



The Bharat School Menu & Lifestyle Plan

(July 2026)

By Luke Coutinho & Team Luke

From the tiffin box to the classroom, from home kitchens to school canteens—the future of India is on our plates. As part of our Honorable Prime Minister Shri Narendra Modi Ji’s vision for a Healthier and Fitter Bharat, Team Luke is proud to present The Bharat School Menu & Lifestyle Plan—a free monthly initiative. This plan is designed to nourish children from the grassroots level—at home, in schools, and within families.

Created by a team of integrative experts and meal analysts, the menu is backed by science and years of practical experience. It offers a balanced, holistic, and kid-friendly approach to nutrition, with both vegetarian and non-vegetarian options, simple local ingredients, and culturally relevant meals. Easy lifestyle tips are included to encourage better daily habits in children, and the menu is available in English and Hindi.

This is more than just a menu—it’s a movement to rethink how we feed and care for young Bharat, one meal at a time.

Become a part of a nationwide movement to raise a generation that is healthier, stronger, and more mindful.

Week 1

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Ragi & Sattu Savoury Pancake with Grated Carrot or Ragi, Egg & Grated Carrot Savoury Pancake + Coriander Chutney	<p>Seasonal Fruits (as per availability)</p> <p>+</p> <p>Nuts & Seeds Mix (if not allergic):</p> <ul style="list-style-type: none"> • 1 tsp sunflower and sesame seeds • 2 soaked almonds and 1 walnut • 1 chopped date • A handful of roasted makhana <p>+</p> <p>Immunity Drink Recipe: Boil ¼ tsp each of ajwain, jeera, and saunf, along with 5–6 tulsi leaves, in 1 cup of water for 5–7 minutes. Strain and serve.</p>	Grated Beetroot and Carrot Salad + Mixed Vegetable Sabzi (Carrot, beans, peas, and potato sautéed with jeera and turmeric—soft and lightly spiced) + Masur Dal or Fish Curry + Khapli Wheat Phulka or Jeera Rice	Seasonal Fruit Bowl (A colorful mix of fresh seasonal fruits with a dash of cumin powder.)	Broccoli & Spinach Soup + Stuffed Vegetable & Dal Paratha + Mint Chutney

<p>Tuesday</p>	<p>Jowar Pongal with Moong Dal & A2 Ghee + Mild Steamed Vegetable Stew + Coconut Chutney</p>	<p>Same as above</p>	<p>Cucumber Salad with Cumin Powder + Bhindi Aloo Masala + Moong Dal Tadka or Chicken Korma + Khapli Wheat Ajwain Paratha</p>	<p>Boiled Chana Chaat + Warm Ragi Malt</p>	<p>Tomato Slices with Rock Salt + Mixed Vegetable Khichdi with A2 Ghee + Sattu Kadhi</p>
<p>Wednesday</p>	<p>Stuffed Mini Idli + Coconut Chutney + Drumstick Sambar</p>	<p>Same as above</p>	<p>Dahi Pyaaz (<i>Onion and yogurt salad with a dash of cumin and coriander</i>) + Aloo Gobi (<i>Potato and cauliflower curry</i>) + Rajma Curry or Fish Curry + Choice of Roti or Rice</p>	<p>Boiled Moong Chaat + Dates & Nuts Smoothie with A2 Milk</p>	<p>Carrot & Tomato Soup + Stuffed Vegetable Paratha Roll or Stuffed Veg & Egg Roll + Mint Chutney</p>

Thursday	Mixed Vegetable Rice Semiya + Dry Moong Masala or Egg Masala Stir-Fry + Coriander Chutney	Same as above	Beetroot Kosimbir + Sama Millet Mixed Vegetable & Dal Khichdi + Gujarati Kadhi	Apple Slices with Unsweetened Peanut Butter + Cucumber Mint Cooler	Steamed Vegetable Salad + Dal Palak or Homestyle Chicken Curry + Choice of Jowar Onion Paratha or Masala Thepla
Friday	Veggie Omelette (<i>Besan-Based</i>) with Whole Wheat Pav or Egg Omelette with Whole Wheat Pav + Mint Chutney	Same as above	Cucumber & Carrot Mint Raita + Paneer Pulao or Chicken Vegetable Pulao + Lauki Halwa with Jaggery	Homemade Non-GMO Popcorn + Jaggery Peanut Ladoo	Baby Corn Masala Soup + Mushroom Matar Curry or Chicken Kheema Curry + Sprouts Vegetable Pulao

<p>Saturday</p>	<p>Spinach & A2 Paneer Rice Flour Chilla + Tomato Chutney</p>	<p>Same as above</p>	<p>Kachumber Salad <i>(Cucumber, tomato, onion, and a squeeze of lemon)</i> + Aloo Baingan <i>(Potato and eggplant curry)</i> + Dal Tadka or Egg Bhurji <i>(scrambled eggs with Indian spices)</i> + Choice of Bajra Roti or Rice</p>	<p>Roasted Chana & Boiled Sweet Potato Chaat <i>(with chopped vegetables, mint chutney, and date chutney.)</i></p>	<p>Carrot Lentil Soup + Cabbage & Peas Stir-Fry + Toor Dal with Garlic or Fish Curry + Jowar Roti or Khapli Wheat Roti</p>
<p>Sunday</p>	<p>Khapli Wheat Aloo-Peas Paratha or Masala Egg Paratha + Mint Yogurt Dip</p>	<p>Same as above</p>	<p>Onion & Tomato Ring Stack with a Lemon Sprinkle + Mixed Vegetable & Paneer Curry or Mild Fish Fingers <i>(served with tomato-date chutney)</i> + Phulka Roti + Rice Kheer <i>(with cardamom and nuts, sweetened with jaggery)</i></p>	<p>Mango Cubes Topped with Soaked Nut Powder <i>(almonds, walnuts, and cashews)</i> + Sattu Smoothie <i>(Made with water or A2 milk, with a dash of jaggery and cardamom.)</i></p>	<p>Tomato Soup + Paneer Tikka or Chicken Tikka + Wheat Roti Sandwich <i>(A tasty grilled roti sandwich made with boiled potatoes, beetroot, and cucumber, spread with coriander or mint chutney.)</i></p>

Week 2

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Ragi Rawa Vegetable Upma with Peas, Carrots, and Chana Dal Tadka + Choice of Chutney	<p>Seasonal Fruits (as per availability) +</p> <p>Nuts & Seeds Mix (if not allergic):</p> <ul style="list-style-type: none"> • 1 tsp pumpkin and chia seeds • 2 soaked cashews • 1 walnut • 1 chopped fig • A handful of roasted chana <p>+</p> <p>Immunity Drink Recipe: Boil 1 tsp grated ginger, ½ tsp turmeric, a pinch of black pepper, and 5 tulsi leaves in 1 cup of water for 5 minutes. Strain, add a dash of lemon, and serve warm.</p>	Beetroot Sesame Salad + Okra Potato Curry + Chicken Bharta or Masoor Dal Tadka + Khapli Wheat Roti or Rice	Homemade Fruit Bowl with Chia Seeds & Flax Powder	Carrot Salad + Mixed Vegetable Paneer Kofta Curry or Chicken Kofta or Egg Korma Curry + Missi Roti (Khapli wheat and besan)

Tuesday	Steamed Rice and Lentil Dhokla with Grated Vegetables + Tamarind-Date Chutney	Same as above	Carrot Poriyal + Mixed Vegetable and Mushroom Korma or Egg Masala Curry + Choice of Lemon Rice, Tamarind Rice, or Coconut Rice	Puffed Rice & Roasted Chana Mix <i>(A crunchy mix of murmura (puffed rice) and roasted black chana, lightly tossed with a pinch of cumin powder, rock salt, and a few curry leaves.)</i>	Mixed Vegetable, Drumstick & Lentil Soup or Chicken Soup + Puran Poli + Sukha Aloo Sabzi
Wednesday	Carrot, Peas & A2 Paneer Bhurji Paratha or Carrot, Peas & Egg Bhurji Paratha + Curd Dip	Same as above	Grated Carrot & Beetroot Salad with Lemon-Jeera Tadka + Kadala Curry or Fish Curry + Choice of Khapli Wheat Phulka or Steamed Rice	Roasted Poha Chiwda + Sattu Shikanji	Aloo Peas Tikki with Mint Chutney + Mini Veg Wrap with Mushroom or Minced Chicken

<p>Thursday</p>	<p>Sweet Potato, Sattu & Peas Tikki or Minced Chicken & Vegetable Tikki + Tomato Dip</p>	<p>Same as above</p>	<p>Steamed Moong Sprouts Salad + Lauki Kofta Curry + Lobia Curry or Chicken Kheema + Jowar Roti or Jeera Rice</p>	<p>Hummus with Cucumber and Carrot Sticks + Refreshing Mint Lemonade</p>	<p>Carrot Lentil Soup + Cabbage & Peas Stir-Fry + Toor Dal with Garlic or Fish Curry + Khapli Wheat Methi Thepla</p>
<p>Friday</p>	<p>Vegetable & Peas-Mushroom Curry with Wheat Pav + Boiled Egg or Scrambled Egg</p>	<p>Same as above</p>	<p>Carrot, Corn (<i>Non-GMO</i>) & Cucumber Salad + Cabbage Poriyal (<i>Tempered with mustard seeds, curry leaves, and grated coconut</i>) + Chicken Curry with Grated Coconut or Moong Dal Tadka with Garlic & Tomato + Amaranth Roti (<i>Rajgira Flour</i>)</p>	<p>Besan Ladoo + Carrot & Beetroot Juice (<i>Naturally sweetened with jaggery or raw honey</i>)</p>	<p>Cucumber Koshimbir + Capsicum, Green Peas & Aloo Curry + Dal Makhani or Chicken Stew + Rajgira Phulka (<i>Amaranth Flour Roti</i>) or Jeera Rice</p>

<p>Saturday</p>	<p>Beetroot & Aloo Masala Dosa or Beetroot, Aloo & Egg Masala Dosa + Tomato Garlic Chutney</p>	<p>Same as above</p>	<p>Carrot and Cucumber Slices with Lemon & Rock Salt + Cabbage and Capsicum Stir-Fry + Chole Masala + Ajwain Paratha</p>	<p>Roasted Sweet Potato + Mint & Ginger Lemon Water</p>	<p>Mushroom Soup or Egg Drop Soup + Beetroot & Sweet Potato Tikki + Jowar-Sattu Chilla with Grated Vegetables + Mint Chutney</p>
<p>Sunday</p>	<p>Soya (<i>Non-GMO</i>) Veggie Tikki Roll (Served with <i>Khapli Wheat Roti and Mint Chutney</i>)</p>	<p>Same as above</p>	<p>Sliced Onion Salad (<i>With lemon and a pinch of salt</i>) + Mixed Vegetable & Paneer Pulao or Chicken Pulao + Steamed Bottle Gourd Raita</p>	<p>Corn Chaat (<i>Non-GMO</i>) (<i>Steamed sweet corn tossed with lemon juice, pink salt, roasted cumin powder, and coriander.</i>)</p>	<p>Hara Bhara Kebab with Mint Chutney + Special Nutri Pav Bhaji (<i>Made with an assortment of vegetables and mashed moong dal in mild Indian garam masala, served with gluten-free or wheat buns, or roti.</i>)</p>

Week 3

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Ragi & Sattu Savoury Pancake with Grated Carrot or Ragi, Egg & Grated Carrot Savoury Pancake + Coriander Chutney	<p>Seasonal Fruits (as per availability)</p> <p>+</p> <p>Nuts & Seeds Mix (if not allergic):</p> <ul style="list-style-type: none"> • 1 tsp sunflower and sesame seeds • 2 soaked almonds and 1 walnut • 1 chopped date • A handful of roasted makhana <p>+</p> <p>Immunity Drink Recipe: Boil ¼ tsp each of ajwain, jeera, and saunf, along with 5–6 tulsi leaves, in 1 cup of water for 5–7 minutes. Strain and serve.</p>	Grated Beetroot and Carrot Salad + Mixed Vegetable Sabzi (<i>Carrot, beans, peas, and potato sautéed with jeera and turmeric—soft and lightly spiced</i>) + Masur Dal or Fish Curry + Khapli Wheat Phulka or Jeera Rice	Seasonal Fruit Bowl (<i>A colorful mix of fresh seasonal fruits with a dash of cumin powder.</i>)	Broccoli & Spinach Soup + Stuffed Vegetable & Dal Paratha + Mint Chutney

<p>Tuesday</p>	<p>Jowar Pongal with Moong Dal & A2 Ghee + Mild Steamed Vegetable Stew + Coconut Chutney</p>	<p>Same as above</p>	<p>Cucumber Salad with Cumin Powder + Bhindi Aloo Masala + Moong Dal Tadka or Chicken Korma + Khapli Wheat Ajwain Paratha</p>	<p>Boiled Chana Chaat + Warm Ragi Malt</p>	<p>Tomato Slices with Rock Salt + Mixed Vegetable Khichdi with A2 Ghee + Sattu Kadhi</p>
<p>Wednesday</p>	<p>Stuffed Mini Idli + Coconut Chutney + Drumstick Sambar</p>	<p>Same as above</p>	<p>Dahi Pyaaz (<i>Onion and yogurt salad with a dash of cumin and coriander</i>) + Aloo Gobi (<i>Potato and cauliflower curry</i>) + Rajma Curry or Fish Curry + Choice of Roti or Rice</p>	<p>Boiled Moong Chaat + Dates & Nuts Smoothie with A2 Milk</p>	<p>Carrot & Tomato Soup + Stuffed Vegetable Paratha Roll or Stuffed Veg & Egg Roll + Mint Chutney</p>

Thursday	Mixed Vegetable Rice Semiya + Dry Moong Masala or Egg Masala Stir-Fry + Coriander Chutney	Same as above	Beetroot Kosimbir + Sama Millet Mixed Vegetable & Dal Khichdi + Gujarati Kadhi	Apple Slices with Unsweetened Peanut Butter + Cucumber Mint Cooler	Steamed Vegetable Salad + Dal Palak or Homestyle Chicken Curry + Choice of Jowar Onion Paratha or Masala Thepla
Friday	Veggie Omelette (Besan-Based) with Whole Wheat Pav or Egg Omelette with Whole Wheat Pav + Mint Chutney	Same as above	Cucumber & Carrot Mint Raita + Paneer Pulao or Chicken Vegetable Pulao + Lauki Halwa with Jaggeryy	Homemade Non-GMO Popcorn + Jaggery Peanut Ladoo	Baby Corn Masala Soup + Mushroom Matar Curry or Chicken Kheema Curry + Sprouts Vegetable Pulao

<p>Saturday</p>	<p>Spinach & A2 Paneer Rice Flour Chilla + Tomato Chutney</p>	<p>Same as above</p>	<p>Kachumber Salad (<i>Cucumber, tomato, onion, and a squeeze of lemon</i>) + Aloo Baingan (<i>Potato and eggplant curry</i>) + Dal Tadka or Egg Bhurji (<i>scrambled eggs with Indian spices</i>) + Choice of Bajra Roti or Rice</p>	<p>Roasted Chana & Boiled Sweet Potato Chaat (<i>with chopped vegetables, mint chutney, and date chutney.</i>)</p>	<p>Carrot Lentil Soup + Cabbage & Peas Stir-Fry + Toor Dal with Garlic or Fish Curry + Jowar Roti or Khapli Wheat Roti</p>
<p>Sunday</p>	<p>Khapli Wheat Aloo-Peas Paratha or Masala Egg Paratha + Mint Yogurt Dip</p>	<p>Same as above</p>	<p>Onion & Tomato Ring Stack with a Lemon Sprinkle + Mixed Vegetable & Paneer Curry or Mild Fish Fingers (<i>served with tomato-date chutney</i>) + Phulka Roti + Rice Kheer (<i>with cardamom and nuts, sweetened with jaggery</i>)</p>	<p>Mango Cubes Topped with Soaked Nut Powder (<i>almonds, walnuts, and cashews</i>) + Sattu Smoothie (<i>Made with water or A2 milk, with a dash of jaggery and cardamom.</i>)</p>	<p>Tomato Soup + Paneer Tikka or Chicken Tikka + Wheat Roti Sandwich (<i>A tasty grilled roti sandwich made with boiled potatoes, beetroot, and cucumber, spread with coriander or mint chutney.</i>)</p>









Week 4

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Ragi Rawa Vegetable Upma with Peas, Carrots, and Chana Dal Tadka + Choice of Chutney	<p>Seasonal Fruits (as per availability) + Nuts & Seeds Mix (if not allergic):</p> <ul style="list-style-type: none"> • 1 tsp pumpkin and chia seeds • 2 soaked cashews • 1 walnut • 1 chopped fig • A handful of roasted chana <p>+ Immunity Drink Recipe: Boil 1 tsp grated ginger, ½ tsp turmeric, a pinch of black pepper, and 5 tulsi leaves in 1 cup of water for 5 minutes. Strain, add a dash of lemon, and serve warm.</p>	Beetroot Sesame Salad + Okra Potato Curry + Chicken Bharta or Masoor Dal Tadka + Khapli Wheat Roti or Rice	Homemade Fruit Bowl with Chia Seeds & Flax Powder	Carrot Salad + Mixed Vegetable Paneer Kofta Curry or Chicken Kofta or Egg Korma Curry + Missi Roti (<i>Khapli wheat and besan</i>)

<p>Tuesday</p>	<p>Steamed Rice and Lentil Dhokla with Grated Vegetables + Tamarind-Date Chutney</p>	<p>Same as above</p>	<p>Carrot Poriyal + Mixed Vegetable and Mushroom Korma or Egg Masala Curry + Choice of Lemon Rice, Tamarind Rice, or Coconut Rice</p>	<p>Puffed Rice & Roasted Chana Mix <i>(A crunchy mix of murmura (puffed rice) and roasted black chana, lightly tossed with a pinch of cumin powder, rock salt, and a few curry leaves.)</i></p>	<p>Mixed Vegetable, Drumstick & Lentil Soup or Chicken Soup + Puran Poli + Sukha Aloo Sabzi</p>
<p>Wednesday</p>	<p>Carrot, Peas & A2 Paneer Bhurji Paratha or Carrot, Peas & Egg Bhurji Paratha + Curd Dip</p>	<p>Same as above</p>	<p>Grated Carrot & Beetroot Salad with Lemon-Jeera Tadka + Kadala Curry or Fish Curry + Choice of Khapli Wheat Phulka or Steamed Rice</p>	<p>Roasted Poha Chiwda + Sattu Shikanji</p>	<p>Aloo Peas Tikki with Mint Chutney + Mini Veg Wrap with Mushroom or Minced Chicken</p>

<p>Thursday</p>	<p>Sweet Potato, Sattu & Peas Tikki or Minced Chicken & Vegetable Tikki + Tomato Dip</p>	<p>Same as above</p>	<p>Steamed Moong Sprouts Salad + Lauki Kofta Curry + Lobia Curry or Chicken Kheema + Jowar Roti or Jeera Rice</p>	<p>Hummus with Cucumber and Carrot Sticks + Refreshing Mint Lemonade</p>	<p>Carrot Lentil Soup + Cabbage & Peas Stir-Fry + Toor Dal with Garlic or Fish Curry + Khapli Wheat Methi Thepla</p>
<p>Friday</p>	<p>Vegetable & Peas-Mushroom Curry with Wheat Pav + Boiled Egg or Scrambled Egg</p>	<p>Same as above</p>	<p>Carrot, Corn (<i>Non-GMO</i>) & Cucumber Salad + Cabbage Poriyal (<i>Tempered with mustard seeds, curry leaves, and grated coconut</i>) + Chicken Curry with Grated Coconut or Moong Dal Tadka with Garlic & Tomato + Amaranth Roti (<i>Rajgira Flour</i>)</p>	<p>Besan Ladoo + Carrot & Beetroot Juice (<i>Naturally sweetened with jaggery or raw honey</i>)</p>	<p>Cucumber Koshimbir + Capsicum, Green Peas & Aloo Curry + Dal Makhani or Chicken Stew + Rajgira Phulka (<i>Amaranth Flour Roti</i>) or Jeera Rice</p>

Saturday	Beetroot & Aloo Masala Dosa or Beetroot, Aloo & Egg Masala Dosa + Tomato Garlic Chutney	Same as above	Carrot and Cucumber Slices with Lemon & Rock Salt + Cabbage and Capsicum Stir-Fry + Chole Masala + Ajwain Paratha	Roasted Sweet Potato + Mint & Ginger Lemon Water	Mushroom Soup or Egg Drop Soup + Beetroot & Sweet Potato Tikki + Jowar-Sattu Chilla with Grated Vegetables + Mint Chutney
Sunday	Soya (<i>Non-GMO</i>) Veggie Tikki Roll <i>(Served with Khapli Wheat Roti and Mint Chutney)</i>	Same as above	Sliced Onion Salad (<i>With lemon and a pinch of salt</i>) + Mixed Vegetable & Paneer Pulao or Chicken Pulao + Steamed Bottle Gourd Raita	Corn Chaat (<i>Non-GMO</i>) <i>(Steamed sweet corn tossed with lemon juice, pink salt, roasted cumin powder, and coriander.)</i>	Hara Bhara Kebab with Mint Chutney + Special Nutri Pav Bhaji (<i>Made with an assortment of vegetables and mashed moong dal in mild Indian garam masala, served with gluten-free or wheat buns, or roti.</i>)

 We say NO to	 We say YES to
<ul style="list-style-type: none">  MSG (ajinomoto)  Colours and preservatives  Refined sugar 	<ul style="list-style-type: none">  Variety of seasonal fruits and vegetables  Healthy fats  Mixed grains

We AIM for

 *Healthy and nutritionally balanced meals for kids with medium activity*

 *Ingredients that are ethically and consciously sourced*

 *Minimal use of refined flour*

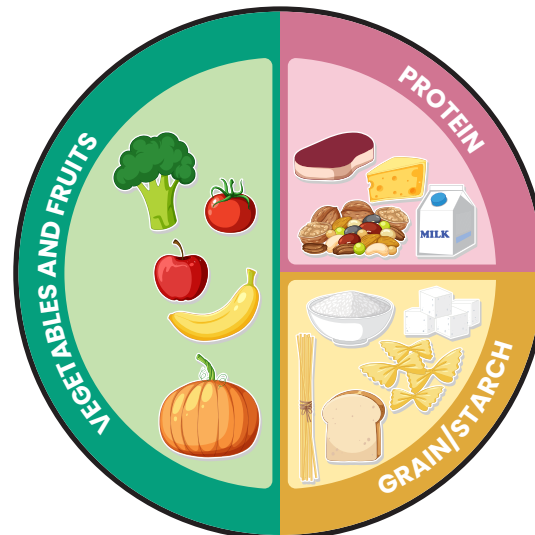
***Important Note:** Organic jaggery and raw honey may be natural, but they still act like sugar in your body. Enjoy them in small amounts—**even healthy sugars need healthy limits!**



Lifestyle Guidelines for Kids By Team Luke

Cellular Nutrition

- Eat a rainbow. Try to include as many colors on your plate as possible. Think red, purple, green, yellow, orange. The more the color, the more the nutrients.
- Chew every bite. Digestion starts in the mouth.
- Eat without distractions. Eating is a sacred act.
- Learn to read labels before buying packaged foods. If the label has ingredients that feel unheard of or difficult to pronounce, it is likely to not be clean.
- Eat with gratitude, not disgust. Bless your food. The simplest prayer can be—Thank you.
- Try to finish your last meal of the day as close to sunset as possible.
- Stay adequately hydrated. Carry a water bottle with you at all times. Taper down water intake post-sunset to reduce visits to the loo at night.

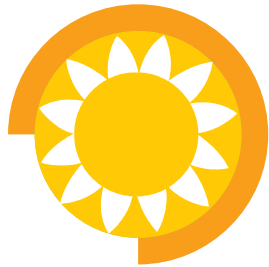


What does a balanced nutritional plate look like?



Adequate Movement

- Your body is designed to move. Move in any way you can. Make it enjoyable and fun.
- Light walking after meals supports better digestion.
- The right posture matters. Try not to slouch. Keep your shoulders rolled back and relaxed. Keep the spine straight.
- If you are watching something on the television, take short active breaks, like touching your toes, spot jogging, imaginary skipping, or gentle stretches.
- Try to take stairs instead of escalators or elevators.



Quality Sleep

- Try to build a consistent sleep routine. Go to bed and wake up around the same time every day.
- Sleep is a light-sensitive process. Try to minimize gadget use an hour before bedtime.
- Make your room as dark as possible. You shouldn't even be able to see your own hand. Use an eye mask or roll a T-shirt and keep it over your eyes till you drift off to sleep.
- Sleep with a grateful heart. Recap your entire day and offer gratitude for things that went well, no matter how small.
- Avoid waking up to gadgets and screens. Try to get five to 10 minutes of morning sunshine just after waking up.



Emotional Wellness

- Emotions are meant to be expressed, not suppressed. You can paint, draw, journal, or talk to express yourself.
- If you have experienced bullying at school or in your friend circle, express it to your parents, teachers, or a trusted adult. There is always help available.
- If you are experiencing any strong emotions like anger, hatred, or guilt—please talk it out to your parents or a trusted adult. There is always a solution and way to handle it.
- What you watch, read, listen, talk, hear shapes you. Be mindful of the content you are consuming.
- Please, Sorry, Thank you—are magic words. Use them intently, meaningfully, and appropriately.



Spirit

- The best and most powerful ways to feel happy from within are—kindness, giving back, and being grateful and respectful.
- Listen to your inner voice by often checking in with yourself. You can ask yourself questions like—How am I feeling? What do I truly need at this moment?
- Build a habit of daily prayers. It is important to have faith and believe in something more powerful than us.
- Try to stay connected to nature in whatever way you can. It makes us feel closer to our inner spirit.
- Look at yourself in the mirror and practice affirmations like: *"I am enough", "I am worthy of love and success,"* and *"I am safe, guided, and protected."*



Breath

- Breath is the most powerful tool you have. It is free. Use it to your advantage.
- The simplest way to practice breathing is belly breathing. Inhale: belly out. Exhale: belly in. Repeat this a couple of times till you feel calm.
- The two most powerful and effective breathing techniques to feel calm are:
 - **Box breathing:** Inhale for four counts, hold for four counts, exhale for four counts, and hold for four counts. Repeat this four to five times—till you feel calm.
 - **Bee breathing:** Inhale deeply through your belly. When you are ready to exhale, make a humming sound (like mmmmm). Repeat this cycle four to five times—till you feel calm.
- Try to take four to five deep breaths before and after your meals. This supports the digestion, absorption, and assimilation of nutrients.

A Note for Parents:

- *Lead by example. Kids learn by observing, not preaching.*
- *Involve your kids in activities like cooking, grocery shopping, planning, and more.*
- *Begin with one to two habits at a time. Build those up gradually.*
- *Celebrate their small wins. Efforts count more than results.*
- *Try to reward positive behaviors, outside of the culinary zone.*

Disclaimer:

- This menu is thoughtfully designed to support the nutritional needs of children by offering a balanced combination of whole grains, proteins, healthy fats, carbohydrates, and dietary fiber—aligned with general pediatric dietary guidelines.
- However, nutritional needs can vary widely depending on a child's age, activity level, and any existing medical conditions. If your child has a specific health concern or medical condition, we strongly recommend that parents or guardians review the menu and consult a qualified healthcare professional to ensure it meets your child's individual dietary requirements.
- **Please note:** This menu is NOT intended to replace medical advice or treatment prescribed by doctors or healthcare providers. If your child is allergic to any ingredients or if certain items do not suit them, kindly omit or substitute them. Always make informed choices when introducing new foods into your child's routine or lifestyle.