Pepper rasam	Dal haveli
DAL / RASAM	Jeera rice with peas	Veg pulao	-	Bhagara pulao	-	-

RICE	Steamed rice	NA	Steamed rice	NA	Steamed rice	Steamed rice
ACCOMPANIMENTS	Roasted papad	-	-	-	-	Roasted Papad
CURD / RAITA	Curd	Raita	Curd	Raita	Curd	Curd
PACHADI/ PICKLE	Chutney	-	-	-	Chutney	Chutney
PROTEIN PACKED- NON VEG	Chicken afghani	Egg tomato curry	Chicken butter masala	Malai Chicken	Methi chicken	Chicken home style
PROTEIN PACKED- VEG	Paneer curry	Pindi Chole	Kadai paneer	Aloo soya curry	Paneer and mushroom curry	Rajmah masala
PRE WORKOUT SNACKS 4:00 PM						
PRE TRAINING MEAL	Boiled sweet corn	Peanut butter sandwich and banana	Veg frankie	Veg poha with chutney	Veg sandwich	Masala oats
POST WORKOUT SNACKS 6:30 PM						
POST TRAINING MEAL	Mexican bean chat	Egg roll/ paneer roll	Omelette and veg s/w	Mixed fruits bowl	Boiled eggs and grilled paneer	NA
	Grape juice	Banana milkshake	Watermelon juice	Honey milk	Lemonade	NA