

Day	Plan	Type	Budget (₹)
1	Tender coconut water + fruit plate	✓ Healthy	100
2	Fresh juice café	✓ Healthy	120
3	Evening park walk + dry fruits mix	✓ Healthy	150
4	Sprouts chaat	✓ Healthy	90
5	Street pani puri	⚠ Cheat	80
6	Sweet corn cup + lemon water	✓ Healthy	80
7	Seasonal fruit bowl	✓ Healthy	120
8	Buttermilk + veg sandwich	✓ Healthy	150
9	Steamed momos (veg)	✓ Healthy	100
10	Street dosa	⚠ Cheat	100
11	Herbal tea + multi-grain biscuit	✓ Healthy	120
12	Curd + pomegranate mix	✓ Healthy	90
13	Mixed salad	✓ Healthy	150
14	Sugar-free milkshake	✓ Healthy	150
15	Oats upma or poha café	✓ Healthy	120
16	Egg roll stall	⚠ Cheat	100
17	Fruit salad with yogurt	✓ Healthy	150
18	Lemon tea + boiled peanuts	✓ Healthy	90
19	Fresh juice + veg wrap	✓ Healthy	150
20	Tender coconut water + papaya plate	✓ Healthy	120
21	Burger + fries	⚠ Cheat	150
22	Steamed idli + chutney	✓ Healthy	100
23	Sweet corn + fresh juice	✓ Healthy	150
24	Curd rice	✓ Healthy	100
25	Café salad date	✓ Healthy	300
26	Falooda / ice cream sundae	⚠ Cheat	150