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Annexure - 2



Human Performance Lab, Department of Sports Nutrition

SAMPLE MENU FOR NATIONAL JUNIOR CAMP

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre training	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam 	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam 	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam 	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam 	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam 	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam 	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam
During Training	<ul style="list-style-type: none"> Banana Isotonic Drink 	<ul style="list-style-type: none"> Banana Isotonic Drink 	<ul style="list-style-type: none"> Banana Isotonic Drink 	<ul style="list-style-type: none"> Banana Isotonic Drink 	<ul style="list-style-type: none"> Banana Isotonic Drink 	<ul style="list-style-type: none"> Banana Isotonic Drink 	<ul style="list-style-type: none"> Banana Isotonic Drink
Breakfast	<ul style="list-style-type: none"> Toast (non-greasy) Jam Honey Butter Fresh fruit juice Cornflakes/Oats Dalia Dosa/Dhokla Boiled Egg Banana Low fat Milk Sprouts 	<ul style="list-style-type: none"> Toast (non-greasy) Jam Honey Butter Fresh fruit juice Cornflakes/Oats Dalia Idli Boiled Egg Omelette Banana Low fat Milk Boiled Peanut & Corn 	<ul style="list-style-type: none"> Toast (non-greasy) Jam Honey Butter Fresh fruit juice Cornflakes/Oats Dalia BesanCheela Boiled Egg Scrambled Egg Banana Low fat Milk Sprouts (black chana) 	<ul style="list-style-type: none"> Toast (non-greasy) Jam Honey Butter Fresh fruit juice Cornflakes/Oats Dalia Veg Upma Boiled Egg Omelette Banana Low fat Milk Sprouts (kabulichana) 	<ul style="list-style-type: none"> Toast (non-greasy) Jam Honey Butter Fresh fruit juice Cornflakes/Oats Dalia Wheat Pasta Boiled Egg Scrambled Egg Banana Low fat Milk Sprouts (3 beans) 	<ul style="list-style-type: none"> Toast (non-greasy) Jam Honey Butter Fresh fruit juice Cornflakes/Oats Dalia Veg Sewayan Boiled Egg Omelette Banana Low fat Milk Sprouts (Moong) 	<ul style="list-style-type: none"> Toast (non-greasy) Jam Honey Butter Fresh fruit juice Cornflakes/Oats Dalia Veg Poha Boiled Egg Scrambled Banana Low fat Milk Sprouts (baked beans)
Lunch	<ul style="list-style-type: none"> Rice Roti Mixed dal Seasonal veg Boiled Chicken/ Paneer curry Lassi (salted) Fruit Salad 	<ul style="list-style-type: none"> Brown Rice Roti Chole dhal Seasonal veg Boiled Chicken Chicken breast/ Paneer sauté Laukraita Fruits Salad Yoghurt 	<ul style="list-style-type: none"> Rice Roti (missi + tava) Kadi Seasonal veg Boiled Chicken + chicken breast / Garlic Paneer Curd Fruit Salad Yoghurt 	<ul style="list-style-type: none"> Rice Roti Rajma Seasonal veg (leafy) Boiled Chicken + Chicken breast MatarPaneer Lassi (salted) Fruit Salad Yoghurt 	<ul style="list-style-type: none"> Brown Rice Roti Palak dhal Seasonal Veg Boiled Chicken + Chicken breast / Paneer mushroom Curd Fruits Salad Yoghurt 	<ul style="list-style-type: none"> Rice Roti Arhar dhal Seasonal veg Boiled Chicken + Chicken breast / paneer sauté Veg raita Fruit Salad 	<ul style="list-style-type: none"> Rice Roti (missi + tava) Soyabeans dhal Seasonal Veg Boiled Chicken + Chicken breast PalakPaneer Curd Fruit Salad Yoghurt
During Training	<ul style="list-style-type: none"> Banana Isotonic Drink 	<ul style="list-style-type: none"> Banana Isotonic Drink 	<ul style="list-style-type: none"> Banana Isotonic Drink 	<ul style="list-style-type: none"> Banana Isotonic Drink 	<ul style="list-style-type: none"> Banana Isotonic Drink 	<ul style="list-style-type: none"> Banana Isotonic Drink 	<ul style="list-style-type: none"> Banana Isotonic Drink
Post Training	<ul style="list-style-type: none"> Chocolate Milk Shake 	<ul style="list-style-type: none"> Chocolate Milk Shake 	<ul style="list-style-type: none"> Chocolate Milk Shake 	<ul style="list-style-type: none"> Chocolate Milk Shake 	<ul style="list-style-type: none"> Chocolate Milk Shake 	<ul style="list-style-type: none"> Chocolate Milk Shake 	<ul style="list-style-type: none"> Chocolate Milk Shake

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	<ul style="list-style-type: none"> Chicken Rice / Mix Veg Rice Onion Raita Salad 	<ul style="list-style-type: none"> Soup (Tomato) Rice Roti Masoor dhal Grilled Chicken / PalakPaneer Seasonal veg Salad 	<ul style="list-style-type: none"> Soup (Sweet Corn) Rice Roti Uraddchana dhal Palak Chicken/ Onion, Capsicum Paneer Seasonal veg Salad 	<ul style="list-style-type: none"> Soup (Tomato) Rice Roti Sambhar Fish curry/ Paneer tikka Seasonal veg Salad 	<ul style="list-style-type: none"> Soup (Mix veg) Rice Roti Moong dhal Mutton curry/ MethiPaneer Seasonal veg Salad 	<ul style="list-style-type: none"> Soup (Mushroom) Rice Roti Sabutmasoor dhal Fish tikka / KadhaiPaneer with broccoli Seasonal veg Salad 	<ul style="list-style-type: none"> Soup (Corn) Rice Roti Dal pachranga dhal Chicken tandoori/ Tomato Paneer Seasonal veg Salad
Dinner	<ul style="list-style-type: none"> Ice cream 	<ul style="list-style-type: none"> Rava-coconut laddoo 	<ul style="list-style-type: none"> Custard 	<ul style="list-style-type: none"> Flaxseed & til laddu/Spongy rasgulla 	<ul style="list-style-type: none"> Kheer 	<ul style="list-style-type: none"> Paneer pudding 	<ul style="list-style-type: none"> Pastry* / vermicelli
Dessert	<ul style="list-style-type: none"> Milk Dry fruits 	<ul style="list-style-type: none"> Milk Dry fruits 	<ul style="list-style-type: none"> Milk Dry fruits 	<ul style="list-style-type: none"> Milk Dry fruits 	<ul style="list-style-type: none"> Milk Dry fruits 	<ul style="list-style-type: none"> Milk Dry fruits 	<ul style="list-style-type: none"> Milk Dry fruits
Night							

- The menu fulfils nutrient requirement for a high intensity, high volume exercise. Extra allowance is also made to address factors such as negative energy balance, recovery, malnutrition, adolescence etc.
- A generalized menu has been prepared. Individual differences should be taken care of in terms of quantity and quality consumed.

General Instructions

- Milletts (Makka, Bajra, Ragi) will be used in winters.
- Exotic Fruits (Avacado/ Black currant/ Blue berries/ Cherries/ Custard Apple/ Strawberries) will be served thrice a week.
- Fruit Yoghurt will be served thrice a week.
- Fruit juice will be prepared and served fresh daily.
- Milk based preparations such as daliya, curd, desert, lassi, shake, tea, coffee will be prepared from additional milk mentioned against S.No VIII(2).
- Seasonal vegetables /fruits will be decided by the nutritionist. The Head cook /Chef is advised to liaison with the Nutritionist in deciding the seasonal availability. Care must be taken that no vegetable/fruit is repeated in a week to ensure variety.
- The Ration sizes are prepared taking into consideration seasonal availability and upper limits of nutrient requirement. However, individual requirement will vary and should be taken in consultation with Sports Nutritionist.
- Chicken breast should be served twice a week.
- Dry fruits should be provided everyday in any one of the meals.
- Soups will be served only in the winter months.
- Potato/corn can replace sweet potato considering seasonal availability
- A minimum of 03 vegetables should be served as salad.
- Use of less spice in player's food should be ensured.
- Reheating of oil & use of oil in plain rice must be avoided. Use of oil such as sunflower, safflower, mustard, groundnut, rice bran, soyabean must be used interchangeably.

11/15



Human Performance Lab, Department of Sports Nutrition

SAMPLE MENU FOR NATIONAL ACADEMY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Pre Training	Fresh fruit juice + dry fruits + Banana (01)	Fresh fruit juice + dry fruits + Banana (01)	Fresh fruit juice + dry fruits + Banana (01)	Fresh fruit juice + dry fruits + Banana (01)	Fresh fruit juice + dry fruits + Banana (01)	Fresh fruit juice + dry fruits + Banana (01)	Fresh fruit juice + dry fruits + Banana (01)	
During Training	Isotonic Drink (500 ml)	Isotonic Drink (500 ml)	Isotonic Drink (500 ml)	Isotonic Drink (500 ml)	Isotonic Drink (500 ml)	Isotonic Drink (500 ml)	Isotonic Drink (500 ml)	
Post Training / Breakfast	<ul style="list-style-type: none"> Bread slices Jam Honey Butter Cornflakes/Oat flakes Boiled Egg Dalia Banana Methi-Missi Roti with curd Sprouts (black chana) 	<ul style="list-style-type: none"> Bread slices Jam Honey Butter Cornflakes/Oat flakes Boiled Egg Omelette Dalia Banana Milk Besan Chilla Groundnuts + corn (soaked or boiled) 	<ul style="list-style-type: none"> Bread slices Jam Honey Butter Cornflakes/Oat flakes Boiled Egg Scrambled Egg Dalia Banana Milk Veg Poha Sprouts (Moong) 	<ul style="list-style-type: none"> Bread slices Jam Honey Butter Cornflakes/Oat flakes Boiled Egg Omelette Dalia Banana Milk Wheat Pasta Sprouts (kabuli chana) 	<ul style="list-style-type: none"> Bread slices Jam Honey Butter Cornflakes/Oat flakes Boiled Egg Scrambled Egg Dalia Banana Milk Veg Sewiyam Sprouts (3 beans) 	<ul style="list-style-type: none"> Bread slices Jam Honey Butter Cornflakes/Oat flakes Boiled Egg Omelette Dalia Banana Milk Dhokla Sprouts (black chana) 	<ul style="list-style-type: none"> Bread slices Jam Honey Butter Cornflakes/Oat flakes Boiled Egg Scrambled Egg Dalia Banana Milk Idli Sprouts (baked beans) 	
Lunch	<ul style="list-style-type: none"> Rice Roti Mixed dal Seasonal veg Chicken Sauté / Palak Paneer Lassi (salted) Fruit Sliced Salad 	<ul style="list-style-type: none"> Brown Rice Roti Chole dhal Seasonal veg Chicken gravy/ Paneer sauté Lauki raita Fruit Chopped Salad Yoghurt 	<ul style="list-style-type: none"> Rice Roti (missi + tava) Kala chana dhal Seasonal veg (leafy) Lemon Chicken/ Methi Paneer Curd Fruit Sliced Salad 	<ul style="list-style-type: none"> Rice Roti Kadi Seasonal veg Chicken curry/ Paneer Bhurji Lassi (salted) Fruit Chopped Salad 	<ul style="list-style-type: none"> Rice Roti Palak dhal Seasonal veg Tomato Chicken/ Paneer Mushroom stir fry Curd Fruit Sliced Salad 	<ul style="list-style-type: none"> Brown Rice Roti Rajma Seasonal veg Palak Chicken/ Garlic Paneer Veg raita Fruit Chopped Salad Yoghurt 	<ul style="list-style-type: none"> Rice Roti (missi + tava) Soybeans dhal Seasonal veg Boiled Chicken/ Matar Paneer Curd Fruit Sliced Salad 	
During Training	<ul style="list-style-type: none"> Lemonade 	<ul style="list-style-type: none"> Lemonade 	<ul style="list-style-type: none"> Lemonade 	<ul style="list-style-type: none"> Lemonade 	<ul style="list-style-type: none"> Lemonade 	<ul style="list-style-type: none"> Lemonade 	<ul style="list-style-type: none"> Lemonade 	
Post Training	<ul style="list-style-type: none"> Banana + Bread jam + Chocolate Milk 	<ul style="list-style-type: none"> Banana + Bread jam + Chocolate Milk 	<ul style="list-style-type: none"> Banana + Bread jam + Chocolate Milk 	<ul style="list-style-type: none"> Banana + Bread jam + Chocolate Milk 	<ul style="list-style-type: none"> Banana + Bread jam + Chocolate Milk 	<ul style="list-style-type: none"> Banana + Bread jam + Chocolate Milk 	<ul style="list-style-type: none"> Banana + Bread jam + Chocolate Milk 	<ul style="list-style-type: none"> Banana + Bread jam + Chocolate Milk

10

