

MENU PLAN FOR 3 rd WEEK						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	20/07/2026	21/07/2026	22/07/2026	23/07/2026	24/07/2026	25/07/2026
BREAKFAST 7:50AM						
BREAKFAST CEREAL	Corn flakes & muesli with milk	Chocos & corn flakes with milk	Wheat flakes & muesli with milk	Strawberry flakes & wheat flakes with milk	Muesli & strawberry flakes with milk	Chocos & corn flakes with milk
NATURAL BITE	Watermelon	Papaya	Banana	Muskmelon	Pineapple	Watermelon
BREAD AND SPREAD	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments
HEALTHY BITE	Oats porridge	Ragi java	Oatmeal	Ragi porridge	Corn porridge	Oats porridge
EGG PREPARATION OF THE DAY	Sunny side up	Egg easy over	Masala omelette	Scrambled egg	Omelette	Boiled egg
POWER PACK	Egg roll with ketchup	Pav bhaji with onion and lemon wedges	Set Dosa with chutney and sambar	Veg poha with chutney	Idli with chutney and sambar	Vada 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	Zesty cucumber salad	Garden salad	Cucumber yoghurt salad	Tossed salad	Mediterranean salad	Green Salad
SOUPS			Harira soup			
BREADS/INDIAN BREADS	Coriander Phulka	Phulka	Pita bread	Phulka	Phulka	Phulka
YUMMY OF THE DAY	Paneer butter masala	Soya masala	Hummus and Falafel	Paneer homestyle	Veg saagwala	Turai chana dal
FARM FRESH	Tendli sabji	Kurkuri bhendi	Baba ganouj	Jeera aloo	Mirch ka salan	Bharwa karela
DAL / RASAM	Veg sambar	Tomato rasam	Masoor dal tadka	Mysore rasam	Tomato dal	Veg sambar
RICE	Steamed rice and jeera rice	Steamed rice	Steamed rice and veg kabsa rice	Steamed rice	Steamed rice and vegetable biryani	Steamed rice

ACCOMPANIMENTS				Fryums		
CURD / RAITA	Raitha	Curd rice	Curd	Curd	Raitha	Curd
PACHADI/ PICKLE	Vegetable chutney	Gongura pachadi			Chutney	
PROTEIN PACKED- NON VEG	Chicken curry	Onion Egg curry	Chicken homestyle	Malai Chicken	Egg curry	Grilled chicken Chicken
PROTEIN PACKED- VEG	Rajmah curry	Paneer jalfrezi	Soya masala	Paneer homestyle	Amritsari Chole	Paneer do pyaza
PRE WORKOUT SNACKS 4:00 PM						
PRE TRAINING MEAL	Sweet potato wedges	Herbed Sweet corn	Bhelpuri	Banana oats bars	Aloo tikki	Red chana chat
POST WORKOUT SNACKS 6:30 PM						
POST TRAINING MEAL	egg s/w & veg s/w	Omelette & grilled paneer	Masala peanuts	Egg s/w & paneer s/w	Roasted Makhana	NA
	Lemonade	Watermelon juice	Banana milkshake	Lemonade	Honey milk	NA

MENU PLAN FOR 3rd WEEK

JAIN MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20/07/2026	21/07/2026	22/07/2026	23/07/2026	24/07/2026	25/07/2026

BREAKFAST 7:45 AM

Corn flakes & muesli with milk	Chocos & corn flakes with milk	Wheat flakes & muesli with milk	Strawberry flakes & wheat flakes with milk	Muesli & strawberry flakes with milk	Chocos & corn flakes with milk
Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments
Watermelon	Papaya	Banana	Muskmelon	Pineapple	Watermelon
Oats porridge	Ragi java	Oatmeal	Ragi porridge	Corn porridge	Oats porridge
Veg roll with	Pav bhaji with	Set dosa with	Veg poha	Idli with chutney	vada with

ketchup	lemon wedges	chutney and sambar		and sambar	chutney and sambar
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SHORT BREAK SNSS 10:00 AM

Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
Lemonade	Lemonade	Lemonade	Lemonade	Lemonade	Lemonade

LUNCH 11:45 AM

Veggie salad	Veggie salad	Cucucmber salad	Veggie salad	Veggie salad	Veggie salad
		Harira soup			
Phulka	Phulka	Phulka	Phulka	Phulka	Phulka
-	Soya masala (home style)	Hummus and Falafel	-	Veg saagwala	Turai chana dal
Tendli sabji	Kurkuri bhendi	Kaddu ki sabji	Ridge gourd curry	Cabbage sabji	Karela sabji
Veg sambar	Tomato rasam	dal tadka	Pepper rasam	Tomato dal	Veg sambar
Jeera rice	-	Veg kabsa rice	-	Vegetable biryani	-
Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
Curd	Curd	Curd	Curd	Curd	Curd
				Puffed rice laddoo	

SNSS PRE TRAINING SNACKS 3:45 PM

Banana	Herbed Sweet corn	Bhelpuri	Banana oats bars	Corn on the cob	Red chana chat
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SNSS POST TRAINING SNACKS 6:00 PM

Veg s/w	Grilled paneer	Sprouts chat	Paneer s/w	Roasted Makhana	NA
Lemonade	Watermelon juice	Banana milkshake	Lemonade	Honey milk	NA