PediaSure

WEEKLY MEAL PLANS

YOUR GUIDE TO NUTRITIOUS MEALS

MONDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
RAVA DHOKLA + PEDIASURE	FRUIT CHAAT (APPLE, BANANA, ORANGE, ROASTED PUMPKIN SEEDS)	ROTI + BHINDI SABZI + GUJRATI DAAL + RICE

SNACKS	DINNER
RAJGIRA LADDOO + PEDIASURE	JOWAR BHAKRI + STUFFED BRINJAL + DRY TIL CHUTNEY + CURD

TUESDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
VEG FRANKIE + PEDIASURE	POHA PITHA + COCONUT CHUTNEY	ROTI + IVORY GOURD SABZI + CHANNA CURRY + RICE

SNACKS	DINNER
FRENCH TOAST + PEDIASURE	MASALA BHAAT + PAN FRIED FISH + KATHOL + SALAD

WEDNESDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
MIXED VEGETABLE PARATHA + PEDIASURE	CHEESE CORN SPINACH SANDWICH	ROTI + UNDHIYO + FISH CURRY + RICE

SNACKS	DINNER
VEGETABLE TIKKIS + PEDIASURE	NACHNI BHAKRI + MATKI USAL + CARROT SAMBHARO SALAD

THURSDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
MINI VEGETABLE UTTAPAM + PEDIASURE	PUA (SWEET SEMOLINA, BANANA, CURD) + GUAVA	ROTI + POTATO CHANNA DAAL CURRY + BEETROOT FRY

SNACKS	DINNER
YELLOW DHOKLA + PEDIASURE	ROTI + WANGI BHARIT + PEANUT CHUTNEY

FRIDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
MOONG KHAKHRA +PEDIASURE	ROASTED CHANNA + DATES	ROTI + CABBAGE + RICE + LEGUME USAL

SNACKS	DINNER
NACHNI LADDOOS + PEDIASURE	KHICHDI + KADHI + CAULIFLOWER SABZI

SATURDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
PURAN POLI + PEDIASURE	CARROT STICKS + THICK CURD DIP + GRAPES	PURI + BASUNDI + TENDLI RICE

SNACKS	DINNER
DRY FRUIT CHIKKI + PEDIASURE	JOWAR BHAKRI + ZUNKA + MIXED VEGETABLE CURRY

SUNDAY

BREAKFAST	MID-MORNING SNACK	LUNCH
VEGETABLE SEVAIYA UPMA + PEDIASURE	WHOLEWHEAT SANDWICH (CHEESE CORN SPINACH)	RICE + SPINACH DAAL + ALOO SABZI

SNACKS	DINNER
PUFFED RICE BHEL + PEDIASURE	ROTI + GREEN PEAS USAL + RICE + DAAL

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.

Lifcofi RV et al. Journal of International Medical Research 2016; 44: 6(6): 1382 - 1391.
Growth Kinetics Pediatric Nutrition Survey in SMA-fed, gut-rest or dual-fed PEDIASURE (n=100) vs. SMA (n=98) developmentally, at six-plus, calorie-adjusted (24 h) - 90 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. *Calorie and based on 1.2 calories (with water) per day.

Abbott