07-DAYS WEEKLY MEAL PLAN FOR ADOLOSCENT GIRL (14-18 YEARS)

PATIENT NAME	A GIRL AGE 14-18 YEARS RDA OF ENERGY -2600 KCL RDA OF PROTEIN - 62 GMS

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Empty Stomach	Around 06:00 AM	one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 6 almonds soaked+ 2	one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 6 almonds soaked+ 2	one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 6 almonds soaked+ 2	one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 6 almonds soaked+ 2	one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 6 almonds soaked+ 2	one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 6 almonds soaked+ 2	one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 6 almonds soaked+ 2
Pre-WORKOUT	Around 06:30 AM	Milk(1 glass) + jaggery(2 tsp)+ 2 Banana	Milk(1 glass) + jaggery(2 tsp)+ 2 Banana	Milk(1 glass) + jaggery(2 tsp)+ 2 Banana	Milk(1 glass) + jaggery(2 tsp)+ 2 Banana	Milk(1 glass) + jaggery(2 tsp)+ 2 Banana	Milk(1 glass) + jaggery(2 tsp)+ 2 Banana	Milk(1 glass) + jaggery(2 tsp)+ 2 Banana
Post workout	Around 08:30 AM	two tsp barley satu powder in 100 ml of water.	two tsp satu powder in 100 ml of water.	two tsp satu powder in 100 ml of water.	two tsp satu powder in 100 ml of water.	two tsp satu powder in 100 ml of water.	two tsp satu powder in 100 ml of water.	two tsp satu powder in 100 ml of water.
BREAKFAST	Around 11:00 AM	* Multigrain stuffed paratha 2 PC./Veg. Poha/Upma/Dalia/idli/dhokla (3 pc./3 bowl) + 1 bowl full fat milk curd 200GMS / 2 CUP chach/lassi (250 Ml) + 1 Ragi laddu	* Multigrain stuffed paratha 2 PC./Veg. Poha/Upma/Dalia/idli/dhokla (3 pc./3 bowl) + 1 bowl full fat milk curd 200GMS / 2 CUP chach/lassi (250 Ml) + 1 Ragi laddu	* Multigrain stuffed paratha 2 PC./Veg. Poha/Upma/Dalia/idli/dhokla (3 pc./3 bowl) + 1 bowl full fat milk curd 200GMS / 2 CUP chach/lassi (250 Ml) + 1 Ragi laddu	* Multigrain stuffed paratha 2 PC./Veg. Poha/Upma/Dalia/idli/dhokla (3 pc./3 bowl) + 1 bowl full fat milk curd 200GMS / 2 CUP chach/lassi (250 Ml) + 1 Ragi laddu	* Multigrain stuffed paratha 2 PC./Veg. Poha/Upma/Dalia/idli/dhokla (3 pc./3 bowl) + 1 bowl full fat milk curd 200GMS / 2 CUP chach/lassi (250 Ml) + 1 Ragi laddu	* Multigrain stuffed paratha 2 PC./Veg. Poha/Upma/Dalia/idli/dhokla (3 pc./3 bowl) + 1 bowl full fat milk curd 200GMS / 2 CUP chach/lassi (250 Ml) + 1 Ragi laddu	* Multigrain stuffed paratha 2 PC./Veg. Poha/Upma/Dalia/idli/dhokla (3 pc./3 bowl) + 1 bowl full fat milk curd 200GMS / 2 CUP chach/lassi (250 Ml) + 1 Ragi laddu
MID MORNING	Around 12: 00 PM	• One med size Fruit(Apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) 2 or 200 gms. + 1 blue yakult	• One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult	• One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult	• One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult	• One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult	• One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult	• One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult
	Around 01:00 pm	one glass Ragi koozh/ fermented finger millet drink	one glass Ragi koozh/ fermented finger millet drink	one glass Ragi koozh/ fermented finger millet drink	one glass Ragi koozh/ fermented finger millet drink	one glass Ragi koozh/ fermented finger millet drink	one glass Ragi koozh/ fermented finger millet drink	one glass Ragi koozh/ fermented finger millet drink
LUNCH	Around 02 : 30 PM	• 1 med bowl Arhar Dal +2 Multigrain chapati + Samak rice(little Millet) (1 bowl) + Cucumber/onion/Mul i (1 bowl) + 1 BOWL CURD + Barley halwa	• 1 med bowl Mung Dal + 2 Multigrain Chapati + 1 bowl kangni rice(foxtail millet) + SALAD + 1 BOWL CURD + Ragi halwa	• 2 Multigrain chapati +Rajma (1 bowl)+Samak Rice +salad (100 gms) +1 BOWL CURD + bajra halwa	• One bowl kale channe+ 2 Multigrain CHAPATI foxtail Millet(1 bowl)+ salad 60gm + 1 BOWL CURD + jawar halwa	• 1med bowl bhindi+ 2 Multigrain Chapati+ samak rice(1 bowl) + salad 60gms +1 BOWL CURD + samak halwa	• 1 med bowl karela + 2 Multigrain chapati + foxtail rice(1 bowl)+salads (60 gms) + curd 1 bowl + kuttu halwa	• 3 Multigrain CHAPATI+ SHIMLAMIRCH PYAAZ 1 BOWL + salad 1 BOWL +kangni halwa + CURD 1 BOWL
EVE. TEA	AROUND 05:00 PM	Ragi Banana smoothie + Millets upma (1 bowl)	Ragi Banana smoothie + Millets upma (1 bowl)	Ragi Banana smoothie + Millets upma (1 bowl)	Ragi Banana smoothie + Millets upma (1 bowl)	Ragi Banana smoothie + Millets upma (1 bowl)	Ragi Banana smoothie + Millets upma (1 bowl)	Ragi Banana smoothie + Millets upma (1 bowl)
DINNER	Around 07:30PM	• 3 med bowl Bajra khichadi OR 3 Chapati + MUNG DHULI DAL 1 BOWL + Salad(80 gms)	• 3 Chapati/3 bowl jawar khichdi + (1 bowl) DHULI UDAD DAL + salad(80gms)	• 3 chapati/3 bowl samak khichdi+ 1 BOWL CHANA DAL+ salad 60gm	• 1 BOWL ARHAR DAL 1 BOWL + 3 CHAPATI/3 bowl barley khichdi + salad	• 1 BOWL MUNG DHULI + 3chapati/3 bowl kutki khichdi + SALAD	• 3 RAGI CHILLA + 1 BOWL DHULI UDAD + salad	• 3 CHAPATI/3bowl kuttu khicdi +1 BOWL ARHAR DAL + SALAD
BED TIME	8:30 PM	* 1 CUP/150 ML SKIMMED MILK	* 1 CUP/150 ML SKIMMED MILK	* 1 CUP/150 ML SKIMMED MILK	* 1 CUP/150 ML SKIMMED MILK	* 1 CUP/150 ML SKIMMED MILK	* 1 CUP/150 ML SKIMMED MILK	* 1 CUP/150 ML SKIMMED MILK

INVESTIGATION ADVISED	
GENERAL INSTRUCTIONS TO CONSIDER	• Take plenty of fliuids around 3-4 Lts. Per Day. • 6-7 Hrs Of Sleep Everyday • PHYSICAL ACTIVITY OR 60 Mins Of yoga/ brisk Walk 5-6 Times A Week