PediaSure

WEEKLY MEAL PLANS

YOUR GUIDE TO NUTRITIOUS MEALS

MONDAY

BREAKFAST	MID-MORNING SNACK	LUNCH	SNACKS	DINNER
ROTI + CHORCHORI (POTATO, PUMPKIN, BRINJAL) + PEDIASURE	FRUIT CHAAT (APPLE, BANANA, ORANGE, ROASTED PUMPKIN SEEDS)	RICE +SABZI BLACK GRAM DAAL , LAUKI) + BUTTERMILK	DALIA KHICHDI + PEDIASURE	PARATHA + EGG BHURJI

TUESDAY

BREAKFAST	MID-MORNING SNACK	LUNCH	SNACKS	DINNER
ROTI + CHURA POHA + PEDIASURE	ROLL (SOYA CHUNK/ CHICKEN)	RICE + ALOO POSTO + SOYA CHUNKS SABZI	SUJI HALWA + PEDIASURE	KHICHDI + RAITA + FRUIT CHAAT

WEDNESDAY

BREAKFAST	MID-MORNING SNACK	LUNCH	SNACKS	DINNER
SATTU DALIA + PEDIASURE	VEGETABLE STUFFED PARATHA	RICE + ROHU POSTO + URAD DAAL + POMEGRANATE	CHANNA MATOR GHUGHNI + MURI + PEDIASURE	ROTI + PANEER POTATO CURRY + CARROT CUCUMBER RADISH SALAD

THURSDAY

BREAKFAST	MID-MORNING SNACK	LUNCH	SNACKS	DINNER
BREAD SANDWICH + PEDIASURE	CHURA POHA + SEASONAL FRUIT	RICE + MACHHER JHOL + ALOO BHAJA + DAAL	CHANNA MURI + PEDIASURE	WHOLEWHEAT KHASTA PARATHA + VEGETABLE CURRY

FRIDAY

BREAKFAST	MID-MORNING SNACK	LUNCH	SNACKS	DINNER
SUJI UPMA + PEDIASURE	FRIED RICE (PANEER/CHICKEN)	RICE + CHARA MACHH BHAJA + ALOO SABZI + DAAL	ALMOND SOOJI LADDOO + APPLE + PEDIASURE	RICE + SOYA CHUNKS SABZI

SATURDAY

BREAKFAST	MID-MORNING SNACK	LUNCH	SNACKS	DINNER
MATOR SUTIR KACHURI + ALOO DUM + PEDIASURE	SUJI UPMA	RICE + MACCHER JHOL/BENGALI MATARSUTRI DAAL + CABBAGE SABZI	ORANGE + PEDIASURE	RICE + EGG CURRY

SUNDAY

BREAKFAST	MID-MORNING SNACK	LUNCH	SNACKS	DINNER
PEDIASURE BANANA MILKSHAKE	WHOLEWHEAT SANDWICH (CHEESE CORN SPINACH)	RICE + CHICKEN CURRY + MIXED VEGETABLE	HOMEMADE CHOWMEIN	PULAO + PANEER/CHICKEN

ADD PEDIASURE® TO YOUR CHILD'S ROUTINE!

37 NUTRIENTS TO HELP WITH

- **GROWTH** CATCH-UP
- **IMMUNE** FUNCTION
- **BRAIN** DEVELOPMENT

PEDIASURE PROVIDES ESSENTIAL NUTRITION
TO HELP YOUR CHILD ACHIEVE THEIR GROWTH MILESTONES.

3 TBSP OF PEDIASURE®, TWICE A DAY FOR 50% MORE GROWTH IN 90 DAYS.

Ghosh Ak et al. Journal of International Medical Research 2018, Vol. 46(6) 2186–2201.
Growth implies to Mean change in BMI for age z score at day 90: 0.54 Vs 0.26 (>50%) (p<.0001) in developmentally at risk picky eating children 2 to 6 years. Children aged 24 to < 48 months were asked to consume at least one serving (224 mL) and those aged 48 to 72 months to consume two servings (448 mL) of PediaSure. *Claims are based on 1-2 serves (with water) per day

Abbott