

The Bharat School Menu & Lifestyle Plan

(April 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 Coin Idly + Coconut Chutney + Brinjal & Carrot Sambar | Seasonal fruit (as per availability) + Soaked nuts (if not allergic): <ul style="list-style-type: none"> • 4–5 unsalted pistachios (shelled) • 1–2 cashew nuts • 1 soft Medjool date + Drink (choose one): <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 | Carrot Salad + Lauki & Peas Kofta Curry or Chicken Kofta Curry + Missi Roti (khapli wheat + besan) | Roasted Sweet Potato Chaat + A2 Curd Lassi (sweetened with raw honey) | Steamed Vegetable Salad + Dal Palak or Homestyle Egg Curry + Choice of Jowar Onion Paratha or Masala Thepla |

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|-------------------------|---|----------------------|--|---|--|
| <p>Tuesday</p> | <p>Mushroom Dosa with Vegetables or Egg Dosa with Vegetables + Tomato Peanut Chutney</p> | <p>Same as above</p> | <p>Onion & Tomato Ring Stack with Lemon Sprinkle + Mix Veg & Paneer Curry or Mild Fish Fingers (served with tomato-date dip chutney) + Phulka Roti</p> | <p>Boiled Corn (non-GMO) + Kokum Sharbat (kokum pulp with jaggery, cumin powder & pink salt)</p> | <p>Kachumber Salad + Spinach & Vegetable Millet Khichdi + Gujarati Kadhi</p> |
| <p>Wednesday</p> | <p>Beetroot, Sattu & Peas Tikki or Minced Chicken & Beetroot Tikki + Tomato Dip</p> | <p>Same as above</p> | <p>Tomato Salad with Lemon & Basil + Stuffed Brinjal & Peas Curry + Egg Curry or Yellow Moong Dal Tadka + Choice of Ragi Roti</p> | <p>Murmura Bhel (with roasted chana) + Buttermilk (with a dash of cumin powder & mint leaves)</p> | <p>Lentil Soup + Puran Poli + Sukha Aloo Sabzi</p> |

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|-----------------|--|---------------|---|--|--|
| Thursday | Steamed Rice & Lentil Dhokla (with grated vegetables) + Tamarind-Date Chutney | Same as above | Masala Onion & Kala Chana Salad (with ginger pickle) + Lauki Bharta + Lobia Curry or Shorshe Bata Maach (mustard fish curry) + Choice of Rajgira Roti or Rice | Dry Fruit & Seed Ladoo + Ginger Lemonade | Warm Vegetable Salad + Vegetable Frankie (whole grain roti filled with a soft vegetable mash—potatoes, carrots, peas—with optional sprouts, mushrooms, or egg; spread with mild mint-curd chutney for flavor) + Pickled Onions |
| Friday | Mixed Vegetable, Spinach, and Soya (non-GMO) Uttapam or Mixed Vegetable, Spinach, and Egg Uttapam + Peanut Chutney | Same as above | Onion & Tomato Rings (with a sprinkle of lemon) + Mixed Vegetable & Mushroom Curry or Fish Curry + Phulka Roti or Steamed Rice | Mango cubes topped with soaked nut powder (almonds, walnuts, cashews) + Sattu Smoothie (made with water or A2 milk, a dash of jaggery, and cardamom) | Spinach Soup + Moong Dal Kadhi with Methi or Chicken Curry + Little Millet (sama) Pulao |

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|-----------------|--|---------------|---|---|---|
| Saturday | Khapli Wheat Sweet Potato & Peas Paratha or Masala Egg Paratha + Mint Yogurt | Same as above | Beetroot Salad + Aloo Gobi Sabzi + Chole Curry or Fish Korma + Khapli Wheat Ajwain Paratha | Roasted Peanut Poha Chiwda + Ginger Lemon Water | Cold Cucumber Soup + Beans Stir Fry + Choice of Garlic Dal or Egg Curry + Masala Methi Thepla or Akki Roti |
| Sunday | Baked Lobia Beans on Wholemeal Vegetable Toast (with mild Indian spices, garnished with fresh coriander and yogurt) or Baked Scrambled Eggs on Wholemeal Vegetable Toast (with mild Indian spices) | Same as above | Masala Chana Chaat + Crispy Gobi Stir-Fry + Shahi A2 Paneer Pulao or Chicken Pulao + Cucumber Raita | A2 Yogurt Parfait (a mix of yogurt, fruits, and nuts) | Broccoli & Sattu Tikki + Mint Chutney + Nutri Pav Bhaji (a wholesome mash of seasonal vegetables, moong dal, and mild Indian garam masala) + Mini Whole Wheat Pav or Soft Phulka Roti |

Week 2

| Day | Breakfast | Mid-Morning Snack | Lunch | Afternoon Snack | Dinner |
|--------|--|--|--|---|---|
| Monday | Jowar Vegetable Pongal with peas, carrots, and chana dal tempering + Tomato Peanut Chutney | <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 one):</p> <ul style="list-style-type: none"> • Lemonade with jaggery • Coconut water with malai • Saunf water (fennel-infused water for digestion) | Onion & Tomato Slices + Bhindi Sabzi (okra stir-fry) + Rajma or Maharashtrian Fish Curry + Choice of Khapli Wheat Roti or Jeera Rice | Sweet Corn Chaat (non-GMO) + A2 Chaas with cumin powder | Kachumber & Steamed Sprouts Salad + Moringa, Pumpkin & Vegetable Khichdi + Tomato Rasam |

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|------------------|---|---------------|--|---|--|
| Tuesday | Vegetable Rice Semiya + Roasted Peanuts or Chickpeas Masala or Boiled Egg + Coriander Chutney | Same as above | Steamed Moong Sprouts Salad + Lauki Kofta Curry + Lobia Curry or Chicken Kheema + Jowar Roti or Jeera Rice | Rainbow Fruits (Colorful bite-sized pieces of banana, mango, apple, grapes, or any fruit (as per availability) threaded on a skewer) | Vegetable Sticks + Mixed Vegetables Do Pyaza + Green Moong Dal or Chicken Bharta + Khapli Wheat Phulka Roti |
| Wednesday | Spinach (Palak) Yellow Moong Dal & Rice Flour Chilla + Raw Mango Chutney | Same as above | Mixed Kachumber Salad and Bottle Gourd Raita + Rajma Curry or Goan Fish Curry + Khapli Wheat Roti or Steamed Rice | Boiled Chana Chaat + Fresh Sugarcane Juice | Stir-Fried Broccoli & Paneer Salad + Masoor Dal with Ridge Gourd or Coconut Chicken Stew + Methi Thepla (with sesame seeds) |

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|-----------------|---|---------------|---|---|---|
| Thursday | Ragi Idli + Mint-Coriander Chutney + Vegetable Sambar with bottle gourd, carrot, and drumstick | Same as above | Carrot & Beans Poriyal + Mixed Vegetable & Peas Korma or Egg Masala Curry + Lentil Garlic Rasam + Rice | Apple Slices with Unsweetened Peanut Butter + Cucumber Mint Cooler | Tomato Lentil Basil Soup or Clear Chicken Soup + Mixed Vegetable & A2 Paneer Paratha + Coriander Mint Dip |
| Friday | Onion Thalipeeth with Rice & Sattu Flour + A2 Paneer Bhurji or Egg Bhurji | Same as above | Carrot Lentil Koshimbir Salad + Cabbage & Peas Stir-Fry + Toor Dal with Garlic or Bengali Fish Curry + Jowar Methi Thepla | Roasted Peanut Poha Chiwda + Ginger Lemon Water | Homemade Fresh Kachumber Salad + Paneer Tikka or Chicken Tikka + Wheat Roti Sandwich (grilled roti sandwich made with boiled potatoes, beetroot, and cucumber, with a spread of coriander/mint chutney) |

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|------------------------|---|----------------------|--|--|--|
| <p>Saturday</p> | <p>Besan Veg Cheela or Masala Egg Cheela on Whole Wheat Toast with Mint 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>Besan Ladoo + Carrot and Beet Juice (naturally sweetened with jaggery or raw honey)</p> | <p>Baby Corn Masala + Mushroom Matar Curry or Chicken Kheema Curry + Sprouts Vegetable Pulao</p> |
| <p>Sunday</p> | <p>A2 Paneer Masala Roll or Egg Roll (whole wheat roti wrap) + Mint Chutney</p> | <p>Same as above</p> | <p>Spring Onion Raita + Special Hyderabad Paneer Biryani or Special Hyderabad Chicken Biryani + Sliced Onion Rings with Jeera Powder</p> | <p>Cucumber & Carrot Sticks with Mint-Curd Dip</p> | <p>Cucumber Koshimbir + Capsicum, Green Peas & Aloo Curry + Dal Makhani or Chicken Makhani + Khapli Wheat Roti or Steamed Rice</p> |

Week 3

| Day | Breakfast | Mid-Morning Snack | Lunch | Afternoon Snack | Dinner |
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| Monday | <p>Stuffed Vegetable Coin Idly + Coconut Chutney + Brinjal & Carrot Sambar</p> | <p>Seasonal fruit (as per availability) + Soaked nuts (if not 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>Carrot Salad + Lauki & Peas Kofta Curry or Chicken Kofta Curry + Missi Roti (khapli wheat + besan)</p> | <p>Roasted Sweet Potato Chaat + A2 Curd Lassi (sweetened with raw honey)</p> | <p>Steamed Vegetable Salad + Dal Palak or Homestyle Egg Curry + Choice of Jowar Onion Paratha or Masala Thepla</p> |

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| <p>Tuesday</p> | <p>Mushroom Dosa with Vegetables or Egg Dosa with Vegetables + Tomato Peanut Chutney</p> | <p>Same as above</p> | <p>Onion & Tomato Ring Stack with Lemon Sprinkle + Mix Veg & Paneer Curry or Mild Fish Fingers (served with tomato-date dip chutney) + Phulka Roti</p> | <p>Boiled Corn (non-GMO) + Kokum Sharbat (kokum pulp with jaggery, cumin powder & pink salt)</p> | <p>Kachumber Salad + Spinach & Vegetable Millet Khichdi + Gujarati Kadhi</p> |
| <p>Wednesday</p> | <p>Beetroot, Sattu & Peas Tikki or Minced Chicken & Beetroot Tikki + Tomato Dip</p> | <p>Same as above</p> | <p>Tomato Salad with Lemon & Basil + Stuffed Brinjal & Peas Curry + Egg Curry or Yellow Moong Dal Tadka + Choice of Ragi Roti</p> | <p>Murmura Bhel (with roasted chana) + Buttermilk (with a dash of cumin powder & mint leaves)</p> | <p>Lentil Soup + Puran Poli + Sukha Aloo Sabzi</p> |

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| Thursday | Steamed Rice & Lentil Dhokla (with grated vegetables) + Tamarind-Date Chutney | Same as above | Masala Onion & Kala Chana Salad (with ginger pickle) + Lauki Bharta + Lobia Curry or Shorshe Bata Maach (mustard fish curry) + Choice of Rajgira Roti or Rice | Dry Fruit & Seed Ladoo + Ginger Lemonade | Warm Vegetable Salad + Vegetable Frankie (whole grain roti filled with a soft vegetable mash—potatoes, carrots, peas—with optional sprouts, mushrooms, or egg; spread with mild mint-curd chutney for flavor) + Pickled Onions |
| Friday | Mixed Vegetable, Spinach, and Soya (non-GMO) Uttapam or Mixed Vegetable, Spinach, and Egg Uttapam + Peanut Chutney | Same as above | Onion & Tomato Rings (with a sprinkle of lemon) + Mixed Vegetable & Mushroom Curry or Fish Curry + Phulka Roti or Steamed Rice | Mango cubes topped with soaked nut powder (almonds, walnuts, cashews) + Sattu Smoothie (made with water or A2 milk, a dash of jaggery, and cardamom) | Spinach Soup + Moong Dal Kadhi with Methi or Chicken Curry + Little Millet (sama) Pulao |

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| <p>Saturday</p> | <p>Khapli Wheat Sweet Potato & Peas Paratha or Masala Egg Paratha + Mint Yogurt</p> | <p>Same as above</p> | <p>Beetroot Salad + Aloo Gobi Sabzi + Chole Curry or Fish Korma + Khapli Wheat Ajwain Paratha</p> | <p>Roasted Peanut Poha Chiwda + Ginger Lemon Water</p> | <p>Cold Cucumber Soup + Beans Stir Fry + Choice of Garlic Dal or Egg Curry + Masala Methi Thepla or Akki Roti</p> |
| <p>Sunday</p> | <p>Baked Lobia Beans on Wholemeal Vegetable Toast (with mild Indian spices, garnished with fresh coriander and yogurt) or Baked Scrambled Eggs on Wholemeal Vegetable Toast (with mild Indian spices)</p> | <p>Same as above</p> | <p>Masala Chana Chaat + Crispy Gobi Stir-Fry + Shahi A2 Paneer Pulao or Chicken Pulao + Cucumber Raita</p> | <p>A2 Yogurt Parfait (a mix of yogurt, fruits, and nuts)</p> | <p>Broccoli & Sattu Tikki + Mint Chutney + Nutri Pav Bhaji (a wholesome mash of seasonal vegetables, moong dal, and mild Indian garam masala) + Mini Whole Wheat Pav or Soft Phulka Roti</p> |









Week 4

| Day | Breakfast | Mid-Morning Snack | Lunch | Afternoon Snack | Dinner |
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| Monday | Jowar Vegetable Pongal with peas, carrots, and chana dal tempering + Tomato Peanut Chutney | Seasonal Fruit (as available) + Dry Fruit & Seed Mix (avoid if allergic): <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 + Drink Option (choose one): <ul style="list-style-type: none"> • Lemonade with jaggery • Coconut water with malai • Saunf water (fennel-infused water for digestion) | Onion & Tomato Slices + Bhindi Sabzi (okra stir-fry) + Rajma or Maharashtrian Fish Curry + Choice of Khapli Wheat Roti or Jeera Rice | Sweet Corn Chaat (non-GMO) + A2 Chaas with cumin powder | Kachumber & Steamed Sprouts Salad + Moringa, Pumpkin & Vegetable Khichdi + Tomato Rasam |

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|------------------|---|---------------|---|--|---|
| Tuesday | Vegetable Rice Semiya + Roasted Peanuts or Chickpeas Masala or Boiled Egg + Coriander Chutney | Same as above | Steamed Moong Sprouts Salad + Lauki Kofta Curry + Lobia Curry or Chicken Kheema + Jowar Roti or Jeera Rice | Rainbow Fruits (Colorful bite-sized pieces of banana, mango, apple, grapes, or any fruit (as per availability) threaded on a skewer) | Vegetable Sticks + Mixed Vegetables Do Pyaza + Green Moong Dal or Chicken Bharta + Khapli Wheat Phulka Roti |
| Wednesday | Spinach (Palak) Yellow Moong Dal & Rice Flour Chilla + Raw Mango Chutney | Same as above | Mixed Kachumber Salad and Bottle Gourd Raita + Rajma Curry or Goan Fish Curry + Khapli Wheat Roti or Steamed Rice | Boiled Chana Chaat + Fresh Sugarcane Juice | Stir-Fried Broccoli & Paneer Salad + Masoor Dal with Ridge Gourd or Coconut Chicken Stew + Methi Thepla (with sesame seeds) |

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|------------------------|---|----------------------|--|---|--|
| <p>Thursday</p> | <p>Ragi Idli + Mint-Coriander Chutney + Vegetable Sambar with bottle gourd, carrot, and drumstick</p> | <p>Same as above</p> | <p>Carrot & Beans Poriyal + Mixed Vegetable & Peas Korma or Egg Masala Curry + Lentil Garlic Rasam + Rice</p> | <p>Apple Slices with Unsweetened Peanut Butter + Cucumber Mint Cooler</p> | <p>Tomato Lentil Basil Soup or Clear Chicken Soup + Mixed Vegetable & A2 Paneer Paratha + Coriander Mint Dip</p> |
| <p>Friday</p> | <p>Onion Thalipeeth with Rice & Sattu Flour + A2 Paneer Bhurji or Egg Bhurji</p> | <p>Same as above</p> | <p>Carrot Lentil Koshimbir Salad + Cabbage & Peas Stir-Fry + Toor Dal with Garlic or Bengali Fish Curry + Jowar Methi Thepla</p> | <p>Roasted Peanut Poha Chiwda + Ginger Lemon Water</p> | <p>Homemade Fresh Kachumber Salad + Paneer Tikka or Chicken Tikka + Wheat Roti Sandwich (grilled roti sandwich made with boiled potatoes, beetroot, and cucumber, with a spread of coriander/mint chutney)</p> |

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|------------------------|---|----------------------|--|--|--|
| <p>Saturday</p> | <p>Besan Veg Cheela or Masala Egg Cheela on Whole Wheat Toast with Mint 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>Besan Ladoo + Carrot and Beet Juice (naturally sweetened with jaggery or raw honey)</p> | <p>Baby Corn Masala + Mushroom Matar Curry or Chicken Kheema Curry + Sprouts Vegetable Pulao</p> |
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|  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*

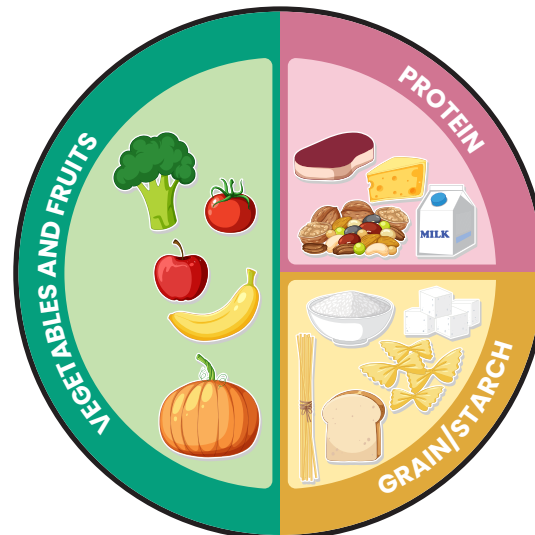
***Important Note:** Organic jaggery and raw honey may be natural, but they still act like sugar in your body. Enjoy them in small amounts—**even healthy sugars need healthy limits!**



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.

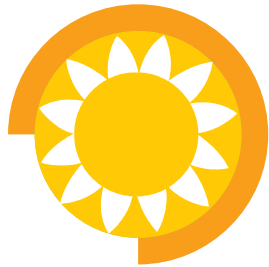


What does a balanced nutritional plate look like?



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.