**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, Dhai, 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 chattni, ice-cream – gulab jamun |
| **Saturday** | Aloo-Pyaaz 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** |

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| **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) |

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| **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) | |

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| ***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.** |
| *Default Meal Serving Parameter* |
| **#1 Mess Spoon (msp) = 10 gm**  **# 1 Katori = 150 gm**  **#  1 Cup = 75 ml** |

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| **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/1egg) |
| 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. Free Letics( 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)