



T-Series presents

# KIDS DIET

AGE  
2-12  
YEARS

DESIGNED & CREATED BY  
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- 🍎 Brain Development
- 🍎 Height Development
- 🍎 Muscle Development
- 🍎 Bone Development



## NUTRITION E-Book

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## MEAL 1 - BREAKFAST

MAKE YOUR KIDS BREAKFAST	
<b>Choose a Grain</b>	<ul style="list-style-type: none"><li>○ Whole Grain Bread [1 Slice]</li><li>○ Wheat Chapati [1]</li><li>○ Wheat Pranthi [1]</li><li>○ Oats [1/3 cup]</li><li>○ Quinoa [1/3 cup]</li></ul>
<b>Choose a Spread</b>	<ul style="list-style-type: none"><li>○ Peanut Butter [1 spoon]</li><li>○ Almond Butter [1 spoon]</li></ul>
<b>Choose a Fruit</b>	<ul style="list-style-type: none"><li>○ Banana (½)</li><li>○ Mango Thin slices (½)</li><li>○ Blueberries/Strawberries (2 spoons)</li></ul>
<b>Choose a Milk</b>	<ul style="list-style-type: none"><li>○ Cow/Buffalo Milk (240ml)</li><li>○ Almond Milk (240ml)</li><li>○ Coconut Milk (240ml)</li><li>○ Soy Milk (240ml)</li></ul>
<b>Other Options</b>	<ul style="list-style-type: none"><li>○ <b>Cereals:</b> ½ cup Whole Grain Cereals with chopped Apple &amp; 1cup Milk</li><li>○ <b>Banana Shake:</b> 1 Banana with 1sp peanut butter, 1sp honey with Milk</li><li>○ <b>Eggs:</b> 2 Boiled Eggs with 1 cup Milk</li><li>○ <b>Omelet:</b> 2 Egg omelet with 1 glass orange or carrot juice</li></ul>
<b>Instructions</b>	<ul style="list-style-type: none"><li>○ Chose any grain then cook it, add spread, add any fruit, and then serve it to your kids with a glass of Milk</li></ul>

## MEAL 2 - SNACK

MAKE YOUR KIDS SNACK	
<b>Choose a Bean</b>	<ul style="list-style-type: none"><li>○ Garbanzo Beans (Chick Peas) [½ cup]</li><li>○ Kidney Beans [½ cup]</li><li>○ Black Beans [½ cup]</li></ul>
<b>Choose a Vegetable</b>	<ul style="list-style-type: none"><li>○ Carrots</li><li>○ Cucumber</li></ul>
<b>Choose a Fruit</b>	<ul style="list-style-type: none"><li>○ Orange [1]</li><li>○ Pear [1]</li><li>○ Papaya [1 cup]</li><li>○ Pineapple [1cup]</li><li>○ Watermelon [1 cup]</li></ul>
<b>Choose a Nut</b>	<ul style="list-style-type: none"><li>○ Almonds (10)</li><li>○ Peanuts (20g)</li><li>○ Walnuts (20g)</li><li>○ Cashews (10)</li></ul>
<b>Other Options</b>	<ul style="list-style-type: none"><li>○ <b>Fruit Bowl:</b> Apple/Banana/Berries/Grapes/Orange/Watermelon/Guava</li><li>○ <b>Banana Shake:</b> 1 Banana with 1sp peanut butter, 1sp honey with Milk</li><li>○ <b>Biscuits:</b> 4-5 Crackers with Humus (Mashed chickpeas)</li><li>○ <b>Juice:</b> Apple Juice with Roasted chickpeas</li></ul>
<b>Instructions</b>	<ul style="list-style-type: none"><li>○ Use processor to blend any bean, add salt/pepper then add 1sp Olive oil, add onion and tomato if needed. Put it in a bowl then serve it with cracker or carrots.</li></ul>

## MEAL 3 - LUNCH

MAKE YOUR KIDS LUNCH	
<b>Choose a Grain</b>	<ul style="list-style-type: none"><li>○ Whole Grain Bread [1 Slice]</li><li>○ Wheat Chapati [1]</li><li>○ Wheat Pranthi [1]</li><li>○ Brown Rice [1/3 cup]</li></ul>
<b>Choose a Protein</b>	<ul style="list-style-type: none"><li>○ Egg [1-2]</li><li>○ Grilled Chicken or Chicken curry [1 small bowl]</li><li>○ Fish or Tuna [1 small bowl]</li><li>○ Any Lentil [1 small bowl]</li><li>○ Any green vegetable [1 small bowl]</li></ul>
<b>Choose a Fruit</b>	<ul style="list-style-type: none"><li>○ Apple (1/2)</li><li>○ Grapes (1/2cup)</li><li>○ Kiwi (1)</li><li>○ Orange [1]</li></ul>
<b>Choose a Nut</b>	<ul style="list-style-type: none"><li>○ Almonds (10)</li><li>○ Peanuts (20g)</li><li>○ Walnuts (20g)</li><li>○ Cashews (10)</li></ul>
<b>Other Options</b>	<ul style="list-style-type: none"><li>○ <b>Rice Pulao:</b> 1/2 cup rice cooked with vegetable and paneer</li><li>○ <b>Paneer Bhurji:</b> 1 chapati with paneer bhurji with a piece of fruit</li></ul>
<b>Instructions</b>	<ul style="list-style-type: none"><li>○ Choose any grain with any protein. Have any piece of fruit after that.</li></ul>

## MEAL 4 – SNACK = ICE CREAM or SMOOTHIE

MAKE YOUR KIDS SNACK	
<b>Choose a Fruit</b>	
<ul style="list-style-type: none"><li>○ Banana</li><li>○ Mango</li><li>○ Peach</li><li>○ Berries</li></ul>	
<b>Choose a Seed</b>	
<ul style="list-style-type: none"><li>○ Sunflower Seed</li><li>○ Pumpkin Seed</li><li>○ Chia Seed</li><li>○ Flax Seed</li><li>○ Sesame Seed</li></ul>	
<b>Choose a Milk</b>	
<ul style="list-style-type: none"><li>○ Cow/Buffalo Milk (240ml)</li><li>○ Almond Milk (240ml)</li><li>○ Coconut Milk (240ml)</li><li>○ Soy Milk (240ml)</li></ul>	
<b>Choose a Nut Butter</b>	
<ul style="list-style-type: none"><li>○ Almond Butter [1 spoon]</li><li>○ Peanut Butter [1 spoon]</li></ul>	
<b>Other Options</b>	
<ul style="list-style-type: none"><li>○ <b>Fruit Bowl:</b> Apple/Banana/Berries/Grapes/Orange/Watermelon/Guava</li><li>○ <b>Banana Shake:</b> 1 Banana with 1sp peanut butter, 1sp honey with Milk</li><li>○ <b>Juice:</b> Orange-Pineapple Juice with Roasted Soybeans</li><li>○ <b>Fresh Nimboo Pani:</b> Squeeze 1 lemon in 1 glass cold water add little bit salt and sugar for taste.</li></ul>	
<b>Instructions</b>	
<ul style="list-style-type: none"><li>○ For Ice cream: Blend fruits then add peanut butter, seeds. Refrigerate it for 3-4hours, and then serve it to your kids. Avoid adding sugar.</li><li>○ For Smoothie: Chose any fruit then add any milk with peanut butter, add ice cubes, and then serve it to your kids.</li></ul>	

## MEAL 5 - DINNER

<b>MAKE YOUR KIDS DINNER</b>	
<b>Choose a Grain</b>	
<ul style="list-style-type: none"><li>○ Whole Grain Bread [1 Slice]</li><li>○ Wheat Chapati [1]</li><li>○ Wheat Pranthi [1]</li><li>○ Brown Rice [1/3 cup]</li></ul>	
<b>Choose a Protein</b>	
<ul style="list-style-type: none"><li>○ Egg [1-2]</li><li>○ Grilled Chicken or Chicken curry [1 small bowl]</li><li>○ Fish or Tuna [1 small bowl]</li><li>○ Any Lentil [1 small bowl]</li><li>○ Any green vegetable [1 small bowl]</li><li>○ Paneer or Tufu [1 small bowl]</li></ul>	
<b>Choose a Oil</b>	
<ul style="list-style-type: none"><li>○ Olive Oil</li><li>○ Coconut Oil</li><li>○ Soybean Oil</li><li>○ Sesame Seed Oil</li></ul>	
<b>Choose Vegetables (For Pulao)</b>	
<ul style="list-style-type: none"><li>○ Red Bell pepper, Peas, Cauliflower, Onion</li><li>○ Green Beans, Peas, Cabbage, Carrots</li><li>○ Green Bell Pepper, Broccoli, Red Potato, Onion</li><li>○ Potato, Carrots, Peas, Mushrooms,</li></ul>	
<b>Curd</b>	
<ul style="list-style-type: none"><li>○ Curd [1cup]</li></ul>	
<b>Instructions</b>	
<ul style="list-style-type: none"><li>○ Cook any protein source food in oil, serve it with any grain and curd. Avoid adding any butter.</li></ul>	

## **FOOD FOR HEIGHT/BRAIN/MUSCLE DEVELOPMENT.**

- Eggs (Protein + yolk packed with choline for memory development)
- Spinach (For new brain cells growth)
- Fish (Vitamin D & Omega 3 for brain functioning and increase focus)
- Seeds (Keep nervous system in check)
- Oatmeal (Heart & Brain arteries clear – better memory)
- Plum/Apple (Quercetin – Antioxidant reduce the mental stress)
- Peanut Butter (Vitamin E an antioxidant – Thiamin for brain & nervous system)
- Milk & Yogurt (Protein & B vitamins – essential for growth of brain tissues – energy for brain)
- Soy Beans (Growth of bones and muscles)