



# THE KITCHENETTE

## LUNCH



### TORTILLA, SEASONAL VEG, SALAD

Tortilla gives steady energy through whole grains  
Seasonal veggies add vitamins & minerals  
Salad boosts fiber → better digestion  
Light and balanced meal — good for mid-day activity

**Calories: ~320 kcal**  
**Carbs: 48 g**  
**Protein: 8 g**  
**Fat: 8 g**  
**Fiber: 5 g**

MONDAY

### JEERA RICE, CHOLE, ROTI, SALAD

Chole provides high plant protein + iron  
Jeera rice helps digestion  
Combination supports energy + muscle strength  
Great for busy academic days

**Calories: ~520 kcal**  
**Carbs: 82 g**  
**Protein: 17 g**  
**Fat: 10 g**  
**Fiber: 10 g**

TUESDAY

### ROTI, RICE, BHINDI ALOO, DAL TADKA, RAITA

Dal Tadka gives protein for growth  
Bhindi Aloo offers fiber + Vitamin B  
Raita supports a healthy gut  
Balanced thali with all food groups

**Calories: ~480 kcal**  
**Carbs: 75 g**  
**Protein: 15 g**  
**Fat: 12 g**  
**Fiber: 9 g**

WEDNESDAY

### LEMON RICE (NORTH STYLE), ALOO-BEANS, SPROUT SALAD, RAITA

Lemon rice gives quick energy + tangy freshness  
Aloo-Beans adds fiber & vitamins  
Sprouts provide high protein + antioxidants  
Raita makes the meal cooling & easy to digest

**Calories: ~410 kcal**  
**Carbs: 64 g**  
**Protein: 13 g**  
**Fat: 10 g**  
**Fiber: 8 g**

THURSDAY

### CHAPATI, RICE, MIXED VEG, KADHI, SALAD

Kadhi gives probiotics + calcium  
Mixed veg boosts immunity & vitamins  
Chapati + rice ensure fullness & balanced carbs  
Great comfort meal with light digestion

**Calories: ~430 kcal**  
**Carbs: 68 g**  
**Protein: 12 g**  
**Fat: 10 g**  
**Fiber: 7 g**

FRIDAY

### CHEAT DAY

Eat your heart away!!

SATURDAY



## BREAKFAST



### NAGPUR ORANGE CITY STATION (MAHARASHTRA)

MONDAY

Poha, Sev, Chana Sabji

### BENGALURU CANTT. (KARNATAKA)

TUESDAY

Upma, Coconut Chutney

### MUMBAI TERMINUS (MAHARASHTRA)

WEDNESDAY

Veg Sandwich, Green Chutney

### AMRITSAR JUNCTION (PUNJAB)

THURSDAY

Veg Paratha, Curd, Pickle

### JAIPUR HERITAGE STATION (RAJASTHAN)

FRIDAY

Missi Roti, Curd, Jaggery

CHEAT DAY

SATURDAY



WEEK 1 & WEEK 3

## BREAKFAST



### AHMEDABAD JUNCTION (GUJARAT)

Thepla, Achar, Masala Chai

MONDAY

### CHENNAI CENTRAL STATION (TAMIL NADU)

Idli, Sambar, Chutney

TUESDAY

### MYSURU PALACE STATION (KARNATAKA)

Vermicelli, Green Chutney

WEDNESDAY

### LUCKNOW CHARBAGH STATION (UTTAR PRADESH)

Poori, Jeera Aloo

THURSDAY

### EURORAIL CENTRAL STATION (CONTINENTAL)

Paneer Burji, Toast

FRIDAY

CHEAT DAY SATURDAY



WEEK 2 & WEEK 4

## LUNCH



### VEG PULAO, BOONDI RAITA, SALAD

Balanced meal with carbs for energy  
Raita gives cooling probiotics  
Salad adds fiber & vitamins  
Light yet nourishing—great for active school days

**Calories: ~360 kcal**  
**Carbs: 49 g**  
**Protein: 8 g**  
**Fat: 14 g**  
**Fiber: 3.5 g**

MONDAY

### JEERA RICE, DAL MAKHNI, SALAD, RAITA

Dal Makhni is rich in protein & iron  
Jeera aids digestion  
Raita keeps the meal light & gut-friendly  
A comforting and nutritious combination

**Calories: ~490 kcal**  
**Carbs: 72 g**  
**Protein: 15 g**  
**Fat: 13 g**  
**Fiber: 7 g**

THURSDAY

### RICE, RAJMA, PAPAD, CURD, SALAD

Rajma provides excellent plant protein  
High fiber → better digestion & long-lasting energy  
Curd adds calcium for strong bones  
A wholesome, filling North Indian meal

**Calories: ~495 kcal**  
**Carbs: 84 g**  
**Protein: 18 g**  
**Fat: 8.5 g**  
**Fiber: 8.5 g**

TUESDAY

### ROTI, ALOO-GOBHI / PALAK MATAR / PATTI GOBHI, DAL, RICE

Iron-rich greens  
Seasonal immunity  
Balanced plate for growth

**Calories: ~410 kcal**  
**Carbs: 68 g**  
**Protein: 13 g**  
**Fat: 10.3 g**  
**Fiber: 8.3 g**

FRIDAY

### ROTI, SEASONAL VEGGIES, DAL

Dal gives protein for growth  
Seasonal vegetables provide vitamins & antioxidants  
Roti adds slow-release carbs for steady energy  
A simple, balanced everyday meal

**Calories: ~270 kcal**  
**Carbs: 42 g**  
**Protein: 10 g**  
**Fat: 8 g**  
**Fiber: 8 g**

WEDNESDAY

### CHEAT DAY

Eat your heart away!!

SATURDAY

