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| MEAL TIMINGS | MENU | AMOUNTS |
| 6 :00AM | Green Tea with honey | 10gm |
| 8:00AM | Soft cooked egg  Mushroom poha with vegetables | 1 whole egg |
| 11:00AM | Soaked raisins  Stew apple |  |
| 12:30 PM | Carrot, coriander, spinach soup (clear) |  |
| 1:00PM | Rice  Salmon fish curry  Curd  banana | 1cup |
| 4:00PM | Oats & soyabean cutlets with vegetables and less oil.  egg | 1Whole egg |
| 6:30PM | Bone broth |  |
| 8:30PM | Curd rice  Bottleguard curry  banana |  |

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| INGREDIENTS | AMOUNT | ENERGY | CARBOHYDRATES | PROTIEN | FAT | CALCIUM | FIBRE |
| CEREALS &PULSES  Riceflakes  Rice  Oats  Soyabean | 60  60  60  20 | 207.6  207.6  224.4  86.4 | 46.38  47.4  37.68  4.18 | 3.96  3.84  8.16  8.64 | 0.72  0.24  4.56  3.9 | 12  5.4  30  48 | 0.42  0.12  2.1  0.74 |
| LEAFY VEGETABLES  Spinach  Coriander | 30  40 | 7.8  17.6 | 0.754  2.25 | 0.52  1.32 | 0.182  0.24 | 18.98  73.6 | 0.156  0.48 |
| OTHER VEGETABLES  Mushrroom  Tomato  bottleguard | 40  50  40 | 17.2  10  4.8 | 1.72  1.8  1 | 1.24  0.45  0.08 | 0.32  0.1  0.04 | 2.4  24  8 | 0.16  0.4  0.24 |
| ROOTS AND TUBERS  Onion  Carrot  potato | 40  50  20 | 20  24  19.4 | 4.44  5.3  4.52 | 0.48  0.45  0.32 | 0.04  0.1  0.02 | 18.76  40  2 | 0.24  0.6  0.08 |
| FRUITS  Apple  Banana  raisins | 50  40  40 | 29.5  46.4  123.2 | 6.7  10.88  29.84 | 0.1  0.48  0.72 | 0.25  0.12  0.12 | 5  6.8  34.8 | 0.5  0.16  0.44 |
| FISH  Salmon fish | 50 | 73 | - | 10.8 | 0.995 | 18 | - |
| MEAT&POULTRTY  Chicken bone broth  Egg | 100  100 | 21  173 | 0.1  - | 6.65  13.3 | 0.7  13.3 | -  60 | 0.4  - |
| MILK & ITS PRODUCTS  Curd | 100 | 60 | 3 | 4 | 4 | 14.9 | - |
| SUGARS  Honey | 10 | 31.9 | 7.95 | 0.03 | - | 0.5 | - |
| OILS  Olive oil | 20 | 176 | - | - | 2.1 | - | - |
| TOTAL  Reference values | 1020gm | 1600.8kcal  1625kcal | 220.58gm  243gm | 70.89gm  81.2gm | 32.047gm  36.1gm | 423.14mg | 6.840gm |