

Day of Week	Time	Item	Quantity
Monday	8:00 AM	Whole grain cereal with milk and a banana	1 bowl, 1 cup, 1 fruit
	11:00 AM	Mixed nuts	1 handful
	1:00 PM	Brown rice, dal, mixed vegetable curry, curd	1 cup, 1 cup, 1 cup, 1 cup
	4:00 PM	Fruit salad (apple, orange, guava)	1 bowl
	7:00 PM	Chapati, paneer curry, green salad	2, 1 cup, 1 bowl
Tuesday	8:00 AM	Idli with sambar and chutney	3, 1 cup, 2 tbsp
	11:00 AM	Sprouts salad	1 bowl
	1:00 PM	Quinoa, rajma, beetroot sabzi, buttermilk	1 cup, 1 cup, 1 cup, 1 glass
	4:00 PM	Pomegranate juice	1 glass
	7:00 PM	Multigrain bread sandwich with veggies and cheese	2
Wednesday	8:00 AM	Oats porridge with mixed fruits	1 bowl
	11:00 AM	Boiled chickpeas salad	1 bowl
	1:00 PM	Bajra roti, palak paneer, cucumber raita	2, 1 cup, 1 cup
	4:00 PM	Mango shake	1 glass
	7:00 PM	Vegetable pulao, dal, curd	1 cup, 1 cup, 1 cup
Thursday	8:00 AM	Dosa with sambar and chutney	2, 1 cup, 2 tbsp
	11:00 AM	Fresh fruit juice (watermelon, pineapple)	1 glass
	1:00 PM	Jowar roti, chana masala, mixed veg raita	2, 1 cup, 1 cup
	4:00 PM	Mixed fruit yogurt	1 bowl
	7:00 PM	Brown rice, fish curry (if non-vegetarian), green salad	1 cup, 1 piece, 1 bowl
Friday	8:00 AM	Poha with peanuts and veggies	1 bowl
	11:00 AM	Buttermilk	1 glass
	1:00 PM	Wheat roti, egg curry (if non-vegetarian), carrot raita	2, 2 pieces, 1 cup
	4:00 PM	Banana smoothie	1 glass
	7:00 PM	Vegetable biryani, cucumber salad	1 cup, 1 bowl
Saturday	8:00 AM	Upma with coconut chutney	1 bowl, 2 tbsp
	11:00 AM	Fresh coconut water	1 glass
	1:00 PM	Millet, dal, brinjal curry, curd	1 cup, 1 cup, 1 cup, 1 cup
	4:00 PM	Orange juice	1 glass
	7:00 PM	Chapati, mushroom curry, green salad	2, 1 cup, 1 bowl
Sunday	8:00 AM	Vegetable stuffed paratha with curd	2, 1 cup
	11:00 AM	Dry fruits	1 handful
	1:00 PM	Brown rice, chicken curry (if non-vegetarian), mixed veg raita	1 cup, 1 piece, 1 cup
	4:00 PM	Mixed berry smoothie	1 glass
	7:00 PM	Vegetable soup, whole grain toast	1 bowl, 2