



Ahmedabad Racquet Academy

DT: 01/04/2019

Meal plan for Player's			
Days	Breakfast	Lunch	Dinner
Mon.	2 Boiled Egg & (Sweet)Dalia	Dalmakhani + rice	Gravy chicken / paneer+ roti
Tue.	White pasta + Poha	Aloo Capcum + Roti	Rajma + rice
Wed.	omelet(4egg+1yolk) +2bread cheese toast	Kadi pakoda + Rice + Salad	Mutton & Paneer Bhurje + Roti
Thu.	macroni+2egg /poha	2 Fish curry+ Rice+ Aloo Mutter.+ Salad	Gravy chicken / Aloo Pluck + roti
Fri.	omelet(4egg+1yolk) +2bread butter toast	Veg pulao + raita	Gravy chicken / paneer+ roti
Sat.	2 Boiled Egg & Poha	Chole + Puri	Gravy chicken / Any veg + roti
Sun.	Brad toast Jam & cornflakes	Aloo parantha	2 Fish curry + Rice+Tuear dal

1. Corn flakes every morning only
2. 1 Cadbury Cocoa is for 15 days.
3. Lemon water & Coconut water.
4. Boiled vegetables & Salads

In addition to the meal, a player is also provided every day with Dry fruits and Fruits