

DJ KIDS PRESENTS

GOOD MORNING BREAKFAST BOX

DJ KIDS

POWER MEAL PLAN

30 Days of Smart Eating for Kids

Fun. Healthy. Future-Ready Kids.

Protein + Poriyal + Fruit | Every Single Day

Complete Recipes | Nutrition Facts | Pro Tips

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GMBB FORMULA: Protein (Egg / Chicken / Paneer) + Poriyal (Vegetable) + Fruit

Introduction

Why Nutrition Matters for Kids



Breakfast is the most important meal of the day, especially for growing children. After 8 to 10 hours of fasting during sleep, your child's body and brain desperately need fuel to kick-start the day. Research consistently shows that children who eat a balanced breakfast perform better in school, have more energy throughout the day, and maintain a healthier weight over time.

At DJ Kids, we follow a simple, proven formula for every breakfast:

PROTEIN + PORIYAL + FRUIT

Egg / Chicken / Paneer + Vegetable Stir Fry + Fresh Seasonal Fruit

The Importance of Protein at Breakfast

Protein is the building block of your child's growing body. Including adequate protein at breakfast is critical for these reasons:

Muscle and Bone Growth: Children need protein to build and repair muscles, bones, skin, and organs every single day.

Brain Power: Amino acids from protein produce neurotransmitters that sharpen focus and concentration in school.

Keeps Kids Full: Protein prevents mid-morning hunger crashes and junk food cravings before lunch.

Steady Energy: Protein slows down carbohydrate absorption, preventing energy spikes and crashes.

Strong Immunity: Antibodies are made of protein. A protein-rich breakfast strengthens the immune system.

Calorie Guide by Age

Age Group	Daily Calories	Breakfast Target
3 to 5 years	1,200 - 1,400 kcal	300 - 400 kcal
6 to 8 years	1,400 - 1,600 kcal	350 - 450 kcal
9 to 12 years	1,600 - 2,000 kcal	400 - 500 kcal
13+ years	2,000 - 2,400 kcal	500 - 600 kcal

Our GMBB recipes range from 247 to 465 kcal per meal, perfect for children aged 3 to 12 years. Adjust portion sizes based on your child's age and activity level.

How to Use This Plan

The 30-Day System

This plan is designed to be practical, flexible, and realistic for busy Indian families. Here is how to get the most out of it:

Follow sequentially or mix and match. You can follow the 30 days in order, or pick any day's menu based on what ingredients you have at home.

Repeat your favourites. If your kids love Day 3's chicken pepper fry, feel free to repeat it more often. The goal is consistency, not rigid compliance.

Prep the night before. Most poryials can be made the previous evening and refrigerated. Reheat in the morning for a stress-free start.

Batch cook proteins. Boil eggs on Sunday for the entire week. Marinate chicken overnight for quick morning cooking.

Rotate seasonal fruits. Use whatever fresh fruits are available in your local market. The plan suggests options, but any fruit works.

Understanding Portions

Every recipe in this book includes a portion size designed for children aged 5 to 12 years. Portions are described in simple, everyday measurements rather than grams and millilitres. Here is a simple guide:

Age	Adjustment
3 to 5 years	Reduce portions by about 25 percent
5 to 8 years	Use the portions as written
9 to 12 years	Increase by 15 to 20 percent if needed
13+ years	Increase by 25 to 30 percent

Weekly Protein Rotation

Monday: Egg-based (omelette, boiled, or scrambled)

Tuesday: Egg-based (rotated weekly for variety)

Wednesday: Chicken Day (pepper fry, tawa fry, stir fry, or curry)

Thursday: Egg-based (bread pizza, scrambled, or omelette)

Friday: Egg-based (rotated weekly)

Saturday: Chicken Day (different style from Wednesday)

Sunday: Vegetarian Special (paneer, mushroom, or sundal)

DAY

1

WEEK 1

Omelette + Carrot Poriyal + Apple



Portion: 2-egg Omelette | 1 cup Carrot Poriyal | 1 medium Apple

MENU

- Egg Omelette (2 eggs)
- Carrot Poriyal (1 cup)
- Apple (1 medium)

RECIPE

Ingredients

- 2 eggs, 1 tablespoon oil, 1 small onion (chopped), salt and pepper to taste
- 2 medium carrots (grated), 1 teaspoon mustard seeds, 1 teaspoon urad dal, curry leaves, 2 tablespoons coconut, turmeric, salt
- 1 medium apple (washed and sliced)

Method

1. Beat eggs with salt, pepper, and chopped onions in a bowl.
2. Heat oil in a pan on medium heat. Pour the egg mixture and spread evenly.
3. Cook until the bottom is golden (about 2 minutes), then fold and cook for 1 more minute.
4. For poriyal, heat oil, add mustard seeds and urad dal. When they splutter, add curry leaves.
5. Add grated carrot, turmeric, and salt. Cook on medium heat for 5 minutes, stirring occasionally.
6. Add coconut, mix well, and remove from heat.
7. Wash and slice the apple. Serve everything together on a plate.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Egg Omelette (2 eggs)	180	12g	2g	14g	0g
Carrot Poriyal (1 cup)	85	1.5g	10g	4g	3g
Apple (1 medium)	95	0.5g	25g	0.3g	4.5g
TOTAL	360 kcal	14g	37g	18.3g	7.5g

NUTRITION INSIGHT

Eggs deliver complete protein with all 9 essential amino acids. Carrots are loaded with beta-carotene for sharp eyesight. Apple adds natural fibre and keeps the gut healthy. This trio covers protein, vitamins, and fibre in one clean plate.

***DJ Tip:** Hey kids! Think of your omelette as a superhero cape on your plate. The carrot poriyal is your shield, and the apple is your power fruit. Eat all three and you are unstoppable today!*

Parent Note: Prep the carrot poriyal the night before and refrigerate. In the morning, just reheat and make a quick omelette. Total active time: 8 minutes.

DAY

2

WEEK 1

Boiled Egg + Beans Poriyal + Banana



Portion: 2 Boiled Eggs | 1 cup Beans Poriyal | 1 Banana

MENU

- Boiled Eggs (2)
- Beans Poriyal (1 cup)
- Banana (1 medium)

RECIPE

Ingredients

- 2 eggs, water, salt, black pepper
- 200g French beans (chopped), 1 teaspoon mustard seeds, 1 teaspoon urad dal, 1 dried red chilli, curry leaves, 2 tablespoons coconut, turmeric, salt
- 1 medium ripe banana

Method

1. Place eggs in a pot, cover with water. Bring to a rolling boil.
2. Once boiling, cook for exactly 10 minutes for a firm yolk.
3. Transfer eggs to cold water. Peel and sprinkle with salt and pepper.
4. For poriyal, heat oil, add mustard seeds, urad dal, and dried red chilli. Let them splutter.
5. Add curry leaves and chopped beans. Add turmeric and salt.
6. Cover and cook on medium heat for 8 minutes, stirring occasionally.
7. Add coconut, mix, and serve alongside eggs and banana.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Boiled Eggs (2)	155	13g	1g	11g	0g
Beans Poriyal (1 cup)	75	2g	9g	3.5g	3.5g
Banana (1 medium)	105	1.3g	27g	0.4g	3g
TOTAL	335 kcal	16.3g	37g	14.9g	6.5g

NUTRITION INSIGHT

Boiled eggs retain maximum nutrition with zero added oil. Beans provide Vitamin K and folate for bone health. Banana delivers instant potassium and natural energy. Together, 16.3g protein keeps kids sharp until lunch.

***DJ Tip:** Boiled eggs are like energy capsules! Crack them open, sprinkle some pepper, and bite into pure power. Your banana is dessert, and it comes with free potassium!*

Parent Note: Batch-boil eggs for the week every Sunday night. They stay fresh in the fridge for 5 days. Peel under cold running water for easy shells.

DAY

3

WEEK 1

Chicken Pepper Fry + Cucumber + Watermelon



Portion: 80g Chicken Pepper Fry | 1 cup Cucumber | 1 cup Watermelon

MENU

- Chicken Pepper Fry (80g)
- Cucumber slices (1 cup)
- Watermelon (1 cup)

RECIPE

Ingredients

- 80g boneless chicken (cubed), 1 tablespoon curd, 1 teaspoon crushed black pepper, 1/2 teaspoon turmeric, 1/2 teaspoon chilli powder, 1 tablespoon oil, curry leaves, salt
- 1 medium cucumber (sliced into sticks)
- 1 cup watermelon (cubed)

Method

1. Marinate chicken with curd, turmeric, chilli powder, half the pepper, and salt for 30 minutes (or overnight).
2. Heat oil in a pan on high heat. Add curry leaves.
3. Add marinated chicken pieces. Spread in a single layer without overcrowding.
4. Cook without stirring for 3 minutes until the bottom is golden and crispy.
5. Flip and cook for another 3 minutes. Sprinkle remaining crushed pepper.
6. Toss well for 1 minute and remove from heat.
7. Slice cucumber into sticks and cube watermelon. Plate everything neatly.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Chicken Pepper Fry (80g)	185	22g	3g	9g	0.5g
Cucumber slices (1 cup)	16	0.7g	3.5g	0.1g	0.5g
Watermelon (1 cup)	46	0.9g	11.5g	0.2g	0.6g
TOTAL	247 kcal	23.6g	18g	9.3g	1.6g

NUTRITION INSIGHT

Chicken is the richest source of lean protein for growing muscles. Black pepper boosts nutrient absorption by up to 2000 percent. Cucumber hydrates the body on warm mornings. Watermelon adds lycopene for immunity.

***DJ Tip:** Wednesday is Chicken Day! That crispy pepper fry is your weekly reward. Crunch on cucumber like a champion and finish with juicy watermelon. Power combo activated!*

Parent Note: Marinate chicken the previous night. In the morning, it only takes 7 minutes of pan-frying. Use minimal oil on a hot tawa for the crispiest results.

DAY

4

WEEK 1

Egg Bread Pizza + Vendaikai Fry + Papaya



Portion: 2-slice Egg Bread Pizza | 1 cup Vendaikai Fry | 1 cup Papaya

MENU

- Egg Bread Pizza (2 slices)
- Vendaikai Fry (1 cup)
- Papaya (1 cup)

RECIPE

Ingredients

- 2 slices whole wheat bread, 2 eggs, 1 small onion (chopped), 1 small tomato (chopped), 2 tablespoons capsicum (chopped), 1 cheese slice, salt, pepper, butter
- 200g vendaikai/okra (sliced), 1 teaspoon sambar powder, turmeric, mustard seeds, curry leaves, oil, salt
- 1 cup ripe papaya (cubed)

Method

1. Beat eggs with salt and pepper. Dip bread slices in the egg mixture.
2. Heat butter in a pan. Place the egg-dipped bread and top with onion, tomato, capsicum.
3. Place cheese slice on top and cover with a lid. Cook on low heat for 3 minutes until cheese melts.
4. For vendaikai, wash and dry okra completely. Slice into thin rounds.
5. Heat oil, add mustard seeds and curry leaves. Add sliced okra.
6. Add turmeric and sambar powder. Fry on medium-high heat without covering for 8 minutes until crispy.
7. Cube the papaya. Arrange bread pizza, vendaikai fry, and papaya on the plate.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Egg Bread Pizza (2 slices)	260	14g	26g	11g	2g
Vendaikai Fry (1 cup)	70	2g	7g	4g	3g
Papaya (1 cup)	62	0.7g	16g	0.4g	2.5g
TOTAL	392 kcal	16.7g	49g	15.4g	7.5g

NUTRITION INSIGHT

Egg bread pizza sneaks in protein through a fun format kids love. Vendaikai is rich in soluble fibre for digestion and blood sugar control. Papaya contains papain enzyme that improves protein absorption from eggs.

***DJ Tip:** Pizza for breakfast? Yes please! This is not just any pizza though, it is a protein-packed brain-fuel pizza. Your vendaikai fry is the crunchy sidekick, and papaya is the tropical finisher!*

Parent Note: The bread pizza takes under 5 minutes. To avoid slimy okra, make sure it is completely dry before slicing. Fry on high heat without a lid for crispy results.

DAY

5

WEEK 1

Scrambled Egg + Beetroot Poriyal + Orange



Portion: 2-egg Scrambled Eggs | 1 cup Beetroot Poriyal | 1 Orange

MENU

- Scrambled Eggs (2)
- Beetroot Poriyal (1 cup)
- Orange (1 medium)

RECIPE

Ingredients

- 2 eggs, 1 tablespoon milk, 1 teaspoon butter, salt, pepper
- 1 medium beetroot (grated), mustard seeds, urad dal, curry leaves, 2 tablespoons coconut, turmeric, salt, oil
- 1 medium orange (peeled and segmented)

Method

1. Beat eggs with milk, salt, and pepper until frothy.
2. Melt butter in a non-stick pan on low heat. Pour egg mixture.
3. Gently stir with a spatula, folding softly. Remove when still slightly wet (it continues cooking).
4. For poriyal, heat oil, add mustard seeds and urad dal. Add curry leaves.
5. Add grated beetroot, turmeric, and salt. Cover and cook for 6 minutes.
6. Add coconut at the end, mix well, and serve.
7. Peel and segment the orange. Plate alongside eggs and poriyal.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Scrambled Eggs (2)	190	12g	2g	15g	0g
Beetroot Poriyal (1 cup)	80	2g	12g	3g	3g
Orange (1 medium)	62	1.2g	15g	0.2g	3g
TOTAL	332 kcal	15.2g	29g	18.2g	6g

NUTRITION INSIGHT

Scrambled eggs are soft and easy for younger kids. Beetroot is a natural blood purifier and boosts haemoglobin levels. Orange provides your entire daily Vitamin C for immunity. Vibrant colours make this plate exciting.

***DJ Tip:** Look at your plate today: golden eggs, ruby red beetroot, and bright orange fruit! That is a rainbow of power. Every colour is a different superpower for your body!*

Parent Note: Add milk while scrambling for a creamier, fluffier texture. Grate beetroot for faster cooking. Prep poriyal the night before if mornings are tight.

DAY

6

WEEK 1

Chicken Tawa Fry + Pudalankai Poriyal + Guava



Portion: 80g Chicken Tawa Fry | 1 cup Pudalankai Poriyal | 1 Guava

MENU

- Chicken Tawa Fry (80g)
- Pudalankai Poriyal (1 cup)
- Guava (1 medium)

RECIPE

Ingredients

- 80g boneless chicken (flattened), 1 tablespoon curd, turmeric, chilli powder, garam masala, ginger-garlic paste, salt, oil
- 200g pudalankai/snake gourd (chopped), mustard seeds, urad dal, moong dal (optional), curry leaves, turmeric, coconut, salt, oil
- 1 medium guava (sliced)

Method

1. Flatten chicken pieces with a mallet or rolling pin. Marinate with curd, turmeric, chilli, garam masala, ginger-garlic paste, and salt.
2. Heat oil on a tawa (flat pan) on medium-high heat.
3. Place chicken flat on the tawa. Press with a spatula. Cook 4 minutes per side without disturbing.
4. For poriyal, scrape pudalankai, remove seeds, and chop. Heat oil with mustard seeds and urad dal.
5. Add curry leaves and chopped pudalankai. Add turmeric and salt.
6. Cover and cook for 7 minutes until soft. Add coconut and mix.
7. Slice guava and serve alongside.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Chicken Tawa Fry (80g)	195	23g	2g	10g	0g
Pudalankai Poriyal (1 cup)	55	1.5g	6g	3g	2g
Guava (1 medium)	68	2.5g	14g	1g	5g
TOTAL	318 kcal	27g	22g	14g	7g

NUTRITION INSIGHT

This is the highest protein breakfast this week at 27g. Pudalankai is excellent for cooling the body in Chennai heat. Guava has 4 times more Vitamin C than orange, making it an immunity superstar. Low-carb, high-protein for sustained energy.

***DJ Tip:** Saturday Chicken Day means tawa fry time! That sizzle on the tawa is the sound of gains. Guava is your secret weapon with more Vitamin C than any other fruit on this list!*

Parent Note: Flatten chicken for even cooking and faster prep. Pudalankai cooks quickly when chopped small. Marinate chicken overnight for best flavour with minimal morning effort.

DAY

7

WEEK 1

Bread Omelette + Cabbage Poriyal + Dragon Fruit



Portion: 2-slice Bread Omelette | 1 cup Cabbage Poriyal | 1 cup Dragon Fruit

MENU

- Bread Omelette (2 slices + 2 eggs)
- Cabbage Poriyal (1 cup)
- Dragon Fruit (1 cup)

RECIPE

Ingredients

- 2 slices whole wheat bread, 2 eggs, 1 small onion (chopped), green chilli (optional), salt, pepper, butter or oil
- 2 cups cabbage (finely shredded), mustard seeds, urad dal, curry leaves, turmeric, coconut, salt, oil
- 1 cup dragon fruit (cubed)

Method

1. Beat eggs with salt, pepper, and chopped onions.
2. Dip bread slices fully in the egg mixture, ensuring both sides are coated.
3. Heat butter in a pan. Toast bread on medium heat until golden on both sides (about 2 minutes each).
4. For poriyal, shred cabbage finely. Heat oil, add mustard seeds and urad dal.
5. Add curry leaves, then shredded cabbage with turmeric and salt.
6. Cook on medium heat for 5 minutes, stirring occasionally. Add coconut at the end.
7. Slice dragon fruit in half, scoop out flesh, and cube. Serve the complete plate.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Bread Omelette (2 sl + 2 eggs)	340	17g	26g	18g	3g
Cabbage Poriyal (1 cup)	65	1.5g	8g	3g	2.5g
Dragon Fruit (1 cup)	60	1.2g	13g	0.4g	3g
TOTAL	465 kcal	19.7g	47g	21.4g	8.5g

NUTRITION INSIGHT

Bread omelette combines carbs and protein in one item. Cabbage is rich in Vitamin C and sulforaphane which supports detox. Dragon fruit is loaded with prebiotics that feed good gut bacteria. A filling Sunday plate.

***DJ Tip:** Sunday brunch alert! Your bread omelette is golden and crunchy, your cabbage poriyal is quick and tasty, and your dragon fruit looks like something from another planet. Eat smart, play hard!*

Parent Note: Shred cabbage finely for faster cooking and easier eating. Dragon fruit can be prepped in 2 minutes. This entire plate comes together in under 12 minutes.

DAY

8

WEEK 2

Boiled Egg + Baby Potato Roast + Banana



Portion: 2 Boiled Eggs | 1 cup Baby Potato Roast | 1 Banana

MENU

- Boiled Eggs (2)
- Baby Potato Roast (1 cup)
- Banana (1 medium)

RECIPE

Ingredients

- 2 eggs
- 10-12 baby potatoes, mustard seeds, curry leaves, red chilli powder, turmeric, salt, oil
- 1 medium ripe banana

Method

1. Boil eggs for 10 minutes. Cool, peel, season with salt and pepper.
2. Boil baby potatoes with skin until just tender (8 minutes). Halve them.
3. Heat oil, add mustard seeds and curry leaves. Add halved potatoes.
4. Sprinkle chilli powder, turmeric, and salt. Roast on medium heat for 5 minutes, flipping occasionally, until crispy.
5. Serve with peeled banana.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Boiled Eggs (2)	155	13g	1g	11g	0g

Baby Potato Roast (1 cup)	165	3g	24g	7g	2.5g
Banana (1 medium)	105	1.3g	27g	0.4g	3g
TOTAL	425 kcal	17.3g	52g	18.4g	5.5g

NUTRITION INSIGHT

Baby potatoes are rich in potassium for heart and muscle health. Boiled eggs preserve all nutrients without added oil. Banana provides instant energy for the morning rush.

***DJ Tip:** Baby potatoes roasted until crispy are like little golden nuggets of energy! Pair them with your boiled egg power-ups and a banana energy bar. Week 2 starts strong!*

Parent Note: Boil baby potatoes the previous night. In the morning, just halve and roast for 5 minutes. Keeps mornings stress-free.

DAY

9

WEEK 2

Chicken Tawa Fry + Carrot + Apple



Portion: 80g Chicken Tawa Fry | 1 cup Carrot | 1 Apple

MENU

- Chicken Tawa Fry (80g)
- Carrot sticks (1 cup)
- Apple (1 medium)

RECIPE

Ingredients

- 80g boneless chicken, curd, turmeric, chilli powder, pepper, ginger-garlic paste, salt, oil
- 2 medium carrots (cut into sticks)
- 1 medium apple

Method

1. Marinate chicken with curd and spices (ideally overnight).
2. Heat oil on tawa, cook chicken 4 minutes per side until golden.
3. Wash and cut carrots into finger-sized sticks for easy munching.
4. Wash and slice apple. Plate everything neatly.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Chicken Tawa Fry (80g)	195	23g	2g	10g	0g
Carrot sticks (1 cup)	52	1g	10g	1g	3g

Apple (1 medium)	95	0.5g	25g	0.3g	4.5g
TOTAL	342 kcal	24.5g	37g	11.3g	7.5g

NUTRITION INSIGHT

Lean chicken fuels muscle growth. Carrots deliver beta-carotene for sharp eyesight. Apple contains quercetin for lung health. High protein with high fibre for sustained energy.

***DJ Tip:** Carrot sticks are nature's crunchy snack bars! Dip them in curd if you want extra protein points. Your tawa chicken is the main event, and apple is the sweet finish!*

Parent Note: Raw carrot sticks retain more nutrients than cooked. Let kids dip them in a small bowl of curd for added protein and fun.

DAY

10

WEEK 2

Bread Omelette + Broccoli + Guava



Portion: 2-slice Bread Omelette | 1 cup Broccoli | 1 Guava

MENU

- Bread Omelette (2 slices + 2 eggs)
- Steamed Broccoli (1 cup)
- Guava (1 medium)

RECIPE

Ingredients

- 2 slices bread, 2 eggs, onion, salt, pepper, butter
- 1 cup broccoli florets, salt, lemon juice
- 1 medium guava

Method

1. Beat eggs, dip bread, and toast on buttered pan until golden.
2. Steam broccoli florets for 3-4 minutes until bright green and tender-crisp.
3. Season with salt and a squeeze of lemon.
4. Slice guava and serve.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Bread Omelette (2 sl + 2 eggs)	340	17g	26g	18g	3g
Steamed Broccoli (1 cup)	55	3.7g	11g	0.6g	5g

Guava (1 medium)	68	2.5g	14g	1g	5g
TOTAL	463 kcal	23.2g	51g	19.6g	13g

NUTRITION INSIGHT

Broccoli is a superfood with sulforaphane for immunity. This is the highest fibre breakfast in this book at 13g. Guava supercharges iron absorption from eggs. Over 23g protein for active kids.

***DJ Tip:** Broccoli might look like tiny green trees, but each one is packed with more power than you think! Steam them just right so they stay crunchy and bright. You are eating a forest of health!*

Parent Note: Steam broccoli for only 3-4 minutes to keep nutrients. Overcooking destroys vitamins. A squeeze of lemon and pinch of salt makes kids eat it happily.

DAY

11

WEEK 2

Scrambled Egg + Avaraikai Poriyal + Papaya



Portion: 2-egg Scrambled Eggs | 1 cup Avaraikai Poriyal | 1 cup Papaya

MENU

- Scrambled Eggs (2)
- Avaraikai Poriyal (1 cup)
- Papaya (1 cup)

RECIPE

Ingredients

- 2 eggs, milk, butter, salt, pepper
- 200g avaraikai/broad beans, mustard seeds, urad dal, red chilli, curry leaves, coconut, turmeric, salt, oil
- 1 cup ripe papaya

Method

1. Scramble eggs with milk on low heat for creamy texture.
2. String the avaraikai edges, chop into pieces.
3. Heat oil with mustard seeds, urad dal, and red chilli.
4. Add avaraikai, turmeric, salt. Cook covered for 8 minutes.
5. Add coconut, mix well. Cube papaya and serve.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Scrambled Eggs (2)	190	12g	2g	15g	0g
Avaraikai Poriyal (1 cup)	80	4g	10g	3g	4g

Papaya (1 cup)	62	0.7g	16g	0.4g	2.5g
TOTAL	332 kcal	16.7g	28g	18.4g	6.5g

NUTRITION INSIGHT

Avaraikai is one of the richest plant sources of protein and fibre. Papaya's papain enzyme improves protein digestion from eggs. A traditional South Indian vegetable that is deeply nutritious.

***DJ Tip:** Avaraikai is an old-school vegetable that your grandparents knew was powerful! Mixed with fluffy scrambled eggs and sweet papaya, this is tradition meets modern nutrition!*

Parent Note: Add a pinch of jaggery to avaraikai poriyal to balance its slight bitterness. Kids prefer the version with a touch of natural sweetness.

DAY

12

WEEK 2

Chicken Pepper Fry + Beans + Orange



Portion: 80g Chicken Pepper Fry | 1 cup Beans Poriyal | 1 Orange

MENU

- Chicken Pepper Fry (80g)
- Beans Poriyal (1 cup)
- Orange (1 medium)

RECIPE

Ingredients

- 80g chicken, curd, crushed pepper, turmeric, chilli powder, curry leaves, salt, oil
- 200g French beans, mustard seeds, urad dal, curry leaves, coconut, turmeric, salt, oil
- 1 medium orange

Method

1. Marinate chicken with curd, pepper, turmeric, and salt. Fry on high heat for 7 minutes.
2. Chop beans, cook poriyal style with tempering and coconut.
3. Peel and segment the orange. Plate together.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Chicken Pepper Fry (80g)	185	22g	3g	9g	0.5g
Beans Poriyal (1 cup)	75	2g	9g	3.5g	3.5g
Orange (1 medium)	62	1.2g	15g	0.2g	3g

TOTAL	322 kcal	25.2g	27g	12.7g	7g
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NUTRITION INSIGHT

Chicken plus beans gives a complete amino acid profile. Orange's Vitamin C improves iron absorption from chicken. Beans provide folate for cell growth. Low calorie yet deeply satisfying with 25g protein.

***DJ Tip:** Pepper and chicken are best friends! The spicier the pepper, the more nutrients your body absorbs. Orange at the end cools everything down and gives you a Vitamin C boost!*

Parent Note: Crush black pepper fresh just before adding to chicken for maximum potency. This meal is under 325 calories but packs 25g of protein.

DAY

13

WEEK 2

Omelette + Corn Salad + Watermelon



Portion: 2-egg Omelette | 1 cup Corn Salad | 1 cup Watermelon

MENU

- Egg Omelette (2 eggs)
- Corn Salad (1 cup)
- Watermelon (1 cup)

RECIPE

Ingredients

- 2 eggs, onion, salt, pepper, oil
- 1 cup boiled sweet corn, lime juice, chaat masala, chopped onion, coriander leaves
- 1 cup watermelon (cubed)

Method

1. Make a classic omelette with onions.
2. Boil sweet corn until tender. Drain and toss with lime juice, chaat masala, onion, and coriander.
3. Cube watermelon and serve alongside.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Egg Omelette (2 eggs)	180	12g	2g	14g	0g
Corn Salad (1 cup)	130	4g	22g	3g	2.5g
Watermelon (1 cup)	46	0.9g	11.5g	0.2g	0.6g

TOTAL

356 kcal

16.9g

35.5g

17.2g

3.1g

NUTRITION INSIGHT

Sweet corn is rich in lutein and zeaxanthin for eye protection. Watermelon provides citrulline for blood flow. Corn adds complex carbs for slow energy release. A colourful plate kids love.

***DJ Tip:** Corn salad with chaat masala is like a party in a bowl! Mix it up, add that tangy lime, and every spoonful is a flavour explosion. Watermelon keeps you cool and hydrated!*

Parent Note: Boil corn in bulk and store in the fridge for 3 days. Toss with fresh lime and spices each morning for a quick side dish.

DAY

14

WEEK 2

Mushroom Sandwich + Kovakkai Fry + Apple



Portion: 2-slice Mushroom Sandwich | 1 cup Kovakkai Fry | 1 Apple

MENU

- Mushroom Sandwich (2 slices)
- Kovakkai Fry (1 cup)
- Apple (1 medium)

RECIPE

Ingredients

- 200g button mushrooms (sliced), 2 slices whole wheat bread, 1 cheese slice, onion, garlic, butter, salt, pepper
- 200g kovakkai/ivy gourd (sliced thin), mustard seeds, curry leaves, sambar powder, turmeric, salt, oil
- 1 medium apple

Method

1. Saute sliced mushrooms with garlic and onion on high heat for 4 minutes.
2. Season with salt and pepper. Place on bread with cheese and grill.
3. Slice kovakkai thin. Fry on medium-high heat with tempering and sambar powder until crispy.
4. Slice apple. Serve the vegetarian Sunday special.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Mushroom Sandwich (2 slices)	280	12g	28g	14g	3g
Kovakkai Fry (1 cup)	65	2g	6g	4g	2.5g

Apple (1 medium)	95	0.5g	25g	0.3g	4.5g
TOTAL	440 kcal	14.5g	59g	18.3g	10g

NUTRITION INSIGHT

Mushrooms are the only plant source of Vitamin D for bone health. Kovakkai helps regulate blood sugar naturally. A vegetarian special proving meatless meals can be delicious and nutritious.

***DJ Tip:** Sunday Special! Mushrooms might not look fancy, but they are the only vegetable that gives you Vitamin D, the sunshine vitamin! Your kovakkai fry is crispy and crunchy. This is a veggie day done right!*

Parent Note: Saute mushrooms on high heat without overcrowding for a meaty texture. Kovakkai must be sliced thin and fried until crispy. Both cook quickly.

DAY

15

WEEK 3

Boiled Egg + Beetroot + Banana



Portion: 2 Boiled Eggs | 1 cup Beetroot Poriyal | 1 Banana

MENU

- Boiled Eggs (2)
- Beetroot Poriyal (1 cup)
- Banana (1 medium)

RECIPE

Ingredients

- 2 eggs
- 1 medium beetroot (grated), mustard seeds, urad dal, curry leaves, coconut, turmeric, salt, oil
- 1 banana

Method

1. Boil eggs for 10 minutes. Cool, peel, season.
2. Grate beetroot. Cook poriyal with tempering, turmeric, salt. Cover for 6 minutes.
3. Add coconut at the end. Serve with banana.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Boiled Eggs (2)	155	13g	1g	11g	0g
Beetroot Poriyal (1 cup)	80	2g	12g	3g	3g
Banana (1 medium)	105	1.3g	27g	0.4g	3g

TOTAL	340 kcal	16.3g	40g	14.4g	6g
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NUTRITION INSIGHT

Beetroot's nitrates improve blood flow and oxygen delivery. Boiled eggs are 97 percent bioavailable protein. Banana's tryptophan converts to serotonin for a happy mood at school.

***DJ Tip:** Beetroot turns everything red, even your fingers! But it also turns your blood into a superhighway of oxygen. Combine with egg protein and banana energy for a triple power breakfast!*

Parent Note: Grate beetroot for fastest cooking. Prep poriyal the night before; it tastes even better the next morning as flavours develop.

DAY

16

WEEK 3

Chicken Pepper Fry + Vendaikai + Guava



Portion: 80g Chicken Pepper Fry | 1 cup Vendaikai Fry | 1 Guava

MENU

- Chicken Pepper Fry (80g)
- Vendaikai Fry (1 cup)
- Guava (1 medium)

RECIPE

Ingredients

- 80g chicken, curd, pepper, spices, oil
- 200g vendaikai, sambar powder, turmeric, tempering, oil
- 1 guava

Method

1. Marinate and fry chicken with crushed pepper until crispy.
2. Dry-fry vendaikai on high heat without lid until crispy.
3. Slice guava and serve together.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Chicken Pepper Fry (80g)	185	22g	3g	9g	0.5g
Vendaikai Fry (1 cup)	70	2g	7g	4g	3g
Guava (1 medium)	68	2.5g	14g	1g	5g

TOTAL

323 kcal

26.5g

24g

14g

8.5g

NUTRITION INSIGHT

26.5g protein is nearly half a child's daily requirement in one meal. Vendaikai's mucilage is excellent for gut lining repair. Guava provides more fibre per gram than most fruits.

***DJ Tip:** Crispy vendaikai and pepper chicken is the dream team! Guava finishes it off with a Vitamin C punch. Nearly 27 grams of protein means you are building muscles while eating breakfast!*

Parent Note: To avoid slimy okra, wash and dry completely before cutting. Fry on high heat uncovered. A few drops of lemon juice reduces stickiness.

DAY

17

WEEK 3

Egg Bread Pizza + Pudalankai + Papaya



Portion: 2-slice Egg Bread Pizza | 1 cup Pudalankai Poriyal | 1 cup Papaya

MENU

- Egg Bread Pizza (2 slices)
- Pudalankai Poriyal (1 cup)
- Papaya (1 cup)

RECIPE

Ingredients

- 2 bread slices, 2 eggs, veggies, cheese, butter
- 200g pudalankai, moong dal (optional), tempering, coconut, salt
- 1 cup papaya

Method

1. Make egg bread pizza as in Day 4.
2. Cook pudalankai poriyal with tempering and optional moong dal.
3. Cube papaya and plate everything.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Egg Bread Pizza (2 slices)	260	14g	26g	11g	2g
Pudalankai Poriyal (1 cup)	55	1.5g	6g	3g	2g
Papaya (1 cup)	62	0.7g	16g	0.4g	2.5g

TOTAL

377 kcal

16.2g

48g

14.4g

6.5g

NUTRITION INSIGHT

Pudalankai has cooling properties valued in Ayurveda. Bread pizza makes protein fun. Papaya's Vitamin A supports healthy skin and vision.

***DJ Tip:** Bread pizza is back! This time paired with pudalankai which is the coolest vegetable for hot days. Your papaya is nature's dessert packed with Vitamin A!*

Parent Note: Scrape pudalankai outer skin, remove seeds, and chop the flesh. It absorbs flavours beautifully. Adding moong dal gives extra protein.

DAY

18

WEEK 3

Scrambled Egg + Avaraikai + Orange



Portion: 2-egg Scrambled Eggs | 1 cup Avaraikai Poriyal | 1 Orange

MENU

- Scrambled Eggs (2)
- Avaraikai Poriyal (1 cup)
- Orange (1 medium)

RECIPE

Ingredients

- 2 eggs, milk, butter, salt, pepper
- 200g avaraikai, tempering, coconut, turmeric, jaggery (small piece), salt
- 1 orange

Method

1. Scramble eggs on low heat with milk.
2. Cook avaraikai poriyal with tempering and a small piece of jaggery.
3. Peel and segment orange. Serve.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Scrambled Eggs (2)	190	12g	2g	15g	0g
Avaraikai Poriyal (1 cup)	80	4g	10g	3g	4g
Orange (1 medium)	62	1.2g	15g	0.2g	3g

TOTAL

332 kcal

17.2g

27g

18.2g

7g

NUTRITION INSIGHT

Avaraikai provides L-DOPA, a precursor to dopamine (the happy hormone). Orange enhances mineral absorption from the entire meal. Over 7g fibre for healthy digestion.

***DJ Tip:** Avaraikai literally makes you happier because it helps produce dopamine! Pair it with creamy scrambled eggs and finish with a zesty orange for the ultimate good-mood breakfast!*

Parent Note: Add a pinch of jaggery while cooking avaraikai. It balances the slight bitterness and kids prefer the naturally sweeter version.

DAY

19

WEEK 3

Chicken Stir Fry + Broccoli + Apple



Portion: 80g Chicken Stir Fry | 1 cup Broccoli | 1 Apple

MENU

- Chicken Stir Fry (80g)
- Steamed Broccoli (1 cup)
- Apple (1 medium)

RECIPE

Ingredients

- 80g chicken strips, soy sauce, garlic, pepper, oil
- 1 cup broccoli florets, salt, lemon
- 1 apple

Method

1. Cut chicken into strips. Stir fry on high heat with garlic and soy sauce for 5 minutes.
2. Steam broccoli for 3-4 minutes. Season with salt and lemon.
3. Slice apple and serve.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Chicken Stir Fry (80g)	175	22g	3g	8g	0.5g
Steamed Broccoli (1 cup)	55	3.7g	11g	0.6g	5g
Apple (1 medium)	95	0.5g	25g	0.3g	4.5g

TOTAL

325 kcal

26.2g

39g

8.9g

10g

NUTRITION INSIGHT

Stir fry on high heat seals in juices and maximises protein. Broccoli has twice the Vitamin C of an orange per calorie. Lowest fat meal this week at 8.9g while being protein-rich.

***DJ Tip:** Stir fry is fast, loud, and powerful! Just like your morning energy. Broccoli florets are like little green trees of nutrition. Eat the whole forest!*

Parent Note: Cut chicken into thin strips for fastest cooking. Stir fry takes under 5 minutes on high heat. A quick, no-fuss midweek chicken meal.

DAY

20

WEEK 3

Omelette + Sweet Potato + Mango



Portion: 2-egg Omelette | 1 medium Sweet Potato | 1 cup Mango

MENU

- Egg Omelette (2 eggs)
- Roasted Sweet Potato (1 medium)
- Mango (1 cup)

RECIPE

Ingredients

- 2 eggs, onion, salt, pepper, oil
- 1 medium sweet potato, salt
- 1 cup mango (seasonal, cubed)

Method

1. Make omelette with onions.
2. Wash sweet potato, peel, and cut into cubes. Roast in air fryer at 200 degrees for 15 minutes or boil and mash.
3. Cube mango and serve together.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Egg Omelette (2 eggs)	180	12g	2g	14g	0g
Roasted Sweet Potato (1 med)	115	2g	27g	0.1g	4g
Mango (1 cup, seasonal)	99	1.4g	25g	0.6g	2.5g

TOTAL

394 kcal

15.4g

54g

14.7g

6.5g

NUTRITION INSIGHT

Sweet potato is a superfood with Vitamin A, C, and manganese. Its natural sweetness appeals to kids without added sugar. Mango provides Vitamin A for healthy skin and eyes.

***DJ Tip:** Sweet potato is nature's candy! Roast it until caramelised and every bite is sweet without any sugar. Add mango when it is in season and this plate becomes a tropical treat!*

Parent Note: Air fryer gives the best sweet potato texture. If you do not have one, simply boil and mash with a pinch of salt. Mango is seasonal; substitute with any available fruit.

DAY

21

WEEK 3

Paneer Sandwich + Peerkankai + Watermelon



Portion: 2-slice Paneer Sandwich | 1 cup Peerkankai Poriyal | 1 cup Watermelon

MENU

- Paneer Sandwich (2 slices)
- Peerkankai Poriyal (1 cup)
- Watermelon (1 cup)

RECIPE

Ingredients

- 100g paneer (crumbled), 2 bread slices, green chutney, chaat masala, butter
- 200g peerkankai/ridge gourd, mustard seeds, urad dal, curry leaves, coconut, turmeric, salt, oil
- 1 cup watermelon

Method

1. Crumble paneer and mix with green chutney and chaat masala.
2. Spread on bread, add another slice, and grill on buttered pan until golden.
3. Peel peerkankai, chop, cook poriyal style.
4. Cube watermelon and serve.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Paneer Sandwich (2 slices)	310	15g	26g	16g	2g
Peerkankai Poriyal (1 cup)	50	1.5g	5g	3g	2g

Watermelon (1 cup)	46	0.9g	11.5g	0.2g	0.6g
TOTAL	406 kcal	17.4g	42.5g	19.2g	4.6g

NUTRITION INSIGHT

Paneer provides calcium and protein for bone growth. Peerkankai is a natural blood purifier with insulin-like peptides. A vegetarian Sunday with excellent protein from paneer.

***DJ Tip:** Sunday Special again! Paneer sandwich with green chutney is restaurant-level breakfast at home. Peerkankai is the underrated vegetable that cleans your blood. Finish with cool watermelon!*

Parent Note: Use fresh paneer for best taste. Grate it for easier spreading. Green chutney (mint-coriander) adds tremendous flavour with zero extra calories.

DAY

22

WEEK 4

Boiled Egg + Beans + Banana



Portion: 2 Boiled Eggs | 1 cup Beans Poriyal | 1 Banana

MENU

- Boiled Eggs (2)
- Beans Poriyal (1 cup)
- Banana (1 medium)

RECIPE

Ingredients

- 2 eggs
- 200g beans, tempering, coconut, turmeric, salt
- 1 banana

Method

1. Boil eggs for 10 minutes. Cool, peel, season.
2. Cook beans poriyal style.
3. Serve with banana.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Boiled Eggs (2)	155	13g	1g	11g	0g
Beans Poriyal (1 cup)	75	2g	9g	3.5g	3.5g
Banana (1 medium)	105	1.3g	27g	0.4g	3g

TOTAL

335 kcal

16.3g

37g

14.9g

6.5g

NUTRITION INSIGHT

Consistent protein builds reliable nutrition habits. Beans provide manganese for bone development. Banana prevents muscle cramps. A proven combo that Deshnaa and Jaiwin both enjoy.

***DJ Tip:** Week 4! You have been eating smart for 22 days now. This combo is a classic for a reason. Simple, powerful, and always delicious. Keep the streak going!*

Parent Note: Batch-boil eggs on Sunday night for the entire week. They stay fresh in the fridge for 5 days.

DAY

23

WEEK 4

Chicken Curry + Carrot + Apple



Portion: 1 bowl Chicken Curry | 1 cup Carrot sticks | 1 Apple

MENU

- Chicken Curry (1 bowl)
- Carrot sticks (1 cup)
- Apple (1 medium)

RECIPE

Ingredients

- 100g chicken, onion, tomato, ginger-garlic paste, turmeric, chilli powder, garam masala, coriander, oil, salt
- 2 carrots (cut into sticks)
- 1 apple

Method

1. Saute onion, ginger-garlic paste. Add tomato, cook until soft.
2. Add spices and chicken. Cover and cook for 12 minutes.
3. Slice carrots and apple. Serve.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Chicken Curry (1 bowl)	240	24g	8g	12g	1g
Carrot sticks (1 cup)	52	1g	10g	1g	3g
Apple (1 medium)	95	0.5g	25g	0.3g	4.5g

TOTAL

387 kcal

25.5g

43g

13.3g

8.5g

NUTRITION INSIGHT

Curry spices like turmeric and cumin are anti-inflammatory. The gravy format lets chicken absorb deep flavours. Raw carrots retain maximum beta-carotene. A comforting 25.5g protein meal.

***DJ Tip:** Curry day! The spices in your curry are not just for taste. Turmeric fights inflammation, cumin helps digestion, and garam masala warms you up. Every bite is medicine disguised as food!*

Parent Note: Leftover dinner curry works perfectly as a breakfast hack. Make a little extra at dinner and refrigerate. Reheat in the morning for zero-effort protein.

DAY

24

WEEK 4

Egg Bread Pizza + Mushroom + Dragon Fruit



Portion: 2-slice Egg Bread Pizza | 1 cup Mushroom Fry | 1 cup Dragon Fruit

MENU

- Egg Bread Pizza (2 slices)
- Mushroom Stir Fry (1 cup)
- Dragon Fruit (1 cup)

RECIPE

Ingredients

- 2 bread slices, 2 eggs, veggies, cheese, butter
- 200g mushrooms (sliced), garlic, pepper, soy sauce, oil
- 1 cup dragon fruit

Method

1. Make egg bread pizza.
2. Saute mushrooms on high heat with garlic and soy sauce for 4 minutes.
3. Cube dragon fruit and serve.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Egg Bread Pizza (2 slices)	260	14g	26g	11g	2g
Mushroom Stir Fry (1 cup)	70	4g	5g	4g	2g
Dragon Fruit (1 cup)	60	1.2g	13g	0.4g	3g

TOTAL

390 kcal

19.2g

44g

15.4g

7g

NUTRITION INSIGHT

Mushrooms are the only non-animal Vitamin D source. Dragon fruit's magnesium supports better sleep. Egg bread pizza makes protein crave-worthy. Different textures make eating fun.

***DJ Tip:** Add mushrooms right on top of your bread pizza before the cheese goes on! When the cheese melts over the mushrooms, it is like a flavour explosion. Dragon fruit looks alien and tastes amazing!*

Parent Note: Mushrooms cook very quickly on high heat. Do not overcrowd the pan or they will steam instead of saute. Dragon fruit is pre-prepped in 1 minute.

DAY

25

WEEK 4

Scrambled Egg + Beetroot + Papaya



Portion: 2-egg Scrambled Eggs | 1 cup Beetroot Poriyal | 1 cup Papaya

MENU

- Scrambled Eggs (2)
- Beetroot Poriyal (1 cup)
- Papaya (1 cup)

RECIPE

Ingredients

- 2 eggs, milk, butter, salt, pepper
- 1 beetroot (grated), tempering, coconut, turmeric, salt
- 1 cup papaya

Method

1. Scramble eggs with milk on low heat.
2. Reheat or make fresh beetroot poriyal.
3. Cube papaya and serve.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Scrambled Eggs (2)	190	12g	2g	15g	0g
Beetroot Poriyal (1 cup)	80	2g	12g	3g	3g
Papaya (1 cup)	62	0.7g	16g	0.4g	2.5g

TOTAL

332 kcal

14.7g

30g

18.4g

5.5g

NUTRITION INSIGHT

Beetroot's betalain pigments are powerful antioxidants. Papaya's folate is essential for DNA synthesis in growing cells. The red-yellow-orange colours stimulate appetite naturally.

***DJ Tip:** Your plate looks like a painting today! Golden scrambled eggs, ruby beetroot, and sunny papaya. Beautiful food is powerful food. Eat the rainbow!*

Parent Note: Prep beetroot poriyal the night before. It actually tastes better the next day as flavours develop. Just reheat and serve.

DAY

26

WEEK 4

Chicken Pepper Fry + Corn + Orange



Portion: 80g Chicken Pepper Fry | 1 cup Corn Salad | 1 Orange

MENU

- Chicken Pepper Fry (80g)
- Corn Salad (1 cup)
- Orange (1 medium)

RECIPE

Ingredients

- 80g chicken, curd, crushed pepper, spices, oil
- 1 cup boiled corn, lime, chaat masala, onion, coriander
- 1 orange

Method

1. Fry marinated chicken with crushed pepper.
2. Toss boiled corn with lime, chaat masala, and onion.
3. Peel orange and serve.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Chicken Pepper Fry (80g)	185	22g	3g	9g	0.5g
Corn Salad (1 cup)	130	4g	22g	3g	2.5g
Orange (1 medium)	62	1.2g	15g	0.2g	3g

TOTAL	377 kcal	27.2g	40g	12.2g	6g
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NUTRITION INSIGHT

Highest protein in Week 4 at 27.2g from chicken and corn combined. Corn provides thiamine for energy metabolism. Orange's hesperidin supports healthy blood pressure.

DJ Tip: 27 grams of protein in one breakfast! That is champion-level eating. Your corn salad brings the crunch, your chicken brings the power, and your orange brings the vitamins!

Parent Note: Boil sweet corn in bulk on the weekend and refrigerate. Toss with fresh spices each morning. Takes 2 minutes.

DAY

27

WEEK 4

Omelette + Pudalankai + Watermelon



Portion: 2-egg Omelette | 1 cup Pudalankai Poriyal | 1 cup Watermelon

MENU

- Egg Omelette (2 eggs)
- Pudalankai Poriyal (1 cup)
- Watermelon (1 cup)

RECIPE

Ingredients

- 2 eggs, onion, green chilli, salt, pepper, oil
- 200g pudalankai, tempering, coconut, turmeric, salt
- 1 cup watermelon

Method

1. Make omelette with onions and green chilli.
2. Cook pudalankai poriyal.
3. Cube watermelon and serve.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Egg Omelette (2 eggs)	180	12g	2g	14g	0g
Pudalankai Poriyal (1 cup)	55	1.5g	6g	3g	2g
Watermelon (1 cup)	46	0.9g	11.5g	0.2g	0.6g

TOTAL	281 kcal	14.4g	19.5g	17.2g	2.6g
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NUTRITION INSIGHT

Lightest calorie day at 281 kcal, perfect for less active or warm days. Pudalankai has alkaline properties for pH balance. Watermelon aids hydration and kidney function.

***DJ Tip:** Light but mighty! This plate proves you do not need heavy food to be powerful. Pudalankai is a cooling champion, and watermelon is liquid energy. Smart eating!*

Parent Note: This lighter meal is ideal for days when kids have less appetite or when the weather is very warm. Add a glass of milk if you want to boost calories.

DAY

28

WEEK 4

Boiled Sundal + Sweet Potato + Guava



Portion: 1.5 cups Sundal | 1 medium Sweet Potato | 1 Guava

MENU

- Boiled Sundal (1.5 cups)
- Roasted Sweet Potato (1 medium)
- Guava (1 medium)

RECIPE

Ingredients

- 1 cup dried chickpeas (soaked overnight), mustard seeds, urad dal, curry leaves, grated coconut, lemon juice, asafoetida, salt, oil
- 1 medium sweet potato
- 1 guava

Method

1. Soak chickpeas overnight. Pressure cook for 3 whistles with salt and turmeric.
2. Heat oil, add mustard seeds, urad dal, curry leaves, and asafoetida.
3. Add drained chickpeas, coconut, and lemon juice. Toss well.
4. Roast sweet potato in oven or air fryer. Slice guava and serve.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Boiled Sundal (1.5 cups)	210	12g	30g	4g	8g
Roasted Sweet Potato (1 med)	115	2g	27g	0.1g	4g

Guava (1 medium)	68	2.5g	14g	1g	5g
TOTAL	393 kcal	16.5g	71g	5.1g	17g

NUTRITION INSIGHT

100 percent plant-based powerhouse. Highest fibre day in the book at 17g for exceptional gut health. Chickpeas provide iron, folate, and plant protein. Sweet potato has more beta-carotene than carrots.

***DJ Tip:** Sunday Special! Today is all plants and all power! Sundal is temple food that has been fueling people for centuries. Sweet potato is nature's candy. You do not need meat to eat strong!*

Parent Note: Soak chickpeas overnight and pressure cook in the morning. The entire sundal takes 15 minutes. Make extra sundal for evening snack too.

DAY

29

FINAL

Chicken Stir Fry + Cabbage + Apple



Portion: 80g Chicken Stir Fry | 1 cup Cabbage Poriyal | 1 Apple

MENU

- Chicken Stir Fry (80g)
- Cabbage Poriyal (1 cup)
- Apple (1 medium)

RECIPE

Ingredients

- 80g chicken strips, soy sauce, garlic, pepper, oil
- 2 cups cabbage (shredded), tempering, turmeric, jaggery (small piece), coconut, salt
- 1 apple

Method

1. Stir fry chicken strips on high heat for 5 minutes.
2. Shred cabbage finely. Cook poriyal with tempering and a small piece of jaggery.
3. Add coconut. Slice apple and serve.

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Chicken Stir Fry (80g)	175	22g	3g	8g	0.5g
Cabbage Poriyal (1 cup)	65	1.5g	8g	3g	2.5g
Apple (1 medium)	95	0.5g	25g	0.3g	4.5g

TOTAL

335 kcal

24g

36g

11.3g

7.5g

NUTRITION INSIGHT

Stir fry maximises protein retention. Cabbage is one of the most affordable superfoods rich in Vitamin C and K. Apple's malic acid helps detoxify the liver.

***DJ Tip:** Day 29! You are almost at the finish line. Stir fry chicken is quick, tasty, and packed with protein. Cabbage poriyal with a touch of jaggery is surprisingly sweet. One more day to go!*

Parent Note: Shred cabbage finely for poriyal. Add a small piece of jaggery while cooking to bring out natural sweetness. Even cabbage-haters will ask for seconds.

DAY

30

FINAL

Omelette + Broccoli + Mixed Fruits



Portion: 2-egg Omelette | 1 cup Broccoli | 1 cup Mixed Fruits

MENU

- Egg Omelette (2 eggs)
- Steamed Broccoli (1 cup)
- Mixed Fruits Bowl (1 cup)

RECIPE

Ingredients

- 2 eggs, onion, salt, pepper, oil
- 1 cup broccoli florets, salt, lemon
- 1 cup mixed seasonal fruits (apple, banana, papaya, pomegranate), honey (optional), chia seeds (optional)

Method

1. Make omelette with onions.
2. Steam broccoli for 3-4 minutes until bright green. Season with salt and lemon.
3. Wash and cut a variety of seasonal fruits into a bowl.
4. Optionally drizzle honey and sprinkle chia seeds.
5. Celebrate Day 30 with a beautiful plate!

NUTRITION FACTS

Food Item	Cal	Protein	Carbs	Fat	Fibre
Egg Omelette (2 eggs)	180	12g	2g	14g	0g
Steamed Broccoli (1 cup)	55	3.7g	11g	0.6g	5g

Mixed Fruits (1 cup)	80	1g	20g	0.3g	3g
TOTAL	315 kcal	16.7g	33g	14.9g	8g

NUTRITION INSIGHT

A celebratory plate combining eggs, greens, and fruits. Broccoli's Vitamin K supports blood clotting and bone density. Mixed fruits provide a wide spectrum of vitamins and antioxidants. Completing 30 days proves healthy breakfast is a lifestyle!

***DJ Tip:** DAY 30! You did it! You just completed 30 days of smart eating. Your body is stronger, your brain is sharper, and you proved that healthy food can be delicious. Champion status unlocked!*

Parent Note: Use seasonal fruits for the mixed bowl. Add honey and chia seeds for an extra nutrition boost. Celebrate this milestone with your kids. They earned it!

Weekly Shopping List

Stock these items at the start of each week for a stress-free 30 days.

Protein Sources

- Eggs (1 tray of 30 per week)
- Boneless chicken (500g for 2 chicken days)
- Paneer (200g, for Sunday specials)
- Mushrooms (200g, fresh, for Sunday specials)
- Dried chickpeas / peas (for sundal days)

Vegetables (Poriyals)

- Carrots (500g)
- French beans (500g)
- Beetroot (3-4 medium)
- Cabbage (1 small head)
- Broccoli (2 heads)
- Sweet potato (3-4 medium)
- Vendaikai / Okra (250g)
- Pudalankai / Snake gourd (250g)
- Avaraikai / Broad beans (250g)
- Kovakkai / Ivy gourd (250g)
- Peerkankai / Ridge gourd (1 medium)
- Sweet corn (4-5 ears or 2 cups frozen)
- Cucumber (2-3)
- Baby potatoes (250g)

Fruits (Rotate Seasonally)

- Apples (6-8)
- Bananas (1 dozen)
- Oranges (4-5)
- Guavas (4-5)
- Papayas (2 medium)
- Watermelon (1 medium or pre-cut)
- Dragon fruit (2-3)
- Mangoes (seasonal, 3-4)

Pantry Essentials

- Whole wheat bread (1 loaf per week)
- Cheese slices (1 pack)
- Mustard seeds, urad dal, curry leaves (for tempering)
- Turmeric, chilli powder, black pepper, garam masala
- Coconut (fresh or desiccated)
- Cooking oil, butter, curd
- Sambar powder, chaat masala
- Soy sauce (for stir fry days)
- Jaggery (small block)
- Lemon, green chillies, coriander leaves

Tips for Busy Parents

Sunday Prep Day

Spend 30 minutes on Sunday evening doing basic prep. Boil eggs for the week, soak chickpeas for sundal, chop vegetables for Monday and Tuesday poriyals, and marinate chicken for Wednesday. This single habit saves 15 minutes every weekday morning.

Poriyal the Night Before

Most poriyals actually taste better the next day as flavours develop. Cook the poriyal after dinner, refrigerate, and simply reheat in the morning. This eliminates the biggest time-consuming element of breakfast prep.

The Leftover Strategy

Make a little extra chicken curry or stir fry at dinner. Store separately in the fridge. In the morning, you have ready protein with zero cooking. Just add a poriyal and fruit.

Fruit Prep Box

Wash all fruits for the week on Sunday. Store apples, guavas, and oranges in the fridge. Cut watermelon and papaya into cubes and store in containers. Each morning, just pull out a container.

Involve the Kids

Let children help with age-appropriate tasks: peeling bananas, arranging fruit on plates, sprinkling coconut on poriyal. Children who help prepare food are more likely to eat it enthusiastically.

Keep It Simple on Hard Days

If time is extremely tight, a boiled egg with banana and any available fruit is a perfectly valid breakfast. Do not let perfection be the enemy of good nutrition.

The 80/20 Rule

Follow the plan 80 percent of the time. The remaining 20 percent, eat what feels right. Consistency beats perfection. Even 24 days out of 30 following this plan will make a meaningful difference.

Important Disclaimer

These are breakfast recipes that we have tried at home with our own kids, Deshnaa (Akka) and Jaiwin (Thambi). They are based on our personal experience and are shared with love to help other parents find easy, healthy breakfast ideas.

This book is NOT a substitute for professional dietary advice.

Please consult your child's paediatrician or a certified dietician / nutritionist before following these recipes, especially if your child has any food allergies, dietary restrictions, or specific health conditions.

Nutritional values mentioned are approximate and may vary based on exact ingredients, brands, and portion sizes used.

Every child is different. What works for our kids may need to be adjusted for yours. Listen to your child's body and preferences.

Closing Note

If you have reached this page, you are already a parent who cares deeply about your child's health. That matters more than any single recipe in this book.

Nutrition is not about perfection. It is about consistency. It is about showing up every morning and putting a balanced plate in front of your child, even when you are tired, even when time is short, even when they push back on vegetables.

The 30 days in this book are a starting point, not a finish line. Once you complete one cycle, start again. Mix, match, and adapt. Your kids will grow stronger, sharper, and healthier with every balanced breakfast you serve.

Future-ready kids are built one breakfast at a time.

Made with love by the DJ Kids Family

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