



	Wake up Drink 6.00 AM	Breakfast 7.30 AM to 9.00 AM	Lunch 12.30 PM to 2.00 PM	Eve Snack 4.00 pm to 5.00 PM	Dinner 7.00 PM to 8.30 PM
Monday	Pancha Tulsi /Lemon/ Honey Juice	Masala Dosa with Chutney Mix Veg Poha Bread & Jam Oats Milk Porridge Fruit Earls Grey Tea / Filter Coffee/ Juice	Veg Salad / Papad Mango Pickle + Karvepaaku (Curry Leaf) Karam Podi Organic Daal + Palak + Tomato Curry Bendakai Pulusu / Kakarkai Fry Rasam / Curd Organic Rice	Biscuits Filter Coffee/Milk/Tea	Mix Veg Soup with Herbs Louki Kofta Curry Potato Cauliflower Dry Rice/ Pulka Rasam Butter Milk /Hot Tonic Water
Tuesday	Wheatgrass/Lemon Juice	Idly Sambar with Coconut Chutney Bread & Jam Broken Wheat Porridge Fruit Rosemary Tea / Filter Coffee / Juice	Sprouts + Maagai Pickle Tomato Bath + Raitha Sambar Rice (Besibele Bath) Papad Curd Rice	Baked cakes Filter Coffee/Milk/Tea	Immune Boost Soup Mixed Veg Curry Organic Daal Fry Rasam Rice/Pulka Butter Milk / Hot Tonic Water
Wednesday	Amla Juice	Vegetable Set Dosa with Chutney Samiya Upma Bread & Jam Dry Fruit Cereal with Yogut Fruit English Tea / Filter Coffee/ Juice	Fruit Salad + Red Chilli Pickle + Kakarkai (Bitteroud) Karam Podi Organic Daal + Dosakai + Tomato Curry Mixed Veg Curry Brinjal + Bajji Fry Sambar Papad / Curd Organic Rice/ Raagi Mudda	Onion Pakoda/Punugulu Filter Coffee/Milk/Tea	Pumpkin Soup Palak Paneer Alu- Gobi -Tomato Kurma Rasam Rice/Pulka Butter Milk Hot Tonic Water
Thursday	Pudina/Lemon/Honey Juice	Pesarattu+ Upma with Chutney Raagi Porridge Bread & Jam Fruit Tulsi Tea / Filter Coffee/ Juice	Fruit Salad + Ginger Pickle Veg Soup Chinese Veg Fried Rice Veg Manchuria (Wet) Baby Corn- Crispy Organic Rice Rasam / Curd Ring Vodyyalu	Rusks Filter Coffe/Milk/Tea	Palak Soup Alu-Methi Dry Organic Dal Rasam Rice/Pulka Butter Milk Hot Tonic Water
Friday	Alovera Juice	Puri Curry Upma Vegetable Salad Sandwich Fruit Green Tea / Filter Coffee/ Juice	Veg Salad + Gongura Pickle+ Curry Leaf Karam Podi Daal Fry (Pesarapappu) Beerakay curry Beerakay Tomato Chutney Organic Rice Rasam / Curd Kakarkai (Bittergourd) Vodyyalu	Mixed veg Bajji Filter Coffee/Milk/Tea	Tomato and Carrot Soup Navratan Kurma Carrot/ Beetroot Curry Rasam Rice/Pulka Butter Milk / Hot Tonic Water

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Saturday	Apple cedar Vinegar water	Uttappam Rice Porridge Bread & Jam Fruit Herbal Tea / Filter Coffee/ Juice	Sprouts + Tomato Pickle Veg Biryani with Mix Veg Raita Organic Rice Rasam Papad / Curd	Chuduva Filter Coffee/Milk/Tea	Clear Vegetable Soup Jeera Alu Pumpkin Sambaar Rice/Pulka Butter Milk / Hot Tonic Water
Sunday	Sauff & Jeera Juice	Idly and Vada with Chutney Poha Banana Split Oatmeal Fruit Ooty Fresh Tea / Filter Coffee/ Juice	Sprouts+ Amla Pickle + Flaxseed Karam Podi Organic Daal + Tomato Curry Totakoora fry Dosakai + Tomato Chutney Rasam Papad / Curd Organic Rice / Raagi Mudda	Biscuits Filter Coffee/Milk/Tea	Louki Soup Baingan Ka Bartha Organic Dal Rice/Pulka Rasam Butter Milk / Hot Tonic Water

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