

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>BREAKFAST</b>	Masala/Rava dosa Onion Tomoto Chutney, Sambar,	Lemon/Coconut Idiyappam/Aloo Bonda Ground nut Chutney,	Oothappam Pudina Chutney, Sambar,	Pongal Cocount Chutney, Sambar,	Poha (Aval) Uppma/ Rava uppma Tomato Chutney Rava Kesari	Idly, Vada (2) Coconut Chutney, Sambar, Idly Podi	Poori, Aloo Sabzi,	
On all Days, During Breakfast: Bread, Butter, Jam (BBJ), Tea, Coffee, Milk (TCM), Sugar Time: 7.00 - 9.15								
<b>LUNCH</b>	Chapati, Palak Dal, Rice, Coconut Sambar, Rasam, (Carrot+beans+ potato) curry. Lemon Juice	Roti, Dal Makhani, Rice, Drum stick Sambar, Rasam, Keerai (Green Leaves,) Ghee Veg Salad	Poori, Dum Aloo, Rice, Red Pumpkin Sambar, Rasam, Cabbage+carrot + peas curry, Sprouts	Pudina/coriander leaves Chapati, Moong Dal, Rice, Drum stick sambar Rasam, Aloo+gobi+peas curry Ghee Veg Salad	Fulka, Rajma Dal, Rice, Raddish Sambar, Rasam, Bendi Fry  Lemon Juice	Chapati, Aloo-Peas Masala, Rice, White pumpkin Sambar, Rasam, Aviyal Ghee Sprouts	Fulka, Loki Chana, Rice, Ladies Finger Sambar, Rasam, Keerai (Green Leaves,) Veg salad	
On all Days, During lunch: Curd (100 ml), Papad, Salt, Sugar, Pickle Time: 12.00 - 14.00								
<b>EVENING</b>	Tea, Coffee and Milk Snacks: Sundal (soya, karamani, black/white channa)						Time: 16.30 - 17.30	
<b>DINNER</b>	Chapati, Lobiya Dal (Karamani), White Rice, Kara kozhambu Beetroot,channa Curd Moris Banana	Kanchipuram Rava Idli Chutney Sambar White Rice Curd Aloo+bendi fry Carrot Halwa	Chapati, Malai Kofta (2) Veg. Fried Rice, Rytha, Fryums Butter Milk Moris Banana	Masala Dosa, Ground nut Chutney, White Rice Sambar Curd Snake Guard Kottu Gulab Jamoon (2)	Plain Chapati, Panner Item-Paneer-Peas white Rice, Vethakozhambu papad, Curd Cut-Fruits	Fulka, Aloo,Gobi Masala White Rice Pepper Kozhambu Curd, Papad Beans+carrot Curry Vermicelli/Sago payasam	Masala Idli Tomato Gravy Sambar White Rice Curd Raw Banana Curry Boost / Bourn Vita Moris Banana	
Dinner Time: 19.00-21.00								