

Monthly Diet

Suggested Meal Plan

AUGUST



	MON	TUE	WED	THURS	FRI	SAT
WEEK 1	Vegetable paratha, paneer cubes, small banana	Dal khichdi, carrot sticks, mashed sweet potato	Mini idlis, mixed veggie Sabzi (dry), apple slices	Vegetable pulav, cucumber pieces, roasted chickpeas	Stuffed aloo paratha, peas & corn salad, orange wedges	Besan Chilla, dry mixed veg sabzi, papaya cubes
WEEK 2	Oats & veggie chilla, paneer cubes, Apple slices	Rice-dal mixed veg upma, dry lauki (bottle gourd), banana	Wheat flour cheela, dry potato-beans sabzi, papaya	Vegetable poha (carrot, green peas, peanuts), cucumber sticks, apple	Mixed dal and vegetable mini parathas, pear, beetroot salad	Vegetable Pulao, moong dal sprouts (lightly steamed), banana
WEEK 3	Mixed veg khichdi (moong dal, rice, veggies, light ghee), sweet lime	Rava (semolina) upma with grated vegetables, roasted chickpeas, papaya	Rice paratha, sautéed drumstick leaves (moringa), orange wedges	Cabbage-carrot paratha, cucumber sticks, apple slices	Oats-chilla, dry peas-corn sabzi, watermelon	Lauki Thepla, beetroot salad, steamed pear
WEEK 4	Samai (little millet) idli, dry veg bhaji (beans, carrot), banana	Vegetable dalia, cucumber sticks, papaya cubes	Alu-methi paratha, grated carrot salad, orange wedges	Sabudana khichdi (with peanuts, boiled potatoes), pear slices	Vegetable rice (rice + small mixed veg), steamed peas, apple	Spinach paratha, dry bottle gourd sabzi, watermelon

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Important Info:

August is peak monsoon in India—warm, very humid, and with significant rainfall in most regions. Monsoon season affects digestion; risk of infections is higher.

Meals should be easy to digest, support immunity, use seasonal/local produce, and **avoid items prone to spoilage (no liquid/dal/sabji/gravy, no junk food)**.

Important: If your child is allergic to any food item or is on a special diet please refer to a certified dietician.



Monsoon-Specific Nutrition & Safety Notes



- **Hygiene is critical:** Wash all fruits/veggies thoroughly; cut fruits fresh at home, avoid street/uncut produce.
- **Limit street snacks and fried items**—steam, pressure cook, bake, or roast for safety and nutrition.
- **Add turmeric and ginger** in cooking for immune support.
- **Prefer ghee** over oils when brushing parathas/theplas for digestibility and energy.
- **Avoid leafy greens** if not sure of washing quality, or soak in vinegar water, then cook thoroughly.
- **Use seasonal fruits:** banana, papaya, pear, apple, orange, watermelon (wash well), sweet lime.
- **Water:** always boiled/cooled or filtered, never from uncertain source.

