

OCTOBER 2025

ROYAL BRUNCH (WEEK V)

DAY	BRUNCH MEAL	NUTRITIONAL VALUE Calories/Serving
Monday	Choley Chawal & Salad	Calories : 486kcal Protein : 22.8g Carbs : 78.6g Fat : 10.3g
Tuesday	Mixed Veg Uthappam with Chutney	Calories : 467kcal Protein : 17g Carbs : 84.6g Fat : 28.7g
Wednesday	Atta Poori with Aloo Matar Sabji	Calories : 499kcal Protein : 28.7g Carbs : 58.7g Fat : 20.6g
Thursday	Pao Bhaji with Fruits	Calories : 327kcal Protein : 14.6g Carbs : 33.9g Fat : 15g
Friday	Aloo Matar Paratha with Pickle & Raita	Calories : Approx. 500kcal per serving Protein : 17g Carbs : approx. 50g Fat : 20.6g

Menu curated by Ruchi Bharadwaj Barah
(Fitness Expert & Nutritionist)