

JULY 2026 ROYAL BRUNCH (WEEK-V)

DAY	BRUNCH MEAL	NUTRITIONAL VALUE Calories/Serving
Monday	Cholley Chawal with Salad	Calories : 486kcal Protein : 22.8g Carbs : 78.6g Fat : 10.3g
Tuesday	Mixed Sauce Wheat Pasta & Garlic Bread	Calories : 467kcal Protein : 17g Carbs : 84.6g Fat : 28.7g
Wednesday	Veg Biryani with Raita	Calories : 499kcal Protein : 28.7g Carbs : 58.7g Fat : 20.6g
Thursday	Veg Wrap with Fruits	Calories : 327kcal Protein : 14.6g Carbs : 33.9g Fat : 15g
Friday	Rajma Chawal with Cucumber Raita	Calories : 500kcal Protein : 17g Carbs : approx. 50g Fat : 10.5g

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