

Peak Performance Plan– ■3699/month

Day	Lunch	Dinner
Monday	Punjab ka Mixed Dal + Punjabi Aloo-Gobi + Ghee Roti (Phulka) + Jeera Chawal+ Salad	Mumbai-style Puri Sabji + Jeera Chawal+ Salad + Haldi Badam Milk (Beverage)
Tuesday	Bengal ka Masoor Dal + Delhi ka Aloo-Shimla Mirch + Ghee Roti (Phulka) + Jeera Chawal+ Salad	Rajasthani Lauki Chana + Ghee Roti (Phulka) + Jeera Chawal+ Salad+ Haldi Badam Milk (Beverage)
Wednesday	Gujarati Moong Dal + Hyderabad Bhindi + Ghee Roti (Phulka) + Jeera Chawal+ Salad	Delhi ka Paneer Makhani + Ghee Roti (Phulka) + Jeera Chawal+ Salad+ Haldi Badam Milk (Beverage)
Thursday	Punjabi Chana Dal + Patta Gobhi Matar + Ghee Roti (Phulka) + Jeera Chawal+ Salad	Amritsar ka Amritsar ka Chole Bhatura +Jeera Chawal+ Salad +Haldi Badam Milk (Beverage)
Friday	South Indian Urad Dal + Haryana Tinda/Punjabi Tori + Ghee Roti (Phulka) + Jeera Chawal+ Salad	Kashmiri Rajma + Ghee Roti (Phulka) + Jeera Chawal+ Salad+ Haldi Badam Milk (Beverage)
Saturday	Punjab ka Mixed Dal + Kashmiri Aloo-Matar + Ghee Roti (Phulka) + Jeera Chawal+ Salad	Gujarati Khichdi + Dahi Raita + <i>Dhaniya-Pudina Chutney</i> +Haldi Badam Milk (Beverage)
Sunday	Maharashtrian Toor Dal + Carrot Kashmiri Aloo-Matar + Ghee Roti (Phulka) + Jeera Chawal+ Salad	Lucknowi Shahi Paneer + Ghee Roti (Phulka) + Jeera Chawal+ Salad +Haldi Badam Milk (Beverage)