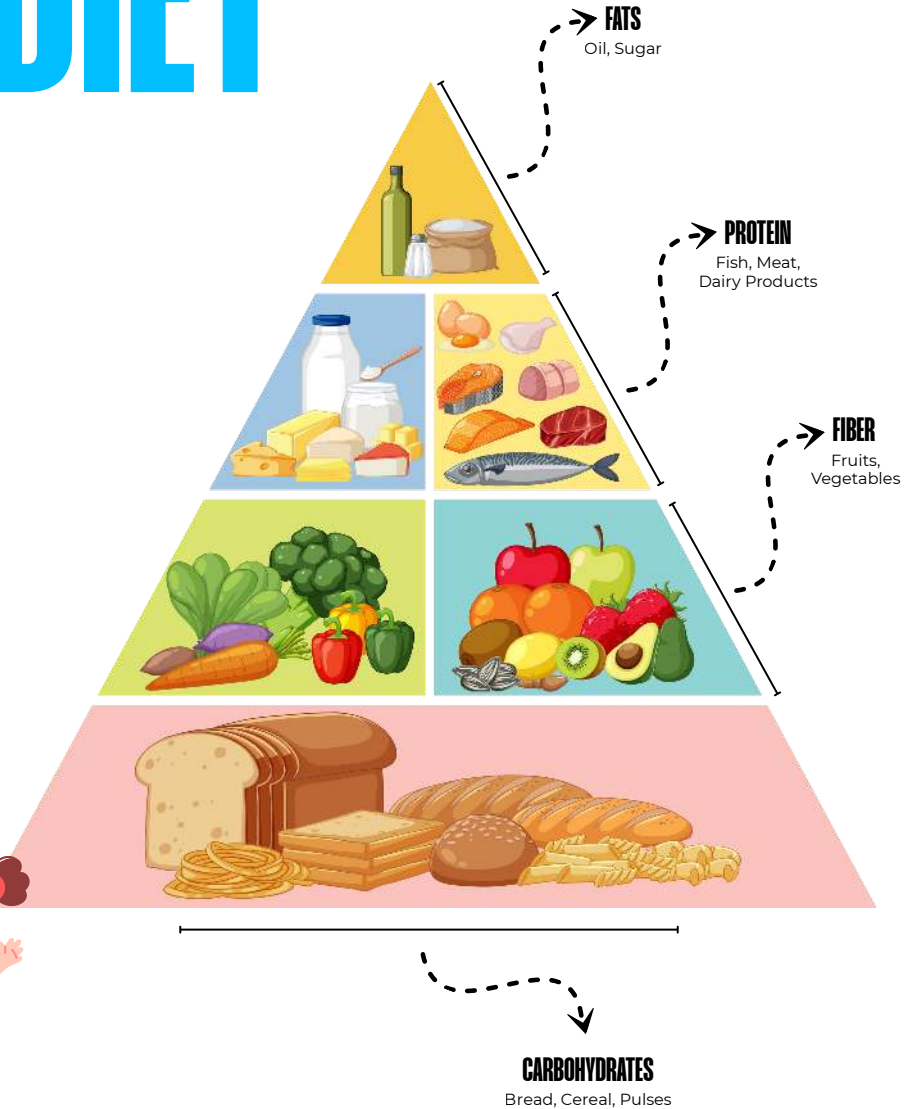


SNACK SMART

NAME: _____



A BALANCED DIET



Carbohydrates (Grains and Starches)

Give energy to fuel your body and brain throughout the day.



Vegetables

Packed with vitamins, minerals, and fiber to keep you strong and healthy.



Fruits

Natural sources of energy, hydration, and immunity-boosting nutrients.



Proteins (Pulses, Eggs, Meat, Paneer)

Help build muscles, repair the body, and support growth.



Fats (Nuts, Seeds, Oils)

Needed in small amounts for brain health and absorbing nutrients.



Dairy (Curd, Buttermilk, Milk)

Provide calcium and protein to strengthen bones and teeth



Water

Essential for digestion, energy, and keeping every cell in your body alive!





POWER CHALLENGES

☐

🍏 Eat 3 different vegetables in one day

☐

💧 Drink 6–8 glasses of water today

☐

🚶 Walk for 10 minutes after a meal

☐

☀️ Sit in early morning sunlight for 10 minutes

☐

🥗 Have a raw salad or veggie sticks before a meal

☐

🥛 Drink buttermilk or lemon water

☐

🍰 Avoid any added sugar (no biscuits or sweets) for a day

☐

🥦 Include something green in every meal today



SAMPLE MENU FOR YOU

Breakfast:

- Green Moong Dal Rotis with Mint Chutney (Protein + Carbs)
- Boiled Egg (Protein) + Tomato Slices (Fiber + Fruit)

Mid Morning Snack:

Seasonal Fruit – Banana, Apple, or Guava (Carbs + Natural Sugars)

Lunch:

- Cooked Vegetable: Ladyfingers / Cabbage (Fiber + Micronutrients)
- Choice of Roti or Steamed Rice (Carbs)
- Rajma Curry (Protein + Carbs)

Evening Snack:

- Buttermilk with Cumin (Protein + Probiotics)
- Roasted Makhana or Peanuts (Protein + Healthy Fats)

Dinner:

- Fresh Cucumber & Carrot Salad (Fiber + Micronutrients)
- Pumpkin or Bottle Gourd Soup (Low-cal Carbs + Hydration)
- Vegetable Khichdi with Kadhi (Protein + Carbs) or
- Chicken Stew with Roti (Protein + Carbs)



5 Breakfast Options

- Vegetable Poha + Steamed Sprouts
- Ragi Idli + Mint Chutney + Lentil gravy (Sambar)
- Green Moong Dal Pancakes + Tomato Peanut Chutney
- Onion Rotis + Egg Bhurji
- Daliya (Broken Wheat) Upma + Boiled Egg

5 Lunch Options

- Khichdi with Moringa, Pumpkin & Veg + Tomato Soup
- Mixed vegetables + Lobia Curry + Roti
- Rajma Curry + Lady-fingers Sabzi + Wheat Roti
- Mix Veg Mushroom Curry + Fish Curry + Steamed Rice
- Cabbage Poriyal + Moong-Masoor Dal + Roti

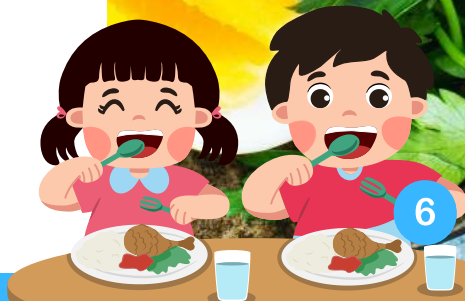
5 Snack Options (Mid-Morning or Evening)

- Roasted Makhana (Foxnut) + Boiled Chickpeas
- Boiled Sweet Potato Chaat
- Sesame & Sattu Chikki (Jaggery can be used)
- Corn Chaat with Lemon & Cumin
- Homemade Popcorn + Savory Buttermilk.

5 Dinner Options

- Mixed Lentil & Vegetable Khichdi + Kadhi
- Masala Thepla + Garlic Dal + Beans Stir Fry
- Stuffed Dal & Veg Paratha + Mint Chutney
- Sprouts + Vegetable-Layered Rice + Grilled Chicken
- Tomato Soup + Rice + Soybean Curry

**MORE
OPTIONS
FOR
MEALS**



MEAL TRACKER



	Meals	MON	TUE	WED	THURS	FRI	SAT	SUN
WEEK 1	Breakfast							
	Lunch							
	Mid-Day Snack							
	Dinner							
WEEK 2	Breakfast							
	Lunch							
	Mid-Day Snack							
	Dinner							
WEEK 3	Breakfast							
	Lunch							
	Mid-Day Snack							
	Dinner							
WEEK 4	Breakfast							
	Lunch							
	Mid-Day Snack							
	Dinner							