

DAY 1

Breakfast	3 T of cereals, 1 glass specialized milk Dried fruits
Lunch	1 sandwich Filling: Mayonnaise, fish and salad
Snack	A handful of nuts
Dinner	3 T rice, Lentil soup, Steamed vegetables Chicken
After Dinner	1 glass of specialized milk enriched with <b>DHA</b>

DAY 2

	2 T Semolina (Cooked with specialized milk)
	3 T pasta (Cooked with peas, carrots, cheese and tomatoes) 1 fruit
	1 cup of yoghurt (with fruits chunks)
	1 bowl of soup (legumes, rice vermicelli, dark green leaves)
	1 glass of specialized milk enriched with <b>DHA</b>



DAY 3

Breakfast	1 glass smoothies (Cooked flax seed, wheat grem, fresh fruits, specialized milk)
Lunch	3 T couscous salad (With broccoli, chickend, corn)
Snack	A handful of dried fruits
Dinner	Grilled chicken, Green salad Potato puree
After Dinner	1 glass of specialized milk enriched with <b>DHA</b>

DAY 4

	3 T oatmeal (Cooked with nuts, raisins and specialized milk)
	1 small bread Filling: omelette with spinach, mushroom and cheese
	Fruit salad (Sprinkle with grounded seeds)
	3 T rice Soya bean Curry Steamed vegetables
	1 glass of specialized milk enriched with <b>DHA</b>

DAY 5

	2 T pudding (Cooked with nuts, dried fruits, specialized milk)
	1 sandwich Filling: Tuna, cabbage, corn and herbs
	2 - 3 Cookies (with nuts)
	Grilled fish 3 T couscous (with cucumber, tomatoes, peas, lettuce)
	1 glass of specialized milk enriched with <b>DHA</b>

DAY 6

Breakfast	1 slice of bread, Peanut butter 1 glass specialized milk
Lunch	3 T rice (sautéed with tofu, peas, green and raisins)
Snack	1 glass of fruit juice (combination of fruits and seeds)
Dinner	Vegetable puree Sautéed lean meat (carrots, greens, mushroom)
After Dinner	1 glass of specialized milk enriched with <b>DHA</b>

DAY 7

	3 T cereals, 1 glass specialized milk Fresh fruits, cut into cubes
	1 slice of bread Steamed vegetable (beetroot, squash boiled eggs)
	1 cup of yoghurt (with chopped nuts and grounded seeds)
	Tuna salad (with tuna, corn, bean sprouts, black olives, green cucumber)
	1 glass of specialized milk enriched with <b>DHA</b>



\*T - tablespoon

Backed by the Science expertise from Fonterra's NEW ZEALAND based R&D Centre with 90+ years of knowledge & experience.



# Alternative List

CARBOHYDRATES (Cereals, Bread, Rice & Pasta)	<ul style="list-style-type: none"><li>• Wholemeal bread</li><li>• Oatmeal</li></ul>	<ul style="list-style-type: none"><li>• Pancakes</li><li>• Pasta</li><li>• Rice</li></ul>	<ul style="list-style-type: none"><li>• Semolina</li><li>• Couscous</li></ul>
PROTEIN (Meat, Poultry, Fish, Eggs)	<ul style="list-style-type: none"><li>• Salmon</li></ul>	<ul style="list-style-type: none"><li>• Chicken</li><li>• Lean meat</li><li>• Legumes</li></ul>	<ul style="list-style-type: none"><li>• Eggs</li><li>• Soya beans</li></ul>
FRUITS	<ul style="list-style-type: none"><li>• Strawberries</li><li>• Cherries</li><li>• Gojiberries</li></ul>	<ul style="list-style-type: none"><li>• Avocadoes</li><li>• Raisins</li><li>• Kiwis</li></ul>	<ul style="list-style-type: none"><li>• Citrus fruits</li><li>• Pineapple</li><li>• Cucumber</li></ul>
VEGATABLES	<ul style="list-style-type: none"><li>• Broccoli</li><li>• Cauliflower</li><li>• Peas</li><li>• Lettuce</li></ul>	<ul style="list-style-type: none"><li>• Ladyfinger</li><li>• Dark leafy vegetables</li><li>• Beetroots</li><li>• Carrots</li></ul>	<ul style="list-style-type: none"><li>• Pumpkin</li><li>• Egg plant</li><li>• Tomatoes</li></ul>
MILK AND MILK DERIVATIVES	<ul style="list-style-type: none"><li>• Cheese</li><li>• Yoghurt</li></ul>	<ul style="list-style-type: none"><li>• Specialized milk</li><li>• All dairy products</li></ul>	
HEALTHY DRINKS	<ul style="list-style-type: none"><li>• Water</li><li>• Fruit juice (homemade)</li></ul>	<ul style="list-style-type: none"><li>• Flavoured milk (made with specialized milk)</li><li>• Smoothies</li></ul>	
HEALTHY FATS	<ul style="list-style-type: none"><li>• Peanut butter</li><li>• Nuts (pecans, walnuts, peanuts, almonds)</li></ul>	<ul style="list-style-type: none"><li>• Olive oil</li><li>• Seeds (Flax, Sunflower, Pumpkin)</li></ul>	
TO AVOID	<ul style="list-style-type: none"><li>• Chocolate</li><li>• Muffins</li><li>• Doughnuts</li></ul>	<ul style="list-style-type: none"><li>• Sweets</li><li>• Fries</li><li>• Chips</li></ul>	<ul style="list-style-type: none"><li>• Fizzy drinks</li></ul>