



Meal Plan

The meal plan at the facility is designed by Qua nutrition to provide the best nourishment to the player and to support their daily requirement towards training.

Mon	White Pasta & Poha	Dal Makhani + Rice	Gravy Chicken With Roti / Paneer + Roti
Tue	Oats + Milk + (2 Eggs / Upma)	Aloo Cauli Flower Sabji + Roti + Salad + Dahi	Rajma + Rice
Wed	Omelet (4 Eggs) + 2 Bread Toast	Moog Dal + Rice + Salad	Paneer Butter Masala + Roti
Thu	Macroni + Beans + (2 Eggs / Poha)	Chana Dal + Rice + Salad	Gravy Chicken With Roti / (for Veg) Aloo Fry + Roti
Fri	Idli Sambhar	Ladish Finger + Roti + Salad + Dahi	Vegetable Pasta / Dal Rice
Sat	French Toast & Poha	Chicken Fried Rice	Aloo Mutter Sabji + Roti
Sun	Pan Cake	Aloo Parantha	Tuear Dal or Moog Dal + Rice

In addition to the meal, a player is also provided every day with

Dry fruits and Fruits,

Boiled vegetables & Salads,

Protein & Electrolyte drinks,

Lemon water & Coconut water,

Protein bars, Cocoa milk & Smoothies.