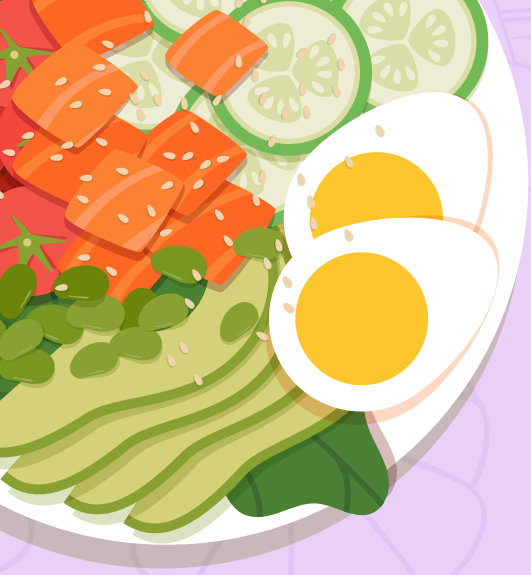

PediaSure®

WEEKLY MEAL PLANS

YOUR GUIDE TO NUTRITIOUS MEALS

MONDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
VERMICELLI UPMA + PEDIASURE	CARROT STICKS + CURD DIP + GRAPES	RICE + KOOTU (DAAL-VEGETABLES-METHI LEAVES) + BUTTERMILK

SNACKS	DINNER
MURUKKU + PEDIASURE WITH BANANA	ROTI + VEGETABLE CURRY + CURD

TUESDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
IDLI + SAMBAR + CHUTNEY + PEDIASURE WITH DATES	GREEN GRAM SPROUTS / CUCUMBER SALAD + CHIKOO	RICE + PAPPU (THICK DAAL) + BHINDI CURRY + CURD

SNACKS	DINNER
ROASTED CHANNA + PEDIASURE	BISI BELE BHAAT / CHICKEN PULAO + RAITA

WEDNESDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
ADAI + TIL CHUTNEY + PEDIASURE	WHOLEWHEAT CHEESE CORN SPINACH	RICE + AVIAL (WHITE PUMPKIN-MIXED VEGETABLES) + SUNDAL

SNACKS	DINNER
NIPPATTU+ PEDIASURE + PAPAYA	VEGETABLE UTTHAPAM + PEANUT CHUTNEY

THURSDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
AAPAM + VEGETABLE CURRY + PEDIASURE	ROASTED ALMONDS + GUAVA	RICE + BEETROOT FRY + LAUKI DAAL

SNACKS	DINNER
VADA + CHUTNEY + PEDIASURE	RAWA IDLI + MULANHI SAMBAR + DAAL PAYASSAM

FRIDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
LEMON RICE + FRUIT SALAD (APPLE, BANANA, PAPAYA) + PEDIASURE	PUFFED RICE CHIVDA WITH PEANUTS + DATES	CURD RICE + CABBAGE VEGETABLE

SNACKS	DINNER
PAYASAM + PEDIASURE	RAGI BALL + DRUMSTICK LEAVES CURRY + CURD + BANANA

SATURDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
MASALA DOSA + CHUTNEY + PEDIASURE ALMOND MILK	CHIKKI + POMEGRANATE	TAMARIND RICE WITH PEANUTS / CHICKEN PULAO + CUCUMBER RAITA

SNACKS	DINNER
PEDIASURE	RAGI DOSA WITH GRATED CARROTS + CABBAGE CHUTNEY + FRUIT CUSTARD

SUNDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
VEGETABLE UPMA + ORANGE + PEDIASURE	FRUIT CHAAT (APPLE, BANANA, ORANGE, ROASTED PUMPKIN SEEDS)	RICE + AMARANTH DAAL / CHICKEN GRAVY + THICK BUTTERMILK

SNACKS	DINNER
FRESH STRAWBERRIES PEDIASURE	WHEAT DOSA + GOBI MATAR CURRY + CURD

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