

⚡ 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%!

Study Desk Snack Swap Chart

Hang This Right Above Your Study Table • Stop the 4:00 PM Zombie Slump

Print & Pin on Wall

Why Snacking Matters for Marks: Ultra-processed snacks spike insulin, crashing your focus within 45 mins. Smart swaps deliver steady dopamine & memory power.

Craving / Scenario	❌ The Sugar/Fat Trap (Crash)	💡 The Smart Swap (Sustained Focus)	🧠 Brain & Body Benefit
4:00 PM Crunch Craving	Potato Chips / Kurkure <i>Refined carbs + inflammatory palm oil</i>	Ghee-Roasted Makhana with turmeric & rock salt OR Roasted Peanuts	Rich in magnesium & zinc; prevents sluggishness and sustains concentration.
Sweet Tooth / Study Stress	Chocolate Bars / Bakery Pastries <i>Sugar spike & serotonin crash</i>	Apple / Banana Slices with Peanut Butter OR 2 Medjool Dates + Walnuts	Slow-release fructose + brain healthy fats. Zero mid-study sugar crashes!
School Canteen Hunger	Fried Samosa / Bread Pakora <i>Deep-fried trans-fats, heavy brain fog</i>	Steamed Idli Sambar OR Paneer Roll OR Sprouted Chaat Cup	Complex carbs + bioavailable protein; keeps you alert for afternoon classes.
Thirst / Fatigue	Packaged Soft Drinks / Energy Cans <i>10 tsp sugar + artificial jitters</i>	Fresh Chaas (Buttermilk) OR Fresh Nimbu Pani with rock salt & chia	Natural electrolytes restore cellular hydration without artificial cortisol spikes.
Midnight Study Munchies	Instant 2-Minute Noodles / Biscuits <i>Refined flour, disrupts sleep quality</i>	Warm Spiced Milk (Haldi + Nutmeg) + handful of Roasted Chana	Tryptophan & calcium trigger natural melatonin production for restorative deep sleep.

🥄 Emergency Study Kit

Keep a small airtight jar of **roasted chana, almonds & pumpkin seeds** on your study table. When hunger strikes, 1 handful prevents raiding the kitchen junk pantry!

🍫 The Dark Chocolate Rule

Craving chocolate before an exam mock? Choose **70%+ Dark Chocolate (1-2 small squares)**. Rich in flavanols that increase cerebral blood flow and reaction time.

🚫 The Canteen Red-Zone

Say NO to packaged "*fruit juices*" and flavoured milk drinks—they pack up to 28g added sugar (equivalent to 7 teaspoons) with zero dietary fibre!

Teen Sleep & 20-Min Power Nap Tracker

Your Brain's "Ctrl + S" Save Routine • Convert Short-Term Study into Long-Term Memory

7-Day Weekly Log

 **Neuroscience Fact:** Sleep is NOT passive rest. While you sleep, the glymphatic system clears brain toxins and the hippocampus moves exam facts into permanent memory.

Day	Bedtime 🕒	Wake Time 🌞	Total Sleep (Hrs)	20m Power Nap?	Morning Alertness Score (1-5 ★)
Monday	: PM	: AM	Hrs	☐ Yes ☐ No	★ ★ ★ ★ ★ (Circle)
Tuesday	: PM	: AM	Hrs	☐ Yes ☐ No	★ ★ ★ ★ ★ (Circle)
Wednesday	: PM	: AM	Hrs	☐ Yes ☐ No	★ ★ ★ ★ ★ (Circle)
Thursday	: PM	: AM	Hrs	☐ Yes ☐ No	★ ★ ★ ★ ★ (Circle)
Friday	: PM	: AM	Hrs	☐ Yes ☐ No	★ ★ ★ ★ ★ (Circle)
Saturday	: PM	: AM	Hrs	☐ Yes ☐ No	★ ★ ★ ★ ★ (Circle)
Sunday	: PM	: AM	Hrs	☐ Yes ☐ No	★ ★ ★ ★ ★ (Circle)

The 20-Min Power Nap Rule

- **Timing:** Best between 2:00 PM – 3:30 PM (right after school).
- **Set a 20-Min Alarm:** Do NOT sleep for 45–60 mins; you will enter deep slow-wave sleep and wake up groggy (sleep inertia).
- **The Reset:** 20 mins clears adenosine from receptors and restores attention for evening tuition/study!

5-Point Nightly Sleep Hygiene Checklist

- ☐ **Blue-Light Curfew:** Screens off 45 mins before bed (or night shift mode).
- ☐ **Consistent Bedtime:** Within 30 mins of the same time daily.
- ☐ **Caffeine Cut-off:** Zero tea/coffee/energy drinks after 4:00 PM.
- ☐ **Brain Dump:** Write tomorrow's top 3 tasks on paper to calm racing thoughts.
- ☐ **Dark & Cool Room:** Melatonin releases faster in darkness.