

The Bharat School Menu & Lifestyle Plan

(March 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	Spinach Ragi Dosa + Tomato Peanut Chutney + Brinjal & Drumstick Sambar	<p>Seasonal Fruit (as available) +</p> <p>Dry Fruit & Seed Mix: (avoid if allergic)</p> <ul style="list-style-type: none"> • 1 tsp pumpkin seeds • 1 tsp sesame seeds • 2-3 unsalted pistachios (halved) • 2 black raisins • Roasted chana + small piece of jaggery <p>+</p> <p>Drink Option (choose 1)</p> <ul style="list-style-type: none"> • Sattu Mint Coolant • Lemonade with Jaggery • Coconut Water with Malai 	Onion & Tomato Slices + Bhindi Sabzi (Okra Stir-Fry) + Rajma or Maharashtrian Fish Curry + Choice of Khapli Wheat Roti or Jeera Rice	Murmura Bhel (with roasted chana) + Buttermilk (with a dash of cumin powder & mint leaves)	Spinach Soup + Moong Dal Kadhi with Methi or Chicken Curry + Little Millet (Sama) Pulao

Tuesday	Vegetable Poha + Steamed Sprouts or Boiled Egg + Coriander Chutney	Same as above	Cucumber Sticks & Sol Kadhi + Methi or Palak & Peas Curry + Chana Dal Tadka or Chicken Stew + Choice of Ragi Roti or Steamed Rice	Apple & Banana Slices (with crushed almonds & flax powder)	Carrot Salad + Lauki & Chana Dal Kofta Curry or Chicken Kofta Curry + Missi Roti (Khapli wheat + besan)
Wednesday	Daliya Upma (with vegetables) or Rawa Upma (with vegetables) + Peas (add to upma) or Boiled Egg (eat separately) + Mint Chutney	Same as above	Carrot & Beans Poriyal + Mixed Vegetable & Mushroom or Egg Masala Curry + Lentil Garlic Rasam + Rice	Hummus (with cucumber & carrot sticks) + Refreshing Mint Lemonade	Hara Bhara Kebab (with mint chutney) + Special Nutri Pav Bhaji (Made with an assortment of vegetables, mashed moong dal in mild Indian garam masala, served with gluten-free/wheat buns or roti)

<p>Thursday</p>	<p>Aloo & Dal Paratha or Chicken Keema Paratha + Curd Dip</p>	<p>Same as above</p>	<p>Gajar Matar Kachumber (carrot & peas tangy salad) + Parwal-Aloo Bhujia (Pointed Gourd & Potato Stir-Fry) + Fish Curry or Khatta Urad Dal (Split Black Gram Dal) + Choice of Jowar Bhakri or Rice</p>	<p>Roasted Sweet Potato Chaat + A2 Curd Lassi (sweetened with raw honey)</p>	<p>Broccoli & Dal Soup + Vegetable Pulao (with mixed vegetables) or Chicken Pulao + Homemade Pickle (carrot & ginger pickle)</p>
<p>Friday</p>	<p>Soya(Non-GMO) Veggie Tikki Roll (served with Khapli wheat roti & mint chutney)</p>	<p>Same as above</p>	<p>Carrot Salad (with lemon & jeera) + Aloo Methi Sabzi + Yellow Moong Dal Tadka or Egg Bhurji + Jowar Ajwain Paratha or Steamed Rice</p>	<p>Rajgeera Ladoo + Sattu Smoothie</p>	<p>Boiled Chana Salad + Masoor Dal with Ridge Gourd or Coconut Chicken Stew + Mini Methi Parathas (with sesame seeds)</p>

<p>Saturday</p>	<p>Vegetable & Peas-Mushroom Xacuti (Goan Curry) + Khapli Wheat Roti + Boiled Egg or Scrambled Egg</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>Fruit Chaat (apple, pomegranate & orange with chaat masala, lime & pumpkin seeds)</p>	<p>Homemade Hot & Sour Soup + Sprouts & Vegetable-Layered Rice or Chicken & Vegetable-Layered Rice</p>
<p>Sunday</p>	<p>Grilled Wholemeal Vegetable Sandwich (with A2 paneer or sprouts) or Grilled Wholemeal Egg Sandwich (with vegetables) + Beetroot Dip</p>	<p>Same as above</p>	<p>Cucumber Raita + Special Hyderabad Paneer Biryani or Special Hyderabad Chicken Biryani + Sliced Onion Rings (with jeera powder)</p>	<p>A2 Yogurt Parfait (a mix of yogurt, fruits & nuts)</p>	<p>Tomato 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>

Week 2

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	<p>Mushroom Dosa (with vegetables) or Egg Dosa (with vegetables) + Drumstick Sambar + Coconut Chutney</p>	<p>Seasonal Fruit (as per availability): + Soaked nuts (avoid if allergic):</p> <ul style="list-style-type: none"> • 4–5 unsalted pistachios (shelled) • 1–2 cashew nuts • 1 soft Medjool date <p>+ Drink (choose one):</p> <ul style="list-style-type: none"> • Lemon Jaggery Water: Lukewarm water + lemon + small piece of jaggery • Sattu Drink with Soaked Sabja/Sweet Basil Seeds: 1 tbsp sattu + water + lemon + black salt + ½ tsp soaked sabja • Aam Panna: Raw mango pulp + jaggery + mint + cumin + black salt + water 	<p>Grated Beetroot & Carrot Salad + Mixed Vegetable Sabzi (carrot, beans, peas & potato sautéed with jeera & turmeric) + Masoor Dal or Fish Curry + Khapli Wheat Phulka or Jeera Rice</p>	<p>Date & Seeds Ladoo + Mint Ginger Water</p>	<p>Tomato Slices (with rock salt) + Mixed Vegetable Khichdi (with A2 ghee) + Sattu Kadhi</p>

Tuesday	Carrot & Methi Sattu Thepla or Egg Thepla with Carrot & Methi + A2 Curd Dip	Same as above	Beetroot Salad + Bhindi Aloo Masala + Moong Dal Tadka + Choice of Ragi Roti or Rajgeera Roti	Homemade (Non-GMO) Popcorn + Refreshing Chaas	Steamed Vegetable Salad + Dal Palak or Homestyle Chicken Curry + Choice of Jowar Onion Paratha or Masala Thepla
Wednesday	Moong Dal & Crushed Poha Chilla (with vegetables like carrots, onions, capsicum) + Coconut & Roasted Bengal Gram Chutney	Same as above	Carrot & Beans Poriyal + Mixed Vegetable & Peas Korma or Chicken Saagwala (chicken & spinach curry) + Lentil Moringa Rasam + Rice	Rainbow Fruit Skewers (colorful bite-sized pieces of banana, apple, grapes or any fruit as per availability threaded on a skewer)	Corn Salad (Non-GMO) + Indian-Style Vegetable Millet Pulao with Paneer/Mushrooms/Chicken + A2 Curd (with a tempering of mustard seeds & cumin)

Thursday	Stuffed Khaman Dhokla (with vegetables) + Tamarind-Date Chutney	Same as above	Cucumber Dill Salad + Parwal Curry (Tender Pointed Gourd) + Kala Chana Curry + Choice of Jowar Bhakri or Rice Flour Bhakri	Roasted Bengal Gram Poha Chiwda + Ginger Ale	Vegetable Sticks + Mixed Vegetable Sabzi + Green Moong Dal or Chicken Bharta + Jowar-Sattu Roti
Friday	Beetroot, Sattu & Peas Tikki or Minced Chicken & Beetroot Tikki + Tomato Dip	Same as above	Cucumber, Tomato & Onion Slices (with a squeeze of lemon) + Aloo Baingan Sabzi + Garlic Dal Tadka + Choice of Jowar Roti or Rice	Roasted Chana & Boiled Sweet Potato Chaat (with chopped vegetables) + Mint & Dates Chutney	Mix Veg Soup + Stuffed Aloo & Dal Paratha or Stuffed Egg & Aloo Paratha + Mint Chutney

<p>Saturday</p>	<p>Special Sprouts Misal + Gluten-Free Pav/ Homemade Wheat Pav or A2 Paneer Bhurji Wholemeal Sandwich or Egg Bhurji Wholemeal Sandwich</p>	<p>Same as above</p>	<p>Drumstick & Lentil-Based Vegetable Salad + Puran Poli + Sukha Aloo Peas Sabzi</p>	<p>Apple Slices (with unsweetened peanut butter) + Cucumber Mint Cooler</p>	<p>Tomato Soup + Paneer Tikka or Chicken Tikka + Wheat Roti Sandwich (a tasty grilled roti sandwich made of boiled potatoes, beetroot & cucumber with a spread of coriander/mint chutney)</p>
<p>Sunday</p>	<p>Paneer Bhurji Dosa + Drumstick Sambar + Coconut Chutney or Egg Bhurji Dosa + Choice of Chutney + Drumstick Sambar</p>	<p>Same as above</p>	<p>Onion & Tomato Ring Stack (with a sprinkle of lemon) + Mix Veg & Paneer Curry or Mild Fish Fingers (served with tomato-date dip chutney) + Khapli Wheat Phulka Roti + Rice Kheer (with cardamom & nuts, sweetened with jaggery)</p>	<p>A2 Yogurt Parfait (a mix of yogurt, fruits & nuts)</p>	<p>Mix Vegetable Soup + Punjabi Chole or Chicken Bharta + Spinach Lachha Paratha</p>

Week 3

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Spinach Ragi Dosa + Tomato Peanut Chutney + Brinjal & Drumstick Sambar	<p>Seasonal Fruit (as available) +</p> <p>Dry Fruit & Seed Mix: (avoid if allergic)</p> <ul style="list-style-type: none"> • 1 tsp pumpkin seeds • 1 tsp sesame seeds • 2-3 unsalted pistachios (halved) • 2 black raisins • Roasted chana + small piece of jaggery <p>+</p> <p>Drink Option (choose 1)</p> <ul style="list-style-type: none"> • Sattu Mint Coolant • Lemonade with Jaggery • Coconut Water with Malai 	Onion & Tomato Slices + Bhindi Sabzi (Okra Stir-Fry) + Rajma or Maharashtrian Fish Curry + Choice of Khapli Wheat Roti or Jeera Rice	Murmura Bhel (with roasted chana) + Buttermilk (with a dash of cumin powder & mint leaves)	Spinach Soup + Moong Dal Kadhi with Methi or Chicken Curry + Little Millet (Sama) Pulao

<p>Tuesday</p>	<p>Vegetable Poha + Steamed Sprouts or Boiled Egg + Coriander Chutney</p>	<p>Same as above</p>	<p>Cucumber Sticks & Sol Kadhi + Methi or Palak & Peas Curry + Chana Dal Tadka or Chicken Stew + Choice of Ragi Roti or Steamed Rice</p>	<p>Apple & Banana Slices (with crushed almonds & flax powder)</p>	<p>Carrot Salad + Lauki & Chana Dal Kofta Curry or Chicken Kofta Curry + Missi Roti (Khapli wheat + besan)</p>
<p>Wednesday</p>	<p>Daliya Upma (with vegetables) or Rawa Upma (with vegetables) + Peas (add to upma) or Boiled Egg (eat separately) + Mint Chutney</p>	<p>Same as above</p>	<p>Carrot & Beans Poriyal + Mixed Vegetable & Mushroom or Egg Masala Curry + Lentil Garlic Rasam + Rice</p>	<p>Hummus (with cucumber & carrot sticks) + Refreshing Mint Lemonade</p>	<p>Hara Bhara Kebab (with mint chutney) + Special Nutri Pav Bhaji (Made with an assortment of vegetables, mashed moong dal in mild Indian garam masala, served with gluten-free/wheat buns or roti)</p>

<p>Thursday</p>	<p>Aloo & Dal Paratha or Chicken Keema Paratha + Curd Dip</p>	<p>Same as above</p>	<p>Gajar Matar Kachumber (carrot & peas tangy salad) + Parwal-Aloo Bhujia (Pointed Gourd & Potato Stir-Fry) + Fish Curry or Khatta Urad Dal (Split Black Gram Dal) + Choice of Jowar Bhakri or Rice</p>	<p>Roasted Sweet Potato Chaat + A2 Curd Lassi (sweetened with raw honey)</p>	<p>Broccoli & Dal Soup + Vegetable Pulao (with mixed vegetables) or Chicken Pulao + Homemade Pickle (carrot & ginger pickle)</p>
<p>Friday</p>	<p>Soya (Non-GMO) Veggie Tikki Roll (served with Khapli wheat roti & mint chutney)</p>	<p>Same as above</p>	<p>Carrot Salad (with lemon & jeera) + Aloo Methi Sabzi + Yellow Moong Dal Tadka or Egg Bhurji + Jowar Ajwain Paratha or Steamed Rice</p>	<p>Rajgeera Ladoo + Sattu Smoothie</p>	<p>Boiled Chana Salad + Masoor Dal with Ridge Gourd or Coconut Chicken Stew + Mini Methi Parathas (with sesame seeds)</p>

Saturday	Vegetable & Peas-Mushroom Xacuti (Goan Curry) + Khapli Wheat Roti + Boiled Egg or Scrambled Egg	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)	Fruit Chaat (apple, pomegranate & orange with chaat masala, lime & pumpkin seeds)	Homemade Hot & Sour Soup + Sprouts & Vegetable-Layered Rice or Chicken & Vegetable-Layered Rice
Sunday	Grilled Wholemeal Vegetable Sandwich (with A2 paneer or sprouts) or Grilled Wholemeal Egg Sandwich (with vegetables) + Beetroot Dip	Same as above	Cucumber Raita + Special Hyderabadi Paneer Biryani or Special Hyderabadi Chicken Biryani + Sliced Onion Rings (with jeera powder)	A2 Yogurt Parfait (a mix of yogurt, fruits & nuts)	Tomato 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)









Week 4

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	<p>Mushroom Dosa (with vegetables) or Egg Dosa (with vegetables) + Drumstick Sambar + Coconut Chutney</p>	<p>Seasonal Fruit (as per availability): + Soaked nuts (avoid if allergic):</p> <ul style="list-style-type: none"> • 4–5 unsalted pistachios (shelled) • 1–2 cashew nuts • 1 soft Medjool date <p>+ Drink (choose one):</p> <ul style="list-style-type: none"> • Lemon Jaggery Water: Lukewarm water + lemon + small piece of jaggery • Sattu Drink with Soaked Sabja/Sweet Basil Seeds: 1 tbsp sattu + water + lemon + black salt + ½ tsp soaked sabja • Aam Panna: Raw mango pulp + jaggery + mint + cumin + black salt + water 	<p>Grated Beetroot & Carrot Salad + Mixed Vegetable Sabzi (carrot, beans, peas & potato sautéed with jeera & turmeric) + Masoor Dal or Fish Curry + Khapli Wheat Phulka or Jeera Rice</p>	<p>Date & Seeds Ladoo + Mint Ginger Water</p>	<p>Tomato Slices (with rock salt) + Mixed Vegetable Khichdi (with A2 ghee) + Sattu Kadhi</p>

Tuesday	Carrot & Methi Sattu Thepla or Egg Thepla with Carrot & Methi + A2 Curd Dip	Same as above	Beetroot Salad + Bhindi Aloo Masala + Moong Dal Tadka + Choice of Ragi Roti or Rajgeera Roti	Homemade (Non-GMO) Popcorn + Refreshing Chaas	Steamed Vegetable Salad + Dal Palak or Homestyle Chicken Curry + Choice of Jowar Onion Paratha or Masala Thepla
Wednesday	Moong Dal & Crushed Poha Chilla (with vegetables like carrots, onions, capsicum) + Coconut & Roasted Bengal Gram Chutney	Same as above	Carrot & Beans Poriyal + Mixed Vegetable & Peas Korma or Chicken Saagwala (chicken & spinach curry) + Lentil Moringa Rasam + Rice	Rainbow Fruit Skewers (colorful bite-sized pieces of banana, apple, grapes or any fruit as per availability threaded on a skewer)	Corn Salad (Non-GMO) + Indian-Style Vegetable Millet Pulao with Paneer/Mushrooms/Chicken + A2 Curd (with a tempering of mustard seeds & cumin)

<p>Thursday</p>	<p>Stuffed Khaman Dhokla (with vegetables) + Tamarind-Date Chutney</p>	<p>Same as above</p>	<p>Cucumber Dill Salad + Parwal Curry (Tender Pointed Gourd) + Kala Chana Curry + Choice of Jowar Bhakri or Rice Flour Bhakri</p>	<p>Roasted Bengal Gram Poha Chiwda + Ginger Ale</p>	<p>Vegetable Sticks + Mixed Vegetable Sabzi + Green Moong Dal or Chicken Bharta + Jowar-Sattu Roti</p>
<p>Friday</p>	<p>Beetroot, Sattu & Peas Tikki or Minced Chicken & Beetroot Tikki + Tomato Dip</p>	<p>Same as above</p>	<p>Cucumber, Tomato & Onion Slices (with a squeeze of lemon) + Aloo Baingan Sabzi + Garlic Dal Tadka + Choice of Jowar Roti or Rice</p>	<p>Roasted Chana & Boiled Sweet Potato Chaat (with chopped vegetables) + Mint & Dates Chutney</p>	<p>Mix Veg Soup + Stuffed Aloo & Dal Paratha or Stuffed Egg & Aloo Paratha + Mint Chutney</p>

<p>Saturday</p>	<p>Special Sprouts Misal + Gluten-Free Pav/ Homemade Wheat Pav or A2 Paneer Bhurji Wholemeal Sandwich or Egg Bhurji Wholemeal Sandwich</p>	<p>Same as above</p>	<p>Drumstick & Lentil-Based Vegetable Salad + Puran Poli + Sukha Aloo Peas Sabzi</p>	<p>Apple Slices (with unsweetened peanut butter) + Cucumber Mint Cooler</p>	<p>Tomato Soup + Paneer Tikka or Chicken Tikka + Wheat Roti Sandwich (a tasty grilled roti sandwich made of boiled potatoes, beetroot & cucumber with a spread of coriander/mint chutney)</p>
<p>Sunday</p>	<p>Paneer Bhurji Dosa + Drumstick Sambar + Coconut Chutney or Egg Bhurji Dosa + Choice of Chutney + Drumstick Sambar</p>	<p>Same as above</p>	<p>Onion & Tomato Ring Stack (with a sprinkle of lemon) + Mix Veg & Paneer Curry or Mild Fish Fingers (served with tomato-date dip chutney) + Khapli Wheat Phulka Roti + Rice Kheer (with cardamom & nuts, sweetened with jaggery)</p>	<p>A2 Yogurt Parfait (a mix of yogurt, fruits & nuts)</p>	<p>Mix Vegetable Soup + Punjabi Chole or Chicken Bharta + Spinach Lachha Paratha</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*

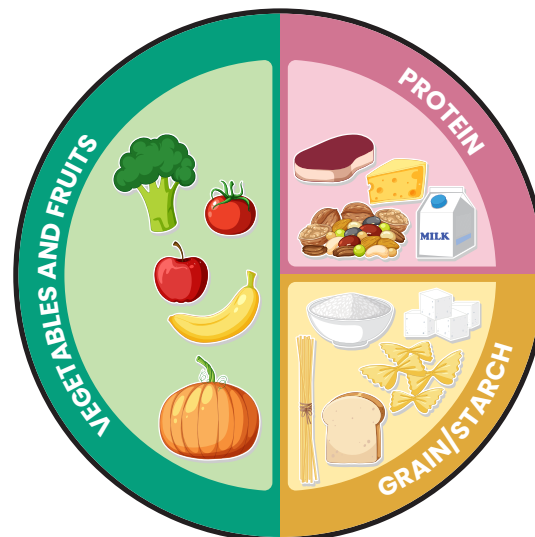
***Important Note:** Organic jaggery and raw honey may be natural, but they still act like sugar in your body. Enjoy them in small amounts—**even healthy sugars need healthy limits!**



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.

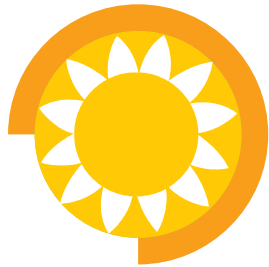


What does a balanced nutritional plate look like?



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.