

Growing Strong Kids' Balanced Week (8+)

1710 kcal / day | 72g protein | 25g fibre | portions are for ONE person

	BREAKFAST	LUNCH	SNACK	DINNER	DAY TOTAL
Day 1	Soft paneer paratha 2 soft paneer parathas 433 kcal P22 C47 F20	Mild Chicken Pulao 1.5 cups chicken pulao (150g chicken) 526 kcal P26 C60 F20	Boiled Egg with salt 2 boiled eggs 140 kcal P12 C1 F10	Aloo Gobi with Roti 1.5 cups aloo gobi + 3 roti 588 kcal P18 C85 F20	1687 kcal P 78g fibre 25g
Day 2	Scrambled eggs with toast Scrambled eggs (3 eggs) + 2 slices whole wheat toa 428 kcal P29 C33 F20	Mild Chicken Pulao 1.5 cups chicken pulao (150g chicken) 519 kcal P26 C59 F20	Yogurt with berries 1 cup yogurt + 0.5 cup mixed berries 183 kcal P11 C25 F5	Aloo Gobi with Roti 1.5 cups aloo gobi + 3 roti 580 kcal P18 C84 F20	1710 kcal P 84g fibre 29g
Day 3	Soft paneer paratha 2 soft paneer parathas 433 kcal P22 C47 F20	Mild Chicken Pulao 1.5 cups chicken pulao (150g chicken) 526 kcal P26 C60 F20	Boiled Egg with salt 2 boiled eggs 140 kcal P12 C1 F10	Aloo Gobi with Roti 1.5 cups aloo gobi + 3 roti 588 kcal P18 C85 F20	1687 kcal P 78g fibre 25g
Day 4	Soft paneer paratha 2 soft paneer parathas 433 kcal P22 C47 F20	Paneer Bhurji with Roti 1 cup paneer bhurji (100g paneer) + 2 roti 526 kcal P25 C40 F28	Boiled Egg with salt 2 boiled eggs 140 kcal P12 C1 F10	Simple Chicken Curry 1.5 cups chicken curry (200g chicken) 588 kcal P34 C20 F41	1687 kcal P 93g fibre 18g
Day 5	Milk and cereal with fruit 1 cup milk + 1 cup cereal + 1 banana 433 kcal P14 C80 F9	Paneer Bhurji with Roti 1 cup paneer bhurji (100g paneer) + 2 roti 526 kcal P25 C40 F28	Boiled Egg with salt 2 boiled eggs 140 kcal P12 C1 F10	Simple Chicken Curry 1.5 cups chicken curry (200g chicken) 588 kcal P34 C20 F41	1687 kcal P 85g fibre 19g
Day 6	Scrambled eggs with toast Scrambled eggs (3 eggs) + 2 slices whole wheat toa 428 kcal P29 C33 F20	Paneer Bhurji with Roti 1 cup paneer bhurji (100g paneer) + 2 roti 519 kcal P25 C40 F28	Fruit Chaat (no spice) 2 cups mixed fruit chaat 183 kcal P3 C46 F1	Moong Dal Tadka 3 cups moong dal tadka 580 kcal P29 C81 F19	1710 kcal P 86g fibre 34g
Day 7	Soft paneer paratha 2 soft paneer parathas 433 kcal P22 C47 F20	Paneer Bhurji with Roti 1 cup paneer bhurji (100g paneer) + 2 roti 526 kcal P25 C40 F28	Boiled Egg with salt 2 boiled eggs 140 kcal P12 C1 F10	Simple Chicken Curry 1.5 cups chicken curry (200g chicken) 588 kcal P34 C20 F41	1687 kcal P 93g fibre 18g

Shopping list for the week

Everything below covers all 7 days - aisle by aisle.

Produce

- ☐ Onions - 500g
- ☐ Tomato - 250g

Grains & Flours

- ☐ Moong Dal - 250g

Spices & Masalas

- ☐ Coriander Powder - 50g
- ☐ Cumin Powder - 50g
- ☐ Cumin Seed - 50g
- ☐ Curry Leaves - 1 packet
- ☐ Garam Masala - 1 packet
- ☐ Mustard Seed - 50g
- ☐ Red Chili Powder - 50g
- ☐ Turmeric Powder - 50g

Pantry

- ☐ Ginger-Garlic Paste - 1 bottle
- ☐ Ghee Or Oil - 1 bottle
- ☐ Salt - 1 packet

Every recipe, one tap away

Tap any dish for the full step-by-step recipe - free, no login needed.

- > **Soft paneer paratha**
- > **Mild Chicken Pulao**
- > **Boiled Egg with salt**
- > **Aloo Gobi with Roti**
- > **Scrambled eggs with toast**
- > **Yogurt with berries**
- > **Paneer Bhurji with Roti**
- > **Simple Chicken Curry**
- > **Milk and cereal with fruit**
- > **Fruit Chaat (no spice)**
- > **Moong Dal Tadka**