










Meal Time	Option 1	Option 2	Option 3	Option 4	Option 5	Option 6	Option 7
 Early morning (7:00 - 7:30am)	Tea (1 cup)	Lemon Tea (1 cup)	Coffee (1 cup)	Lemon water (1 glass)	Barley water (1 glass)	Milk (1 cup)	Chia seed water (1 glass with 1 tsp chia seed)
 Breakfast (8:00 - 8:30am)	Idli (3 Medium) + Sambar (1 Small bowl) + Coconut Chuttney (1 Tbsp)	Dosa (3 nos.) + Tomato Chuttney (3 Tbsp) + Sambar (1 small bowl)	Veg Rava upma (1 medium bowl)+ Curd (1 small bowl)+ Rava Kesari Bath (1 small bowl)	Ragi idli (3 medium) + Mint Chuttney (2 tbsp) + Sambar (1 small bowl)	Puttu (2 medium) + Sambar (1 small bowl) + Coconut chutney (1 Tbsp)	Puttu (2 medium) + Sambar (1 medium bowl) + Coconut chutney (1 Tbsp)	Iddiyapam (2 nos.) + Coconut & mint chuttney (2 tbsp) + Mix dhal sambar (1 small bowl)
 Mid- Morning (10:00 - 10:30am)	Mixed fruit salad (1 medium bowl)	Tender coconut water (1 glass)+ Southe kai Kosambari (1 small bowl)	Mixed Sprouts (1 medium bowl)	Fresh fruit juice (1 glass)	Dry fruit smoothie (1 small glass)	Dry fruit smoothie (1 small glass)	Apple banana milkshake (1 glass)
 Lunch (1:00 - 1:30pm)	Multigrain Roti (3 medium) + Rice (1 Medium bowl) + Dhal (1 Small bowl) + Mix vegetable sabji (1 Small bowl)	Vegetable rice (1 medium bowl) + Paneer Sabji (1 medium bowl) + Phulka (1 no.) + Curd raita (1 small bowl)	Ragi Mudde (1 medium)+ Rice (1 small bowl)+ Mix Green Leaves sambar (1 small bowl)	Multigrain Roti (2 medium) + Rice (1 medium bowl) + ladies finger Sabji (1 small bowl) +Dhal (1 small bowl)	Rasam Rice (1 medium bowl) + Missi Roti (2 nos.) + (1 small bowl) Chiken tikka + Mint chutney (1 tbsp)	Rasam Rice (1 medium bowl) + Missi Roti (2 nos.) + Cauliflower Sabji (1 small bowl)	Muligrain roti with ghee (1 medium) + Lemon rice (1 medium bowl) + Paneer gravy (1 small bowl) + Curd (1 small bowl)
 Evening (3:30 - 4:00pm)	Tea (1 cup)+ Medhu Vada (2 nos.)	Peanut Sundal (1 small bowl)	Green tea (1 cup)+ Chana dal Vada (2 nos.)	Whole Wheat bread vegetable paneer sandwich (1 no.) + Tea (1 cup)	Boiled sweet corn (1 medium bowl)+ Coffee (1 cup)	Roasted Makhana (1 medium bowl) + Coffee (1 cup)	Chana dal vada (1 no.) + Coffee (1 cup)
 Dinner (8:00 - 8:30pm)	Vegetable Dalia Khichdi (1 Large bowl)+ Paneer Bhurji or Egg Bhurji (1 Medium bowl) + Onion Tomato Cucumber Curd Raita (3 tbsp)	Multigrain Roti (3 medium) + Cabbage thoran (1 small bowl)+ Peanut tomato chutney (1 Tbsp)	Multigrain Roti (3 medium) +Jeera rice (1 medium bowl) + Paneer masala gravy or Egg curry (1 medium bowl) + Mix veg salad (1 small bowl)	Dosa (2 nos.) +Moong dal khichdi (1 large bowl) + Methi Sabji (1 small bowl) + Onion raita (1 medium bowl)	Multigrain Roti (2 medium) + Paneer bhurji (1 small bowl) + Sweet curd (3 tbsp)	Multigrain Roti (1 medium) + Vegetable brown rice pulao (1 small bowl) + Paneer bhurji (1 small bowl) + Curd (1 small bowl)	Pesarettu (2 nos.) + Tomato chutney (2 tbsp) + Palak curry (1 small bowl) + Sweet curd (1 small bowl)
 Bedtime (10:00 - 10:30pm)	Badam milk (1 glass)	Milk (1 glass)	Badam milk (1 glass)	Milk (1 glass)	Badam milk (1 glass)	Milk (1 glass)	Badam milk (1 glass)

Note-1 tbsp = 15g, 1 tsp=5g