

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|---|--|---|---|---|--|
| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| BREAKFAST | 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 | | | | | | | |
| LUNCH | 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 | | | | | | | |
| EVENING | Tea, Coffee and Milk Snacks: Sundal (soya, karamani, black/white channa) | | | | | | Time: 16.30 - 17.30 |
| DINNER | 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 | | | | | | | |