

# Diet-Chart

## School Days Breakfast Plan

| <i>Monday</i>  | <i>Tuesday</i>  | <i>Wednesday</i>   | <i>Thursday</i>   | <i>Friday</i>   | <i>Saturday</i>   |
|--|---|--|---|---|---|
| 1 Bowl Oats cooked in Milk<br>Or<br>1 Glass milk + Fresh Fruits<br>(Avoid Citrus fruits with milk)<br>Or<br>Two Boiled Egg+Brown Bread | 1 bowl corn flakes + hot milk<br>or<br>upma/poha+sliced fresh<br>fruits | Bathua parantha(white goose<br>foot)<br>+ curd or indian goose berry<br>chutney<br>(aamlein ki chutney) or matar ki<br>ghugri<br>(Dish made of Peas) | Grilled cheese sandwich<br>or<br>Bread-Butter<br>Or<br>Toast Milk | Stuffed Radish parantha<br>(mooli ke paranthe) + curd<br>Or<br>coriander chutney<br>or<br>Milk Dalia(Wheat) | 1 bowl vegetable oats<br>or<br>1 bowl<br>1 bowl sprouted Grain (mung<br>and<br>chick pea)+ 1 glass milk |

## School Days Snacks and Dinner Plan

| <i>Monday</i>   | <i>Tuesday</i>  | <i>Wednesday</i>  | <i>Thursday</i>   | <i>Friday</i>  | <i>Saturday</i>  |
|---|---|---|---|--|--|
| <b>Snacks</b>   | <b>Snacks</b>   | <b>Snacks</b>   | <b>Snacks</b>   | <b>Snacks</b>  | <b>Snacks</b>  |
| Carrot - Ginger Soup or Sweret<br>Potatato Chat(Pasta of Ginger,<br>Chilli, Garlic, Coriander Leaf) | Tomato Soup<br>or<br>Vegetable Sandwich   | Mixed Vegetables Soup<br>Or<br>Sweet Corn Soup  | Beetroot + Carrot + Tomato<br>Soup<br>Or<br>Moong Daal ka Chilla                                | Gobhi Ka Pakoda<br>Or<br>French Fries made in Mustard<br>Oil                                 | Corn flour Dhokla<br>Or<br>Sooji ka Halwa  |
| <b>Dinner</b>   | <b>Dinner</b>   | <b>Dinner</b>   | <b>Dinner</b>   | <b>Dinner</b>  | <b>Dinner</b>  |
| Green gram lentils (Dhooli<br>Moong ki Daal) +<br>Guard Sauteed in Cumin<br>+Chapati 1 or 2 + Salad | Red lentils (Masoor ki Daal +<br>Palak Paneer<br>+ Chapati (made of wheat +<br>soyabean flour) 1-2+ Salad | Scarmbleed Paneer (Paneer<br>Bhurji)<br>+ Chapati + Sprouted peanut<br>Salad +Beet root salad + Gazar ka<br>Halwa | Vegetable dish made of<br>Potato and peas<br>(Aloo matar ki sabji )<br>+<br>Chapati 1-2 + Salad | Broccoli + Carrot + Capsicum +<br>Tomato Vegetable<br>+<br>Chapati 1-2<br>+ Kheer +<br>Salad | Aloo-Palak ka Saag<br>Or<br>Matar- Mushroom Vegetable<br>+<br>Chapati 1-2 +<br>Salad |

## School Days Lunch Plan

| <i>Monday</i>  | <i>Tuesday</i>   | <i>Wednesday</i>   | <i>Thursday</i>  | <i>Friday</i>   | <i>Saturday</i>  |
|--|--|--|--|---|--|
| Turnip (Shalgam) Vegetable or 1<br>Bowl steam cauliflower<br>vegetable + split pigeon peas<br>(Arhar Daal)+ Chapati 1-2 +<br>Green Salad | Vegetable of carrot and peas<br>+ Panhratan daal + Roti 1-2 +<br>Green Salad | Methi leaves and Potato<br>vegetable + Moong Daal + Roti 1<br>+ Rice 1 Small Bowl + Green<br>Salad | Palak Chane ki Daal +<br>Banana Potato dry vegetable<br>+ Roti [Wheat / Millet<br>/Besan (gram flour)] 1-2<br>+Green Salad | Turnip dish (Shalgam ki<br>Sabji)or Mushroom Peas<br>Vegetable + Mix Daal + Roti<br>(Wheat) 1-2 + Green Salad | Mix Vegetable ki Sabji + Green<br>Gram Lentil (Chilke wali moong<br>daal ) + Chapati 1 or 1 Small<br>Bowl rice + Green Salad |

## THINGS THAT SHOULD BE AVOIDED IN OBESITY

1. Sugar - Sweetened beverages (Soda, fruit juice with sugar ).
2. Refined grains (white bread, pasta, Maggi, Noddles, all fast foods ) and sweets.
3. Chocolate, Chips and all bakery items.
4. Non-Veg foods, spicy foods
5. Deep fried foods , tea , coffee, pickle.
6. Highly processed food
7. Turn off TV during meals.
8. Make children's bedroom TV Free and Internet free.
9. Limit children's screen time to no more than one hour per day.
10. Drink sufficient amount of water daily.