



The Bharat School Menu & Lifestyle Plan (January 2026)

By Luke Coutinho & Team Luke



From the tiffin box to the classroom, from home kitchens to school canteens – the future of India is on our plates. As part of our Honorable Prime Minister Shri Narendra Modi Ji’s vision for a Healthier and Fitter Bharat, Team Luke is proud to present The Bharat School Menu & Lifestyle Plan—a free monthly initiative. This plan is designed to nourish children from the grassroots level—at home, in schools, and within families.

Created by a team of integrative experts and meal analysts, the menu is backed by science and years of practical experience. It offers a balanced, holistic, and kid-friendly approach to nutrition, with both vegetarian and non-vegetarian options, simple local ingredients, and culturally relevant meals. Easy lifestyle tips are included to encourage better daily habits in children, and the menu is available in English and Hindi.

This is more than just a menu—it’s a movement to rethink how we feed and care for young Bharat, one meal at a time.

Become a part of a nationwide movement – to raise a generation that is healthier, stronger, and more mindful.

Week 1

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Stuffed Vegetable Idly + Coconut Chutney + Brinjal & Carrot Sambar	Seasonal Fruit (As available) + Dry Fruit & Seed Mix (Avoid if allergic) <ul style="list-style-type: none"> • 1 tsp pumpkin & sunflower seeds • 1 tsp sesame seeds • 2-3 almonds • 1 walnut • 1 Medjool date + Drink Option (Choose 1) <ul style="list-style-type: none"> • Sattu Mint Refresher • Amla Ginger Shot • Lemon Tulsi Water • Warm Ajwain & Jeera Water 	Beetroot Sesame Salad + Okra Potato Curry + Chicken Bharta or Masoor Dal Tadka + Khapli Wheat Roti or Rice	Boiled Chana & Sweet Potato Chaat (with chopped vegetables, mint chutney & dates chutney)	Tomato Lentil Basil Soup or Clear Chicken Soup + Mix Vegetable & A2 Paneer Paratha + Coriander Mint Dip

<p>Tuesday</p>	<p>Besan & Rice Flour Vegetable Chilla or Egg Omelet with Vegetables & Wholemeal Toast + Mint & Amla Chutney</p>	<p>Same as above</p>	<p>Masala Onion Salad (with amla pickle) + Lauki Sabzi + Lobia Curry or Kala Chana Curry + Choice of Bajra or Jowar Roti</p>	<p>Ragi & Dates Ladoo + Carrot & Beet Juice (naturally sweetened with jaggery or raw honey)</p>	<p>Broccoli Soup + Cabbage Fresh Peas Stir Fry + Garlic Dal or Chicken Curry + Methi Thepla</p>
<p>Wednesday</p>	<p>Sweet Potato, Sattu & Peas Tikki or Minced Chicken & Vegetable Tikki + Tomato Dip</p>	<p>Same as above</p>	<p>Onion & Tomato Rings (with a sprinkle of lemon) + Mixed Veg & Mushroom Curry or Fish Curry + Phulka Roti or Steamed Rice</p>	<p>Fruit Bowl (with a sprinkle of flaxseed powder)</p>	<p>Steamed Vegetable Salad + Dal Palak or Home-style Chicken Bharta + Choice of Jowar Onion Paratha or Masala Thepla</p>

<p>Thursday</p>	<p>Baked Lobia Beans on Wholemeal Vegetable Toast (with mild Indian spices, garnished with fresh coriander & yogurt) or Baked Scrambled Eggs on Wholemeal Vegetable Toast (with mild Indian spices)</p>	<p>Same as above</p>	<p>Carrot Lentil Koshimbir Salad + Cabbage & Peas Stir-Fry + Toor Dal with Garlic or Fish Curry + Jowar Methi Thepla</p>	<p>Roasted Bengal Gram Poha Chiwda + Ragi Malt</p>	<p>Kachumber Salad + Moringa, Pumpkin & Vegetable Khichdi + Tomato & Lentil Rasam</p>
<p>Friday</p>	<p>Vegetable Daliya Upma + Steamed Moong Sprouts or Boiled Egg + Coriander Chutney</p>	<p>Same as above</p>	<p>Carrot & Cucumber Slices (with a sprinkle of lemon & jeera powder) + Cabbage & Capsicum Stir-Fry + Chole Masala + Ajwain Paratha</p>	<p>Dry Fruit & Seed Ladoo + Ginger Ale</p>	<p>Tomato & Onion Slices (with rock salt) + Mixed Vegetable Khichdi (with A2 ghee) + Sattu Kadhi</p>

Saturday	Onion Thalipeeth with Rice & Jowar Flour + Mushroom Bhurji or Egg Bhurji	Same as above	Onion & Tomato Rings (with a sprinkle of lemon) + Mixed Veg & Paneer Curry or Chicken Korma + Phulka Roti or Steamed Rice + Carrot Halwa (sweetened with organic jaggery)	A2 Yogurt Parfait (a mix of yogurt, fruits & nuts)	Drumstick & Lentil Soup + Vegetable Frankie (whole grain roti filled with a soft veggie mash – potatoes, carrots, peas – with optional sprouts, mushrooms, or egg. Spread with mild mint-curd chutney for flavor) + Pickled Onions
Sunday	A2 Paneer Masala Roll + Mint Chutney or Egg Roll (Whole Wheat Roti Wrap) + Mint Chutney	Same as above	Cucumber & Carrot Mint Raita + Veg Peas & Corn Masala Pulao or Chicken & Vegetable Masala Pulao + Fresh Turmeric Pickle	Crunchy Roasted Makhana (made in A2 ghee & served with steamed moong sprouts)	Spinach & Mixed Vegetable Sattu Tikki + Mint Chutney + Nutri Pav Bhaji (A wholesome mash of seasonal vegetables, moong dal & mild Indian garam masala) + Mini Whole Wheat Pav or Soft Phulka Roti

Week 2

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Beetroot & Aloo Masala Dosa or Beetroot, Aloo & Egg Masala Dosa + Tomato Garlic Chutney	Seasonal Fruits (As available) + Nuts & Seeds Mix (Avoid if allergic): <ul style="list-style-type: none"> • 1 tsp pumpkin & chia seeds • 4 unsalted pistachios • 1 walnut • 1 chopped fig • A handful of roasted chana + Immunity Drink Boil 1 tsp grated ginger, ½ tsp turmeric, a pinch of black pepper & 5 tulsi leaves in 1 cup water for 5 minutes. Strain, add a dash of lemon & serve warm with a light drizzle of raw honey.	Carrot Salad (with lemon & jeera) + Aloo Methi Sabzi + Yellow Moong Dal Tadka or Mushroom Curry + Jowar Ajwain Paratha or Steamed Rice	Boiled Corn (Non GMO) + Carrot & Beet Juice (naturally sweetened with jaggery or raw honey)	Carrot Salad + Lauki & Peas Kofta Curry or Chicken Kofta Curry + Missi Roti (khapli wheat + besan)

<p>Tuesday</p>	<p>Vegetable Peanut Poha + Boiled Masala Kala Chana or Boiled Egg + Coriander Chutney</p>	<p>Same as above</p>	<p>Cucumber, Tomato & Onion Slices (with a squeeze of lemon) + Baingan Bharta + Dal Tadka or Egg Bhurji + Amaranth Roti or Rice (as per choice)</p>	<p>Rajgeera Sesame Peanut Chikki + Mint & Ginger Lemon Water</p>	<p>Mixed Vegetable Soup + A2 Paneer Roll (soft grilled wheat roti filled with marinated paneer cubes, fresh cucumber, beetroot & coriander-mint chutney) or Grilled Chicken Roll (wheat roti stuffed with flavorful grilled chicken, veggies & tangy mint chutney)</p>
<p>Wednesday</p>	<p>Mixed Vegetable & Soya (Non-GMO) Uttapam or Mixed Vegetable & Egg Uttapam + Peanut Chutney</p>	<p>Same as above</p>	<p>Grated Raw Papaya & Carrot Salad (with roasted peanuts) + Mixed Vegetable Sabzi (carrot, beans, peas, potato sautéed with jeera & turmeric) + Masoor Dal or Masala Fish Curry + Khapli Wheat Phulka or Jeera Rice</p>	<p>Fresh Fruit Cubes (topped with soaked nuts powder like almonds, walnuts, cashews) + Sattu Smoothie (made with sattu, water or A2 milk, a dash of jaggery & nuts powder)</p>	<p>Mushroom Soup or Egg Drop Soup + Paneer Kheema or Chicken Kheema + Jeera Paratha</p>

<p>Thursday</p>	<p>Mini Cabbage, Spinach & Carrot Pancakes/Apple (made of ragi & mixed lentil batter) + Tomato Garlic Chutney</p>	<p>Same as above</p>	<p>Carrot & Beans Poriyal + Mixed Vegetable & Peas Korma or Egg Masala Curry + Lentil Garlic Rasam or Drumstick Sambar + Rice</p>	<p>Hummus (with cucumber & carrot sticks) + Tulsi & Ginger Kadha</p>	<p>Baby Corn Masala Soup + Paneer Matar Curry or Chicken Tikka Masala + Sprouts Vegetable Pulao</p>
<p>Friday</p>	<p>Spinach & A2 Paneer Rice Flour Chilla + Tomato Chutney</p>	<p>Same as above</p>	<p>Steamed Pumpkin Salad + Cauliflower Peas Sabzi + Masoor Dal Tadka or Sprouted Moong & Kala Chana Curry + Jowar Bhakri</p>	<p>Homemade Non-GMO Popcorn + Ragi & Mixed Seeds Ladoo</p>	<p>Boiled Chana Salad + Masoor Dal with Ridge Gourd or Coconut Chicken Stew + Methi Paratha (with sesame seeds)</p>

Saturday	Vegetable, Peas & Mushroom Xacuti (Goan Curry) with Wheat Pao + Boiled Egg or Scrambled Egg	Same as above	Steamed Moong Sprouts Salad + Tendli Aloo Sukhi Sabzi + Rajma Curry or Chicken Vindaloo + Jowar Roti	Boiled Sweet Potato with Lemon & Chaat Masala (Soft, boiled sweet potato cubes lightly tossed with lemon juice, a pinch of chaat masala & cumin powder)	Vegetable Sticks + Mixed Vegetables Sabzi + Green Moong Dal or Chicken Bharta + Bajra-Sattu Roti
Sunday	Khapli Wheat Aloo-Peas Paratha or Masala Egg Paratha + Mint Yogurt Dip	Same as above	Onion & Tomato Ring Stack (with a sprinkle of lemon) + Mixed Veg & Paneer Curry or Mild Fish Fingers (served with tomato-date chutney) + Khapli Wheat Phulka Roti + Makhana Kheer	Fruit Bowl (with chia seeds & chopped dates)	Pumpkin Lentil Soup + Mushroom Tikka Or Chicken Tikka + Wholemeal Toast Sandwich (a tasty grilled sandwich made of boiled potatoes, beetroot, & cucumber with a spread of coriander/mint chutney)

Week 3

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Stuffed Vegetable Idly + Coconut Chutney + Brinjal & Carrot Sambar	Seasonal Fruit (As available) + Dry Fruit & Seed Mix (Avoid if allergic) <ul style="list-style-type: none"> • 1 tsp pumpkin & sunflower seeds • 1 tsp sesame seeds • 2-3 almonds • 1 walnut • 1 Medjool date + Drink Option (Choose 1) <ul style="list-style-type: none"> • Sattu Mint Refresher • Amla Ginger Shot • Lemon Tulsi Water • Warm Ajwain & Jeera Water 	Beetroot Sesame Salad + Okra Potato Curry + Chicken Bharta or Masoor Dal Tadka + Khapli Wheat Roti or Rice	Boiled Chana & Sweet Potato Chaat (with chopped vegetables, mint chutney & dates chutney)	Tomato Lentil Basil Soup or Clear Chicken Soup + Mix Vegetable & A2 Paneer Paratha + Coriander Mint Dip

Tuesday	Besan & Rice Flour Vegetable Chilla or Egg Omelet with Vegetables & Wholemeal Toast + Mint & Amla Chutney	Same as above	Masala Onion Salad (with amla pickle) + Lauki Sabzi + Lobia Curry or Kala Chana Curry + Choice of Bajra or Jowar Roti	Ragi & Dates Ladoo + Carrot & Beet Juice (naturally sweetened with jaggery or raw honey)	Broccoli Soup + Cabbage Fresh Peas Stir Fry + Garlic Dal or Chicken Curry + Methi Thepla
Wednesday	Sweet Potato, Sattu & Peas Tikki or Minced Chicken & Vegetable Tikki + Tomato Dip	Same as above	Onion & Tomato Rings (with a sprinkle of lemon) + Mixed Veg & Mushroom Curry or Fish Curry + Phulka Roti or Steamed Rice	Fruit Bowl (with a sprinkle of flaxseed powder)	Steamed Vegetable Salad + Dal Palak or Home-style Chicken Bharta + Choice of Jowar Onion Paratha or Masala Thepla

Thursday	Baked Lobia Beans on Wholemeal Vegetable Toast (with mild Indian spices, garnished with fresh coriander & yogurt) or Baked Scrambled Eggs on Wholemeal Vegetable Toast (with mild Indian spices)	Same as above	Carrot Lentil Koshimbir Salad + Cabbage & Peas Stir-Fry + Toor Dal with Garlic or Fish Curry + Jowar Methi Thepla	Apple & BanRoasted Bengal Gram Poha Chiwda + Ragi Malt ana Slices (with crushed almonds & flax powder)	Kachumber Salad + Moringa, Pumpkin & Vegetable Khichdi + Tomato & Lentil Rasam
Friday	Vegetable Daliya Upma + Steamed Moong Sprouts or Boiled Egg + Coriander Chutney	Same as above	Carrot & Cucumber Slices (with a sprinkle of lemon & jeera powder) + Cabbage & Capsicum Stir-Fry + Chole Masala + Ajwain Paratha	Dry Fruit & Seed Ladoo + Ginger Ale	Tomato & Onion Slices (with rock salt) + Mixed Vegetable Khichdi (with A2 ghee) + Sattu Kadhi

<p>Saturday</p>	<p>Onion Thalipeeth with Rice & Jowar Flour + Mushroom Bhurji or Egg Bhurji</p>	<p>Same as above</p>	<p>Onion & Tomato Rings (with a sprinkle of lemon) + Mixed Veg & Paneer Curry or Chicken Korma + Phulka Roti or Steamed Rice + Carrot Halwa (sweetened with organic jaggery)</p>	<p>A2 Yogurt Parfait (a mix of yogurt, fruits & nuts)</p>	<p>Drumstick & Lentil Soup + Vegetable Frankie (whole grain roti filled with a soft veggie mash – potatoes, carrots, peas – with optional sprouts, mushrooms, or egg. Spread with mild mint-curd chutney for flavor) + Pickled Onions</p>
<p>Sunday</p>	<p>A2 Paneer Masala Roll + Mint Chutney or Egg Roll (Whole Wheat Roti Wrap) + Mint Chutney</p>	<p>Same as above</p>	<p>Cucumber & Carrot Mint Raita + Veg Peas & Corn Masala Pulao or Chicken & Vegetable Masala Pulao + Fresh Turmeric Pickle</p>	<p>Crunchy Roasted Makhana (made in A2 ghee & served with steamed moong sprouts)</p>	<p>Spinach & Mixed Vegetable Sattu Tikki + Mint Chutney + Nutri Pav Bhaji (A wholesome mash of seasonal vegetables, moong dal & mild Indian garam masala) + Mini Whole Wheat Pav or Soft Phulka Roti</p>









Week 4

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Beetroot & Aloo Masala Dosa or Beetroot, Aloo & Egg Masala Dosa + Tomato Garlic Chutney	Seasonal Fruits (As available) + Nuts & Seeds Mix (Avoid if allergic): <ul style="list-style-type: none"> • 1 tsp pumpkin & chia seeds • 4 unsalted pistachios • 1 walnut • 1 chopped fig • A handful of roasted chana + Immunity Drink Boil 1 tsp grated ginger, ½ tsp turmeric, a pinch of black pepper & 5 tulsi leaves in 1 cup water for 5 minutes. Strain, add a dash of lemon & serve warm with a light drizzle of raw honey.	Carrot Salad (with lemon & jeera) + Aloo Methi Sabzi + Yellow Moong Dal Tadka or Mushroom Curry + Jowar Ajwain Paratha or Steamed Rice	Boiled Corn (Non GMO) + Carrot & Beet Juice (naturally sweetened with jaggery or raw honey)	Carrot Salad + Lauki & Peas Kofta Curry or Chicken Kofta Curry + Missi Roti (khapli wheat + besan)

Tuesday	Vegetable Peanut Poha + Boiled Masala Kala Chana or Boiled Egg + Coriander Chutney	Same as above	Cucumber, Tomato & Onion Slices (with a squeeze of lemon) + Baingan Bharta + Dal Tadka or Egg Bhurji + Amaranth Roti or Rice (as per choice)	Rajgeera Sesame Peanut Chikki + Mint & Ginger Lemon Water	Mixed Vegetable Soup + A2 Paneer Roll (soft grilled wheat roti filled with marinated paneer cubes, fresh cucumber, beetroot & coriander-mint chutney) or Grilled Chicken Roll (wheat roti stuffed with flavorful grilled chicken, veggies & tangy mint chutney)
Wednesday	Mixed Vegetable & Soya (Non-GMO) Uttapam or Mixed Vegetable & Egg Uttapam + Peanut Chutney	Same as above	Grated Raw Papaya & Carrot Salad (with roasted peanuts) + Mixed Vegetable Sabzi (carrot, beans, peas, potato sautéed with jeera & turmeric) + Masoor Dal or Masala Fish Curry + Khapli Wheat Phulka or Jeera Rice	Fresh Fruit Cubes (topped with soaked nuts powder like almonds, walnuts, cashews) + Sattu Smoothie (made with sattu, water or A2 milk, a dash of jaggery & nuts powder)	Mushroom Soup or Egg Drop Soup + Paneer Kheema or Chicken Kheema + Jeera Paratha

<p>Thursday</p>	<p>Mini Cabbage, Spinach & Carrot Pancakes/Apple (made of ragi & mixed lentil batter) + Tomato Garlic Chutney</p>	<p>Same as above</p>	<p>Carrot & Beans Poriyal + Mixed Vegetable & Peas Korma or Egg Masala Curry + Lentil Garlic Rasam or Drumstick Sambar + Rice</p>	<p>Hummus (with cucumber & carrot sticks) + Tulsi & Ginger Kadha</p>	<p>Baby Corn Masala Soup + Paneer Matar Curry or Chicken Tikka Masala + Sprouts Vegetable Pulao</p>
<p>Friday</p>	<p>Spinach & A2 Paneer Rice Flour Chilla + Tomato Chutney</p>	<p>Same as above</p>	<p>Steamed Pumpkin Salad + Cauliflower Peas Sabzi + Masoor Dal Tadka or Sprouted Moong & Kala Chana Curry + Jowar Bhakri</p>	<p>Homemade Non-GMO Popcorn + Ragi & Mixed Seeds Ladoo</p>	<p>Boiled Chana Salad + Masoor Dal with Ridge Gourd or Coconut Chicken Stew + Methi Paratha (with sesame seeds)</p>

<p>Saturday</p>	<p>Vegetable, Peas & Mushroom Xacuti (Goan Curry) with Wheat Pao + Boiled Egg or Scrambled Egg</p>	<p>Same as above</p>	<p>Steamed Moong Sprouts Salad + Tendli Aloo Sukhi Sabzi + Rajma Curry or Chicken Vindaloo + Jowar Roti</p>	<p>Boiled Sweet Potato with Lemon & Chaat Masala (Soft, boiled sweet potato cubes lightly tossed with lemon juice, a pinch of chaat masala & cumin powder)</p>	<p>Vegetable Sticks + Mixed Vegetables Sabzi + Green Moong Dal or Chicken Bharta + Bajra-Sattu Roti</p>
<p>Sunday</p>	<p>Khapli Wheat Aloo-Peas Paratha or Masala Egg Paratha + Mint Yogurt Dip</p>	<p>Same as above</p>	<p>Onion & Tomato Ring Stack (with a sprinkle of lemon) + Mixed Veg & Paneer Curry or Mild Fish Fingers (served with tomato-date chutney) + Khapli Wheat Phulka Roti + Makhana Kheer</p>	<p>Fruit Bowl (with chia seeds & chopped dates)</p>	<p>Pumpkin Lentil Soup + Mushroom Tikka Or Chicken Tikka + Wholemeal Toast Sandwich (a tasty grilled sandwich made of boiled potatoes, beetroot, & cucumber with a spread of coriander/mint chutney)</p>

 We say NO to	 We say YES to
<ul style="list-style-type: none">  MSG (ajinomoto)  Colours and preservatives  Refined sugar 	<ul style="list-style-type: none">  Variety of seasonal fruits and vegetables  Healthy fats  Mixed grains

We AIM for

 *Healthy and nutritionally balanced meals for kids with medium activity*

 *Ingredients that are ethically and consciously sourced*

 *Minimal use of refined flour*

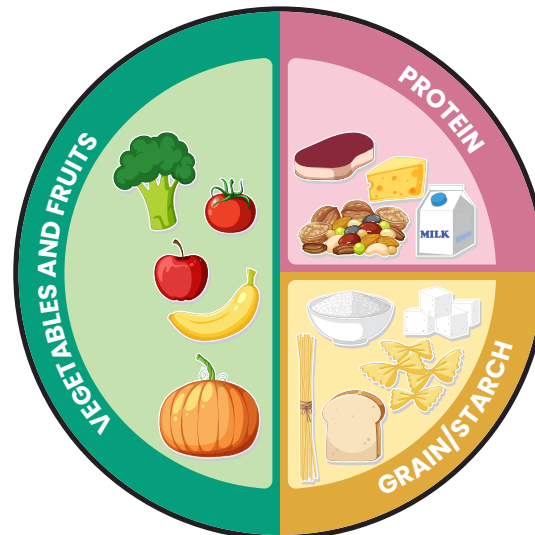
***Important Note:** Organic jaggery and raw honey may be natural, but they still act like sugar in your body. Enjoy them in small amounts—**even healthy sugars need healthy limits!**



Lifestyle Guidelines for Kids By Team Luke

Cellular Nutrition

- Eat a rainbow. Try to include as many colors on your plate as possible. Think red, purple, green, yellow, orange. The more the color, the more the nutrients.
- Chew every bite. Digestion starts in the mouth.
- Eat without distractions. Eating is a sacred act.
- Learn to read labels before buying packaged foods. If the label has ingredients that feel unheard of or difficult to pronounce, it is likely to not be clean.
- Eat with gratitude, not disgust. Bless your food. The simplest prayer can be—Thank you.
- Try to finish your last meal of the day as close to sunset as possible.
- Stay adequately hydrated. Carry a water bottle with you at all times. Taper down water intake post-sunset to reduce visits to the loo at night.

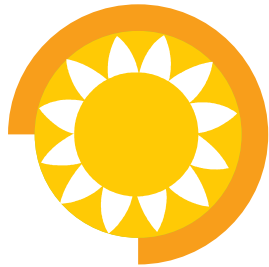


What does a balanced nutritional plate look like?



Adequate Movement

- Your body is designed to move. Move in any way you can. Make it enjoyable and fun.
- Light walking after meals supports better digestion.
- The right posture matters. Try not to slouch. Keep your shoulders rolled back and relaxed. Keep the spine straight.
- If you are watching something on the television, take short active breaks, like touching your toes, spot jogging, imaginary skipping, or gentle stretches.
- Try to take stairs instead of escalators or elevators.



Quality Sleep

- Try to build a consistent sleep routine. Go to bed and wake up around the same time every day.
- Sleep is a light-sensitive process. Try to minimize gadget use an hour before bedtime.
- Make your room as dark as possible. You shouldn't even be able to see your own hand. Use an eye mask or roll a T-shirt and keep it over your eyes till you drift off to sleep.
- Sleep with a grateful heart. Recap your entire day and offer gratitude for things that went well, no matter how small.
- Avoid waking up to gadgets and screens. Try to get five to 10 minutes of morning sunshine just after waking up.



Emotional Wellness

- Emotions are meant to be expressed, not suppressed. You can paint, draw, journal, or talk to express yourself.
- If you have experienced bullying at school or in your friend circle, express it to your parents, teachers, or a trusted adult. There is always help available.
- If you are experiencing any strong emotions like anger, hatred, or guilt—please talk it out to your parents or a trusted adult. There is always a solution and way to handle it.
- What you watch, read, listen, talk, hear shapes you. Be mindful of the content you are consuming.
- Please, Sorry, Thank you—are magic words. Use them intently, meaningfully, and appropriately.



Spirit

- The best and most powerful ways to feel happy from within are—kindness, giving back, and being grateful and respectful.
- Listen to your inner voice by often checking in with yourself. You can ask yourself questions like—How am I feeling? What do I truly need at this moment?
- Build a habit of daily prayers. It is important to have faith and believe in something more powerful than us.
- Try to stay connected to nature in whatever way you can. It makes us feel closer to our inner spirit.
- Look at yourself in the mirror and practice affirmations like: *"I am enough", "I am worthy of love and success,"* and *"I am safe, guided, and protected."*



Breath

- Breath is the most powerful tool you have. It is free. Use it to your advantage.
- The simplest way to practice breathing is belly breathing. Inhale: belly out. Exhale: belly in. Repeat this a couple of times till you feel calm.
- The two most powerful and effective breathing techniques to feel calm are:
 - **Box breathing:** Inhale for four counts, hold for four counts, exhale for four counts, and hold for four counts. Repeat this four to five times—till you feel calm.
 - **Bee breathing:** Inhale deeply through your belly. When you are ready to exhale, make a humming sound (like mmmmm). Repeat this cycle four to five times—till you feel calm.
- Try to take four to five deep breaths before and after your meals. This supports the digestion, absorption, and assimilation of nutrients.



A Note for Parents:

- *Lead by example. Kids learn by observing, not preaching.*
- *Involve your kids in activities like cooking, grocery shopping, planning, and more.*
- *Begin with one to two habits at a time. Build those up gradually.*
- *Celebrate their small wins. Efforts count more than results.*
- *Try to reward positive behaviors, outside of the culinary zone.*

Disclaimer:

- This menu is thoughtfully designed to support the nutritional needs of children by offering a balanced combination of whole grains, proteins, healthy fats, carbohydrates, and dietary fiber—aligned with general pediatric dietary guidelines.
- However, nutritional needs can vary widely depending on a child's age, activity level, and any existing medical conditions. If your child has a specific health concern or medical condition, we strongly recommend that parents or guardians review the menu and consult a qualified healthcare professional to ensure it meets your child's individual dietary requirements.
- **Please note:** This menu is NOT intended to replace medical advice or treatment prescribed by doctors or healthcare providers. If your child is allergic to any ingredients or if certain items do not suit them, kindly omit or substitute them. Always make informed choices when introducing new foods into your child's routine or lifestyle.