

MANVITA - Ages 13–16 High-Protein & Performance Tiffins

Includes dish descriptions, suggested portions, and estimated nutrition values for active teens aged 13–16.

#	Dish Name	Food Description	Portion Size	Calories	Protein	Benefits
1	Smoky Tandoori Paneer Burrito	Large whole grain wrap packed with grilled tandoori paneer, brown rice, black beans, and mint yogurt.	280–350 g	405 kcal	15 g	Muscle Fuel • Energy • Calcium • Iron • Focus
2	Korean BBQ Tofu & Kimchi Wrap	Pan-seared Korean BBQ glazed tofu with spicy fermented kimchi, pickled carrots, and sesame.	280–350 g	430 kcal	16 g	Muscle Fuel • Energy • Calcium • Iron • Focus
3	Loaded High-Protein Methi Paneer Paratha	Flaxseed-infused fenugreek dough stuffed with a double layer of spiced cottage cheese.	280–350 g	455 kcal	17 g	Muscle Fuel • Energy • Calcium • Iron • Focus
4	Sprouted Moong & Oats Protein Chilla Roll	Crisp sprouted lentil crepe filled with savory paneer bhurji and fresh cilantro.	280–350 g	480 kcal	18 g	Muscle Fuel • Energy • Calcium • Iron • Focus
5	Spicy Schezwan Soya Frankie	Juicy soya chunks tossed in fiery garlic-schezwan sauce with crisp bell peppers in a whole grain chapati.	280–350 g	505 kcal	19 g	Muscle Fuel • Energy • Calcium • Iron • Focus
6	Spinach, Mushroom & Mozzarella Crepe	Savory oat flour crepe loaded with garlic-sautéed spinach, mushrooms, and stringy mozzarella.	280–350 g	530 kcal	20 g	Muscle Fuel • Energy • Calcium • Iron • Focus
7	Chana Dal & Beetroot Power Cheela	Bengal gram lentil batter blended with iron-dense beetroot, wrapped around mint hung curd sauce.	280–350 g	555 kcal	14 g	Muscle Fuel • Energy • Calcium • Iron • Focus
8	Whole Wheat Protein Waffles with Nut Butter	Whole wheat and oat waffles slathered with crunchy peanut butter, sliced bananas, and hemp seeds.	280–350 g	380 kcal	15 g	Muscle Fuel • Energy • Calcium • Iron • Focus
9	Loaded Falafel & Hummus Pocket	Baked high-protein chickpea falafels with garlic hummus, tahini, and cucumber folded into a pita.	280–350 g	405 kcal	16 g	Muscle Fuel • Energy • Calcium • Iron • Focus
10	Spiced Rajma & Avocado Burrito	Warm whole wheat wrap stuffed with seasoned kidney bean mash, fresh avocado, corn, and salsa.	280–350 g	430 kcal	17 g	Muscle Fuel • Energy • Calcium • Iron • Focus
11	Pesto Paneer & Sun-Dried Tomato Panini	Artisanal whole wheat panini filled with basil pesto, grilled paneer slabs, and sun-dried tomatoes.	280–350 g	455 kcal	18 g	Muscle Fuel • Energy • Calcium • Iron • Focus

12	Chipotle Bean & Monterey Jack Quesadilla	Whole wheat tortilla packed with spicy pinto beans, grilled peppers, and melted cheese, toasted crisp.	280–350 g	480 kcal	19 g	Muscle Fuel • Energy • Calcium • Iron • Focus
13	Smashed Chickpea & Avocado Super-Toast	Thick toasted sourdough piled high with zesty chickpea smash, creamy avocado, and pumpkin seeds.	280–350 g	505 kcal	20 g	Muscle Fuel • Energy • Calcium • Iron • Focus
14	Soya Bhurji & Tomato Triple-Deck Club	Three-layer toasted brown bread packed with spicy scrambled soya granules, crisp lettuce, and tomatoes.	280–350 g	530 kcal	14 g	Muscle Fuel • Energy • Calcium • Iron • Focus
15	Teriyaki Tofu & Veggie Everything Bagel	Seared teriyaki-glazed tofu with crunchy cucumber, carrots, and sesame inside an whole grain bagel.	280–350 g	555 kcal	15 g	Muscle Fuel • Energy • Calcium • Iron • Focus
16	Spinach, Corn & Mozzarella Melt	Garlic spinach and sweet corn smothered in melted mozzarella between thick whole grain slices.	280–350 g	380 kcal	16 g	Muscle Fuel • Energy • Calcium • Iron • Focus
17	Caprese & Avocado Grilled Toastie	Thick whole grain bread pressed with fresh mozzarella, tomato slices, avocado, and basil pesto.	280–350 g	405 kcal	17 g	Muscle Fuel • Energy • Calcium • Iron • Focus
18	Spicy Hummus & Roasted Beetroot Rye Sandwich	Rye bread filled with spicy chickpea hummus, sweet roasted beetroot, fresh arugula, and feta cheese.	280–350 g	430 kcal	18 g	Muscle Fuel • Energy • Calcium • Iron • Focus
19	Almond Butter & Berry Superfood Sourdough	Toasted sourdough slathered with almond butter, fresh berries, chia seeds, and raw honey.	280–350 g	455 kcal	19 g	Muscle Fuel • Energy • Calcium • Iron • Focus
20	Herb-Infused Greek Yogurt & Paneer Pita	Whole wheat pita pocket stuffed with herb-spiced Greek yogurt, diced paneer, and bell peppers.	280–350 g	480 kcal	20 g	Muscle Fuel • Energy • Calcium • Iron • Focus
21	High-Protein Sprouted Moong & Peanut Poha	Flattened rice tossed with sprouted moong, roasted peanuts, curry leaves, veggies, and lemon.	280–350 g	505 kcal	14 g	Muscle Fuel • Energy • Calcium • Iron • Focus
22	South-Indian Quinoa & Paneer Upma	Fluffy quinoa sautéed with pan-seared paneer cubes, cashews, mustard seeds, and mixed veggies.	280–350 g	530 kcal	15 g	Muscle Fuel • Energy • Calcium • Iron • Focus
23	Masala Oats & Roasted Chana Power Bowl	Steel-cut oats cooked with turmeric, vegetables, and topped with crunchy roasted chana.	280–350 g	555 kcal	16 g	Muscle Fuel • Energy • Calcium • Iron • Focus
24	Ragi, Date & Dry-Fruit Super-Malt Bowl	Finger millet porridge simmered in milk, date paste, and topped with chopped almonds and seeds.	280–350 g	380 kcal	17 g	Muscle Fuel • Energy • Calcium • Iron • Focus

25	High-Protein Greek Yogurt Granola Parfait	Thick Greek yogurt layered with high-protein pumpkin seed granola, kiwi, berries, and honey.	280–350 g	405 kcal	18 g	Muscle Fuel • Energy • Calcium • Iron • Focus
26	Broken Wheat (Daliya) & Moong Dal Pulao	Cracked wheat cooked with split moong, green peas, carrots, ghee, and whole warm spices.	280–350 g	430 kcal	19 g	Muscle Fuel • Energy • Calcium • Iron • Focus
27	Peanut Butter & Dark Cocoa Oat Power Bowl	Warm oats cooked with milk, dark cocoa, peanut butter, chia seeds, and sliced banana.	280–350 g	455 kcal	20 g	Muscle Fuel • Energy • Calcium • Iron • Focus
28	Savory Sabudana & Roasted Peanut Power Bowl	Tapioca pearls tossed with coarse peanut powder, boiled potatoes, curry leaves, and lemon.	280–350 g	480 kcal	14 g	Muscle Fuel • Energy • Calcium • Iron • Focus
29	Berry-Protein Chia Smoothie Bowl	Thick blended berry Greek yogurt smoothie topped with chia seeds, coconut flakes, and almonds.	280–350 g	505 kcal	15 g	Muscle Fuel • Energy • Calcium • Iron • Focus
30	High-Protein Sprouted Black Chana & Corn Bowl	Steamed sprouted black chana tossed with sweet corn, cucumber, pomegranate, and chaat masala.	280–350 g	530 kcal	16 g	Muscle Fuel • Energy • Calcium • Iron • Focus
31	Baked Rajma & Sweet Potato Burger Patties	Protein-loaded kidney bean and sweet potato patties seasoned with smoked paprika and herbs.	280–350 g	555 kcal	17 g	Muscle Fuel • Energy • Calcium • Iron • Focus
32	Crispy Soya Granule & Potato Cutlets	Pan-fried patties made with minced soya, potatoes, garam masala, and coated with oats powder.	280–350 g	380 kcal	18 g	Muscle Fuel • Energy • Calcium • Iron • Focus
33	Whole Wheat Paneer & Veggie Calzone Bites	Baked stuffed pizza pockets filled with tomato sauce, seasoned paneer cubes, and bell peppers.	280–350 g	405 kcal	19 g	Muscle Fuel • Energy • Calcium • Iron • Focus
34	Crispy Hara Bhara Oats Kabab	Spinach, green pea, and potato patties fortified with roasted chana flour and rolled oats.	280–350 g	430 kcal	20 g	Muscle Fuel • Energy • Calcium • Iron • Focus
35	Steamed Paneer & Veggie Wheat Dumplings	Whole wheat momos filled with finely minced veggies and paneer, served with spicy sesame dip.	280–350 g	455 kcal	14 g	Muscle Fuel • Energy • Calcium • Iron • Focus
36	Whole Wheat Zucchini & Walnut Bread Slices	Warm homemade baked slices flavored with grated zucchini, walnuts, jaggery, and cinnamon.	280–350 g	480 kcal	15 g	Muscle Fuel • Energy • Calcium • Iron • Focus
37	Mini Masala Idli & Pepper Skewers	Mini rice idlis tossed in ghee, mustard seeds, curry leaves, and colorful bell peppers on skewers.	280–350 g	505 kcal	16 g	Muscle Fuel • Energy • Calcium • Iron • Focus

38	Crispy Cornflake-Crusted Paneer Fingers	Oven-baked paneer strips dipped in wheat slurry and coated with spiced, crunchy cornflakes.	280–350 g	530 kcal	17 g	Muscle Fuel • Energy • Calcium • Iron • Focus
39	Oats, Date & Peanut Butter Power Balls	No-bake energy balls packed with soft dates, toasted oats, peanut butter, and chia seeds.	280–350 g	555 kcal	18 g	Muscle Fuel • Energy • Calcium • Iron • Focus
40	Baked Chickpea & Seed Trail Mix	Crunchy roasted chickpeas tossed with pumpkin seeds, sunflower seeds, raisins, and chaat masala.	280–350 g	380 kcal	19 g	Muscle Fuel • Energy • Calcium • Iron • Focus