

MENU PLAN FOR 40th WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	06/04/26	07/04/26	08/04/26	09/04/26	10/04/26	11/04/26
BREAKFAST 7:50AM						
BREAKFAST CEREAL	Strawberry flakes and muesli with milk	Chocos and wheat flakes with milk	Wheat flakes and chocos with milk	Corn flakes and muesli with milk	Muesli and strawberry flakes with milk	Wheat flakes and corn flakes with milk
NATURAL BITE	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
BREAD AND SPREAD	Plain bread with accompaniments	Plain bread with accompaniments	Plain bread with accompaniments	Plain bread with accompaniments	Plain bread with accompaniments	Plain bread with accompaniments
EGG PREPARATION OF THE DAY	scrambled egg	Spinach Scrambled egg	Red and green pepper scrambled egg	Mushroom scrambled egg	Spinach scrambled Egg	Coriander scrambled egg
POWER PACK	Veg poha with chutney	Daliya upma	Idli with Sambar & coconut Chutney	Pav bhaji	Bisi belle bath with Chutney	Veg pongal with chutney
POWER BREAK	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade
LUNCH 11:45AM						
SALAD	Shredded salad	Tossed salad	Corn veggie salad	Fresh garden salad	Fattoush salad	Green salad
PHULKA	Phulka	-	Hakka noodles	Phulka	Phulka	-
YUMMY OF THE DAY	Paneer veg kadai	Bhendi sabji (sauté)	Veg Manchurian	Methi aloo	Palak paneer	Mixed veg sabji
DAL / RASAM	Mango dal (moong dal)	Dal Bukhara	Dal fry	Pindi chole & pepper rasam	Masoor dal tadka	palak dal
RICE	Jeera Rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Lemon rice
CURD / RAITA	Raitha	Curd rice	Curd	Curd rice	Curd	Raitha
PACHADI/ PICKLE	Pickle	-	Chutney	-	Pickle	-
PROTEIN PACKED- NON	Chicken curry	Grilled chicken	Egg onion curry	Methi chicken	Grilled chicken	Chicken afghani

VEG						
PROTEIN PACKED- VEG	Paneer grilled	Dhaba style paneer curry	Rajmah masala	Paneer kolhapuri	Chole curry	Tofu grilled
PRE WORKOUT SNACKS 4:00 PM						
PRE TRAINING MEAL	Uggani	Corn on the cob	Peanut butter s/w	Bhel puri and banana	Masala oats	Boiled sweet potato
POST WORKOUT SNACKS 6:30 PM						
POST TRAINING MEAL	Egg roll/ veg roll	Omelette/ grilled paneer	Lobia chat	Egg sandwich/ paneer s/w	Ghee roasted Makhana	NA
	lemonade	Watermelon juice	Chocolate milkshake	Lemonade	Honey milk	