PediaSure

WEEKLY MEAL PLANS

YOUR GUIDE TO NUTRITIOUS MEALS

MONDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
MOOLI PARATHA + CURD + PEDIASURE	MIXED SPROUTS AND CUCUMBER SALAD + PINEAPPLE	ROTI + BHINDI FRI + KADHI + JEERA RICE

SNACKS	DINNER
PANEER PAKORA + PEDIASURE	VEGETABLE / CHICKEN PULAO + CUCUMBER RAITA

TUESDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
VEGETABLE OATS CHILLA + GREEN CHUTNEY + BADAAM PEDIASURE	FRUIT CHAAT (APPLE, BANANA, ORANGE, POMEGRANATE)	PARATHA + LAUKI KI SUBJI + DAL FRY / FISH FRY

SNACKS	DINNER
GRILLED PANEER SANDWICH + PEDIASURE	CHHOLE ARHAR DAL+ RICE+ BOONDI RAITA

WEDNESDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
VEGETABLE VERMICELLI UPMA WITH PUDINA CHUTNEY + PEDIASURE	METHI MATHRI + BANANA	WHITE CHOLE + RICE + CURD + FRUIT SALAD

SNACKS	DINNER
MOONG DAAL HALWA/ EGG BHURJI SANDWICH + PEDIASURE	CHAPATI + BAINGAN BHARTA + DAAL FRY

THURSDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
DALIA UPMA + DATE + PEDIASURE MILKSHAKE	CHANNA CHAT + GUAVA	PARATHA + SHAHI PANEER/ EGG GRAVY + GOBI MATAR SABZI

SNACKS	DINNER
VEGETABLE IDLI+ CHUTNEY+ PEDIASURE	VEGETABLE MOONG DAAL KHICHDI+ CURD

FRIDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
EGG OMELETTE/ TOMATO BESAN OMELETTE + WHOLEWHEAT BREAD + PEDIASURE	CARROT STICKS + CURD DIP + GRAPES	ROTI + WHOLE MOONG DAAL + PARWAL SABZI

SNACKS	DINNER
BHEL + APPLE + PEDIASURE	RICE + RAJMA + CURD + STUFFED BHINDI

SATURDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
DAAL PARATHA + DAHI ALOO + PEDIASURE	ROASTED MAKHANA + GRAPES	RICE + BLACK MASOOR DAL/ CHICKEN CURRY + MIX VEG

SNACKS	DINNER
FRESH SEASONAL FRUIT + PEDIASURE	ROTI + DAAL MAKHANI + VEGETABLE SALAD + CURD

SUNDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
VEGETABLE COLESLAW SANDWICH + SAUCE + PEDIASURE	GRILLED PANEER SANDWICH/ GRILLED CHICKEN TIKKA + PUDINA CHUTNEY	MAKKE DI ROTI + SARSON DA SAAG + CURD

SNACKS	DINNER
VEGETABLE PASTA + PEDIASURE WITH ICE CREAM	LACCHHA PARATHA + VEGETABLE KORMA + BUTTERMILK

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 Ms et al. Journal of International Medical Research 2014; 42: 1492–1501.
Growth Kinetics Power Analysis (GKPA) Study Group (India). Age and sex at risk for stunting in 2nd year of life. Indian J Pediatr 2007; 74: 1067–1070. Anthropometrically, in 18 mo girls, stunting children 2 to 4 years. Children aged 24 to < 48 months were asked if consumed at least one evening (224 kcal, and those aged 48 to 71 months to consume two evenings (448 kcal). *PediaSure. †Cases are based on 1-2 serves (with water) per day.
Abbott