

⚡ 7-Day Teen Energy & Focus Meal Planner

Balanced Indian Household & Hostel Options for Classes 9–12 • Steady Glucose & Brain Power

Weekly Blueprint

🌟 **The Golden Rule of Brain Fuel:** Every main meal = *Smart Carbs (Fuel) + Quality Protein (Satiety) + Healthy Fats (Brain Insulation)*

Day	🍳 Power Breakfast (7:00 AM)	🌈 School Tiffin / Lunch (11:30 AM)	⚡ 4:00 PM Study Snack	🧠 Brain Dinner (8:00 PM)
MONDAY Kickstart	Besan Chilla with grated paneer & mint chutney + 5 soaked almonds	Paneer bhurji stuffed roti roll + cucumber sticks & curd	Roasted Makhana (Foxnuts) tossed in ghee + roasted peanuts	Moong Dal Khichdi with ghee, sautéed veggies + bowl of curd
TUESDAY Math Focus	Vegetable Poha loaded with roasted peanuts & boiled sprouts	2 Multi-grain Rotis + Dal Tadka + Bhindi fry + salad	Sprouted Moong Chaat (onion, tomato, lemon, chaat masala)	Soya chunks curry + 2 Phulkas + fresh green salad
WEDNESDAY Sports Day	2 Boiled Eggs / Paneer cubes + 1 toast with peanut butter	Rajma Chawal (Brown/Steamed) + sliced cucumbers & carrots	1 Banana + 1 handful roasted Chana + 2 Walnuts	Palak Paneer / Tofu curry + 2 Rotis + Dal soup
THURSDAY Deep Study	Oats Upma with chopped veggies, cashews & curd bowl	2 Methi Theplas + bowl of Thick Sprouted Curd / Chass	Trail mix (Almonds, walnuts, pumpkin seeds, raisins)	Mixed Vegetable Dalia with paneer cubes & ghee tadka
FRIDAY Stamina	Moong Dal Idli (2) with coconut chutney & vegetable sambar	Egg Bhurji / Paneer Tikka wrap in wholewheat roti + salad	Roasted murmura (puffed rice) with roasted chana & peanuts	Chole with 2 Missi Rotis + green salad with lemon
SATURDAY Revision	Paneer Paratha (less oil) with mint curd & 5 walnuts	Kadhi Pakora / Dal Palak with brown/steamed rice & salad	Apple slices with 1 tbsp peanut butter or fresh fruit chaat	Grilled paneer/tofu with stir-fry veggies & 1 jowar roti
SUNDAY Recharge	Egg Omelette / Tofu Scramble with whole-grain toast & oranges	Sunday Family Thali: Dal Makhani/Lobia + Roti + Salad + Raita	Chana Jor Garam with lime, onion, tomato & coriander	Light Lauki/Torai chana dal curry + 2 Phulkas + Warm Haldi Milk

🌟 Dr. Niru's "Exam Day Morning" Protocol

- **Zero Sugar Bombs:** Avoid sugar cereals, sweet chai, or bakery pastries—they guarantee a 10:30 AM brain fog crash!
- **The High-Performance Plate:** Besan-paneer chilla OR 2 eggs + nuts + 1 glass of water. Steady glucose = 3 hours of sharp recall.

💧 Daily Hydration Target

- **2.5 to 3 Litres Water:** Keep a 1-litre bottle on your study desk. Fill it 3 times daily.
- **Brain Alertness Hack:** Even a 2% drop in hydration reduces reading comprehension speed by 15%!