


SATPURA MESS MENU

W.E.F. 31-7-2017

Day	Breakfast	Lunch	Tea	Dinner
Timing	7:15-9:30 A.M.	12:00-2:00 P.M.	4:30-5:30 P.M.	7:00-9:00 P.M.
Daily	Milk (cold and hot), Brown-Bread , Butter, Bournvita, Coffee powder, ketchup, jam, sandwich filling	Chapati (Plain, Buttered)* , Salad, pickles, Extra mess : Egg/Veg preparation	Drinks	Chapati (Plain, Buttered)*, pickles.
Monday	Jalebi, ^{Poh#} a-Bhujia, Cornflakes	Rajma, Jeera-matar-rice, Boondi-raita, Dry Arbi, Dry Papad.	Squash	Jeera Fry Arhar Dal, soya matter rice, navratan korma, Shahi Tost, Spring roll.
Tuesday	Idli/Wada, Sambhar, Coconut chutney, Sprout	Allo-matar Gobhi, Dhali, Massor Daal, Fry Papad, Rice	Nimbu Pani (salty/sweet)	Mashroom matar panner, Arhar Dal, rumali roti / butter nan, moong dal ka halwa
Wednesday	Omlette / Paneer Pakoda[#] , Cornflakes, Macaroni, Banana.	Bhindi masala, dal makhani, Jira Rice, Boondi Raita	Tea	Dhai-puri, Kale chana, Veg (Panner-gobhi-onion-soya) briyani , Biryani salad (cabbage, onion, tomato, muli) , Mix-raita, Sweetcorn Soup/vegetable soup
Thursday	Bread roll/bread pakoda, Kala Chana sewaiya, sprout	Green chutney, Palak paneer, lemon rice, Udad-chana dal, missi roti, milk ruavza, Fry Papad	Ruavza	Paneer burji / anda bhurji [#] , Jeera rice, (Arhar+chana)Dal, honey-chilli potato, Milk cake
Friday	Boiled egg/ Bonda[#], Veg cutlet, Daliya, Fruit Chat	Dry Kathal/ chana-torai, methi/palak puri, Urad chilka & chana daal, kheer, dry papad	Nimbu Pani	(Chowmein/Maggi or Paasta), Pavbhaji, Gobhi Parata, Fry tamater chattri, ice-cream – gulab jamun
Saturday	Aloo-Pyaz parathe, Dahi, Tomato Chutney	Jeera-onion-tomato-rice, Allo-tamatar beans, Vegetable Massor Khadi	Thandai	Soya Chaap, Rice, masur dal, fruit-custard.
Sunday	Masala Dosa/Uttapam, Sambhar, Coconut Chutney	Kadhai chole, Bhature, Lassi, Kulche, Fruit chat	Cold Coffee	Anda kurry/Shahi panner [#] , veg-peas pulav, corn curry, Rassgulla/Banana shake

Day	Breakfast (7:15 – 9:30)						Lunch (12:00 -14:00)					
	Protein	Carbs	Fats	Fibre	Cal.	Dish	Protein	Carbs	Fats	Fibre	Cal.	Dish
Daily / Extra - mess	8.0	11	10.2	0	168	Milk (1 glass)	3/3.6	17.4/20	0.5/5	2.7/3	85/136	Chapati/Butter Chapati (1 piece)
	8.2	14.8	10.1	0	182	Bournvita Milk (1 cup)	3.9	11.8	3.7	3.7	95	Salad (1 Katori)
	3.1	8.3	3.2	0	73	Tea (1 tea cup)	7.6	4.8	12	1.2	152	Egg Bhurji (1 egg)
	2.5/1.7	13.7/11.4	0.4/0.2	2.0	68/54	Brown/white Bread (1 pc)	6	2.5	8	0.4	104	Omelette (1 egg)
	0	0	11.3	0	104	Butter (1 mess spoon)	10.5	3.1	14.3	0.8	182	Paneer Bhurji (1 katori)
	0	1.6	0	1.2	8	Coffee powder (msp)	0.5	3.6	2.6	0.5	40	Pickle (1 piece)
	0	2.7	0	0.1	11	Jam (1 msp)	1.3	13.7	3.5	1.7	90	Fried Aloo (1 katori)
	7.1	41.9	5.1	8	234	Sandwich (1 piece)	3.1	17	5	0.8	123	Egg fried rice (1 katori)
	0.2	5	0	0	20	Ketchup (msp)	2.5	20	4	1	125	Fried rice (1 katori)
Monday	1.6	26.7	0.3	1.3	115	Cornflakes (1 katori)	5.8	17.7	2.8	6.8	118	Rajma (1 katori)
	4.2	21	6.2	1	152	Poha Bhujia (1 katori)	4	26.4	1.5	2.6	134	Jeera-matar-rice (1 katori)
	0.7	6.8	5.6	0.2	80	Jalebi (1 piece)	3.9	8	8	0.8	119	Boondi-raita (1 katori)
							3.3	18.5	8.6	5.7	164	Dry Arbi (1 katori)
							1.5	3.6	1.1	0.7	30	Papad (1 piece)
Tuesday	2/1.4	11.6/3.6	0.1/3.1	0.7	55/48	Idli/Wada (1 piece)	4	19.6	6.4	5.8	150	Allo-matar Gobhi (1 katori)
	3.2	9.3	3.7	2.4	83	Sambhar (1 katori)	14.7	2.0	1.0	0	76	Dhai (1 katori)
	0.2	0.6	1.2	0.4	14	Coconut chutney (1 msp)	3	7	0.1	1.2	41	Massor Daal (1 katori)
	2.4	4.8	0.2	1.4	24	Sprout (1 katori)	2.5	25.6	0.3	0.4	115	Rice (1 katori)
							1.4	4.1	3.2	0.1	51	Fry Papad (1 piece)
Wednesday	1.2	27.5	0.3	1.8	117	Banana (1 piece)	1.7	6.4	2.2	3.1	52	Bhindi masala (1 katori)
	3	2.2	4	0.4	55	Paneer Pakoda (2 piece)	6.2	17.5	7.2	5.4	157	Dal makhana (1 katori)
	1.6	26.7	0.3	1.3	115	Cornflakes (1 katori)	2.5	27.5	0.9	0.6	127	Jira Rice (1 katori)
	13	75	1.5	3.2	371	Macaroni (1 katori)	3.9	8	8	0.8	119	Boondi Raita (1 katori)
Thursday	1	8	5	1.2	81	Bread roll (1 piece)	0.1	0.2	0	0.1	1	Green chutney (1 msp)
	5.7	29	10.3	5.6	230	Bread pakora (1 piece)	5.2	4.8	9	2.6	121	Palak paneer (1 katori)
	7	14.7	9.2	0	200	Sewaiya (1 katori)	4	30.3	3.5	1.7	168	lemon rice (1 katori)
	2.4	4.8	0.2	1.4	24	Sprout (1 katori)	3.7	10.3	3	3.3	83	Udad-chana dal (1 katori)
	6	19.4	2	5.4	115	Kala Chana (1 katori)	3.2	12.3	3.6	2.2	95	Missi roti (1 piece)
							8	11	10.2	0	168	Milk ruavza (1 glass)

Friday						Boiled egg (1 pc)	1.6	12.2	1.5	3	68	Dry Kathal/chana-torai (1 kt)
	1	6	3.2	1	57	Bonda (1 pc)	1.5	5.3	2.6	1.1	50	Methi/Palak Puri (1 pc)
	1	5.7	4	1	64	Veg cutlet (1 pc)	3.7	10.3	3.0	3.3	83	Urad chilka-chana daal (1 kt)
	5	26.6	4	4	158	Daliya (1 katori)	4.3	26.5	7.2	0.8	185	Maharaja Kheer (1 kt)
	0.5	11	0.3	2.1	50	Fruit Chat (1 katori)	1.5	3.6	1.1	0.7	30	Dry Papad (1 pc)
Saturday	4	24.5	5.6	4	167	Aloo-Pyaaz Parathe (1 pc)	2.6	19	2.8	2	111	Jeera-onion-tomato-rice (1 kt)
	14.7	2.0	1.0	0	76	Dahi (1 kt)	1.8	9	2.1	2.6	62	Allo-tamatar beans (1 kt)
	1	3.3	0.2	1.6	8	Fry Tomato Chutney (1 msp)	6.0	12.2	7	3.5	125	Vegetable Massor Khadi (1 kt)
							1.4	4.1	3.2	0.1	51	Fry Papad (1pc)
Sunday	3	30	11.4	1.6	233	Masala Dosa (1 pc)	4.8	16.7	4.5	5.8	123	Kadhai chole (1 katori)
	4.7	29.2	4.2	2.4	173	Uttapam (1 pc)	4	22.8	11.7	0.8	213	Bhature (1 piece)
	3.2	9.3	3.7	2.4	83	Sambhar (1 katori)	2	1.2	2.7	0	37	Lassi (1 glass)
	0.2	0.6	1.2	0.4	14	Coconut Chutney (1 msp)	4	26.1	0.4	2	125	Kulche (1 piece)
							0.5	11.1	0.3	2.1	50	Fruit chat (1 katori)

KNOW YOUR THALI	
Tray 1 - 100 gm. approx. Tray 2 - 150 gm. approx. Tray 3 - 300 gm. approx. Tray 4 - 50 gm. approx.	
Total (1+2+3+4) = 750 gm approx.	
<i>Default Meal Serving Parameter</i>	
#1 Mess Spoon (msp) = 10 gm # 1 Katori = 150 gm # 1 Cup = 75 ml	

Day	Tea (16:30 -17:30)						Dinner (19:00 – 21:00)					
	Protien	Carbs	Fats	Fibre	Cal	Dish	Protein	Carbs	Fats	Fibre	Cal	Dish
Monday	0	15	0	0	60	Squash (1 glass)	7.4	21.6	2	3.8	134	Fry Arhar Dal, (1 Katori)
							4.1	25	1.5	1.6	130	soya matter rice(1 Katori)
							6	12.6	6.2	3	129	navratan korma(1 Katori)
							4.2	20	6.7	1.5	156	Shahi Tost,(1 piece)
							3.6	22	6.1	1.8	156	Spring roll(1 piece)
Tuesday	0.1	27	0	0.1	104	Nimbu Pani (1 glass)	12	14	10	3	205	Mashroom matar panner(1 Katori)
							7.4	21.6	2	3.8	134	Arhar Dal(1 Katori)
							3.1/7.3	19.6/42.5	0.7/8	1.6/1.5	98/271	rumali roti / butter nan(1 piece)
							7.6	33.7	22.7	1.1	367	moong dal ka halwa (1 Katori)
Wednesday	3.1	8.3	3.2	0	73	Tea (1 cup)	0.8	4	2	0.2	30	Dhai-puri(1 piece)
							4.8	16.7	4.5	5.8	123	Kale chana(1 Katori)
							2.6	9	4	1	68	Veg briyani(1 Katori)
							3.2	5.6	3.6	1	67	Mix-raita(1 Katori)
							2/1.5	9.3/6	0.5/3.4	1/1.5	40/58	Sweetcorn/vegetable soup(1 cup)
							1	1.2	0.2	0.6	11	Biryani salad (1 serving)
Thursday	0	14.2	0	0	56	Ruavza (1 glass)	10.5/7.6	3.1/4.8	14.3/11.9	0.8/1.2	182/152	Paneer/anda bhurji (1 Katori/legg)
							2.5	27.5	0.9	0.6	127	Jeera rice (1 Katori)
							8	20	2	4	134	(Arhar+chana)Dal (1 Katori)
							1.5	60	4.3	0.4	107	Milk cake (1 piece)
							2.2	25.4	7.5	2.4	175	honey-chilli potato (1 serving)
Friday	0.1	27	0	0.1	104	Nimbu Pani (1 glass)	0.6/3.4/3.2	36/43/16.2	2.5/11.1/2	1.2/2.8/1.7	170/300/95	(Chowmein/Maggi/Paasta) (1 Kt)
							4	36.6	3	1.2	128	Pavbhaji (1 piece)
							4.1	22	6	4	158	Gobhi Parata (1 piece)
							1	3.3	0.2	1.6	8	Fry tamater chattni (1 msp)
							5.7	26.3	13.3	0.2	247	ice-cream-gulab jamun (1 serving)
Saturday	7	38	10	2.6	175	Thandai (1 glass)	46.5	53	11	7.7	435	Soya Chaap, (1 Katori)
							2.5	25.6	0.3	0.4	115	Rice(1 Katori)
							3	7	0.1	1.2	41	Masur daal(1 Katori)
							4.1	25.6	5	0.7	160	fruit-custard. (1 Katori)
Sunday	8	16.6	10	0	187	Cold Coffee (1 glass)	4.5/10	8/10	6.1/14.4	3.6/2.2	102/205	Anda kurry/Shahi panner (1 kt)
							4.1	25	1.5	1.6	130	veg-peas pulav(1 Katori)
							3.4/602	10.3/33.4	4/7	0/1.5	90/220	Rassgulla/Banana shake (1 pc/1 gl)
							2.4	11.8	4.4	2.2	91	corn curry(1 Katori)

HOW TO BE HEALTHY

- Calculate your BMI and calorie intake as per height and weight

The link for BMI and calorie intake is <http://www.calculator.net/calorie-calculator.html> , https://www.freedieting.com/tools/calorie_calculator.htm

- Based on your BMI and calorie intake, you can decide your fitness goal

For example

BMI Range	Fitness Level	Calorie Goal
23-25	Fit	Calorie intake should be 1800.
>25	Overweight	Calorie intake should be 1600 or less.
<23	Underweight	Calorie intake should be 2000 or more

Based on the table you can assess your present fitness condition

- To be healthy, every person need to be consuming certain amount of protein, fat and fibre whereas carbohydrate content depends on the fitness your fitness goal. For example if a person whose BMI is greater than 25, they have to consume less carb per day.

Macros	Per day consumption
Proteins	50-60 gm
Fats	40-60 gm
Fibres	30-40 gm

- Along with this, half an hour exercise is necessary to achieve good metabolism and digestion.

We are also recommending several Apps through which you can monitor your daily calorie burn, meal monitor and can fix your daily exercise routine.

1. Freeletics(to plan body weight exercises)
2. BodyBuilding.com (through this website you can get your detailed exercise plan as per your goals)
3. Google Fit (To set your daily calorie, steps and active time; can also be connected to other apps)
4. HealthifyMe, My Fitness Pal(you can monitor your daily meal)