T-Series presents

KIDS DIET

AGE 2-12 YEARS

DESIGNED & CREATED BY
GURU MANN

Brain Development  Height Development
Muscle Development  Bone Development

NUTRITION E-Book

Guru Mann
CERTIFIED Nutritionist - ASFA/ISSA/NASM/ACE/NESTA

San Francisco
California, UNITED STATES
## MEAL 1 - BREAKFAST

**MAKE YOUR KIDS BREAKFAST**

### Choose a Grain
- Whole Grain Bread [1 Slice]
- Wheat Chapati [1]
- Wheat Pranthi [1]
- Oats [1/3 cup]
- Quinoa [1/3 cup]

### Choose a Spread
- Peanut Butter [1 spoon]
- Almond Butter [1 spoon]

### Choose a Fruit
- Banana (½)
- Mango Thin slices (½)
- Blueberries/Strawberries (2 spoons)

### Choose a Milk
- Cow/Buffalo Milk (240ml)
- Almond Milk (240ml)
- Coconut Milk (240ml)
- Soy Milk (240ml)

### Other Options
- **Cereals**: ½ cup Whole Grain Cereals with chopped Apple & 1 cup Milk
- **Banana Shake**: 1 Banana with 1sp peanut butter, 1sp honey with Milk
- **Eggs**: 2 Boiled Eggs with 1 cup Milk
- **Omelet**: 2 Egg omelet with 1 glass orange or carrot juice

### Instructions
- Chose any grain then cook it, add spread, add any fruit, and then serve it to your kids with a glass of Milk
# MEAL 2 - SNACK

## MAKE YOUR KIDS SNACK

### Choose a Bean
- Garbanzo Beans (Chick Peas) [1/2 cup]
- Kidney Beans [1/2 cup]
- Black Beans [1/2 cup]

### Choose a Vegetable
- Carrots
- Cucumber

### Choose a Fruit
- Orange [1]
- Pear [1]
- Papaya [1 cup]
- Pineapple [1 cup]
- Watermelon [1 cup]

### Choose a Nut
- Almonds (10)
- Peanuts (20g)
- Walnuts (20g)
- Cashews (10)

### Other Options
- **Fruit Bowl**: Apple/Banana/Berries/Grapes/Orange/Watermelon/Guava
- **Banana Shake**: 1 Banana with 1sp peanut butter, 1sp honey with Milk
- **Biscuits**: 4-5 Crackers with Humus (Mashed chickpeas)
- **Juice**: Apple Juice with Roasted chickpeas

### Instructions
- 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.
# MEAL 3 - LUNCH

## MAKE YOUR KIDS LUNCH

### Choose a Grain
- Whole Grain Bread [1 Slice]
- Wheat Chapati [1]
- Wheat Pranthi [1]
- Brown Rice [1/3 cup]

### Choose a Protein
- Egg [1-2]
- Grilled Chicken or Chicken curry [1 small bowl]
- Fish or Tuna [1 small bowl]
- Any Lentil [1 small bowl]
- Any green vegetable [1 small bowl]

### Choose a Fruit
- Apple (½)
- Grapes (½cup)
- Kiwi (1)
- Orange [1]

### Choose a Nut
- Almonds (10)
- Peanuts (20g)
- Walnuts (20g)
- Cashews (10)

### Other Options
- **Rice Pulao**: ½ cup rice cooked with vegetable and paneer
- **Paneer Bhurji**: 1 chapati with paneer bhurji with a piece of fruit

### Instructions
- Choose any grain with any protein. Have any piece of fruit after that.
**MAKE YOUR KIDS SNACK**

### Choose a Fruit
- Banana
- Mango
- Peach
- Berries

### Choose a Seed
- Sunflower Seed
- Pumpkin Seed
- Chia Seed
- Flax Seed
- Sesame Seed

### Choose a Milk
- Cow/Buffalo Milk (240ml)
- Almond Milk (240ml)
- Coconut Milk (240ml)
- Soy Milk (240ml)

### Choose a Nut Butter
- Almond Butter [1 spoon]
- Peanut Butter [1 spoon]

### Other Options
- **Fruit Bowl**: Apple/Banana/Berries/Grapes/Orange/Watermelon/Guava
- **Banana Shake**: 1 Banana with 1sp peanut butter, 1sp honey with Milk
- **Juice**: Orange-Pineapple Juice with Roasted Soybeans
- **Fresh Nimboo Pani**: Squeeze 1 lemon in 1 glass cold water add little bit salt and sugar for taste.

### Instructions
- For Ice cream: Blend fruits then add peanut butter, seeds. Refrigerate it for 3-4 hours, and then serve it to your kids. Avoid adding sugar.
- For Smoothie: Choose any fruit then add any milk with peanut butter, add ice cubes, and then serve it to your kids.
MEAL 5 - DINNER

MAKE YOUR KIDS DINNER

<table>
<thead>
<tr>
<th>Choose a Grain</th>
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<tbody>
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<td>• Whole Grain Bread [1 Slice]</td>
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<td>• Brown Rice [1/3 cup]</td>
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<td>• Any Lentil [1 small bowl]</td>
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<tr>
<td>• Any green vegetable [1 small bowl]</td>
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<tr>
<td>• Paneer or Tufu [1 small bowl]</td>
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<table>
<thead>
<tr>
<th>Choose a Oil</th>
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</thead>
<tbody>
<tr>
<td>• Olive Oil</td>
</tr>
<tr>
<td>• Coconut Oil</td>
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<tr>
<td>• Soybean Oil</td>
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<tr>
<td>• Sesame Seed Oil</td>
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<table>
<thead>
<tr>
<th>Choose Vegetables (For Pulao)</th>
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</thead>
<tbody>
<tr>
<td>• Red Bell pepper, Peas, Cauliflower, Onion</td>
</tr>
<tr>
<td>• Green Beans, Peas, Cabbage, Carrots</td>
</tr>
<tr>
<td>• Green Bell Pepper, Broccoli, Red Potato, Onion</td>
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<tr>
<td>• Potato, Carrots, Peas, Mushrooms,</td>
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<table>
<thead>
<tr>
<th>Curd</th>
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<tbody>
<tr>
<td>• Curd [1cup]</td>
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<table>
<thead>
<tr>
<th>Instructions</th>
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<tbody>
<tr>
<td>• Cook any protein source food in oil, serve it with any grain and curd. Avoid adding any butter.</td>
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</table>
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)