

MANVITA - Ages 3–5 Morning Tiffin's with Descriptions & Nutrition

Nourish Their Potential, Fuel Their Dreams: Every Mother's Ultimate Solution to Stress-Free, Healthy Mornings

Mothers, we know that nothing matters more to you than seeing your precious child grow up vibrant, healthy, and full of life. Yet, the morning rush shouldn't feel like a battleground of picky eating versus sound nutrition. With the MANVITA Monthly Subscription, you unlock an expertly structured, budget-conscious meal universe that transforms ordinary traditional breakfasts into delightful adventures. Give your little champion the perfect balance of proteins, complex carbs, and clean energy they deserve. Start your journey with us today because a healthy lifestyle begins with a happy, stress-free morning tiffin.

Dish Name	Food Description	Portion Size	Calories	Nutrition Highlights
Chanda Mama Idli	Soft, cloud-like mini steamed rice cakes shaped like little moons. Gently crafted to be entirely melt-in-the-mouth, ultra-digestible, and lovingly served with pure cow ghee or a mild coconut dip.	120 - 150 g	145 kcal	Protein 4-6g Fiber 2-3g High Bioavailability & Gut-Friendly B-Complex
Magic Popcorn Poha	Delicately beaten rice flakes cooked to a perfect tenderness with a touch of sunshine turmeric. Features soft-mashed energy bites (potatoes or raw banana for Jain version) and finely crushed roasted peanuts for total safety.	110 - 140 g	160 kcal	Protein 3-5g Fiber 2-4g Excellent Iron Source & Vitamin C Booster
Chhota Bheem Wheat Sheera	A warm, velvety whole-wheat classic roasted deeply in pure rich ghee and sweetened traditionally with organic, unrefined jaggery instead of processed sugar to nourish your growing toddler.	100 - 130 g	195 kcal	Protein 4-6g Fiber 3-4g Brain-Developing Healthy Fats & High Iron
Power-Up Moong Dal Cheela	Beautifully golden, paper-thin savory crepes made from protein-dense soaked yellow moong lentil batter, infused with gentle cumin and stuffed with freshly crumbled, creamy homemade paneer.	120 - 160 g	175 kcal	Protein 8-10g Fiber 4-5g Premium Lean Muscle Building Blocks & Zinc
Sunny Side Oats Upma	Finely milled premium oats prepared into a rich, savory porridge consistency, packed beautifully with finely shredded sweet carrots and fresh garden peas for an effortless swallow.	130 - 170 g	150 kcal	Protein 5-7g Fiber 5-6g Beta-Glucan for Perfect Digestion & Vitamin A

Superman Paneer Paratha	A mini, ultra-soft whole wheat flatbread layered elegantly with finely grated calcium-rich cottage cheese and fresh herbs, lightly toasted using fresh, unsalted white butter.	110 - 140 g	190 kcal	Protein 7-9g Fiber 3-4g High Bone-Density Calcium & Essential Phosphorus
Rainbow Vermicelli Upma	Short-cut roasted wheat vermicelli cooked tenderly with vibrant, child-safe micro-veggies, replicating colorful strands that make every bite an absolute visual delight.	125 - 160 g	165 kcal	Protein 4-6g Fiber 3-5g High Energy Yield & Essential Trace Micronutrients
Crispy Rocket Dosa	A wonderfully thin, golden cone-shaped crispy lentil crêpe that brings instant joy. Lightly brushed with pure ghee, ensuring it is both comforting and rich in natural nutrients.	90 - 120 g	140 kcal	Protein 3-5g Fiber 2-3g Easily Absorbed Carbohydrates & Core Amino Acids
Bunny Rabbit Ragi Sheera	A luxurious, ultra-smooth nutrient pudding created from mineral-rich finger millet flour, slow-roasted in pure ghee, and sweetened naturally with iron-rich jaggery syrup.	100 - 130 g	180 kcal	Protein 4-5g Fiber 4-6g Super-Rich Skeletal Calcium & Natural Iron
Twinkling Star Sabudana Khichdi	Beautiful translucent pearls of tapioca fully softened and gently tossed with roasted peanut powder and mild cumin. Incredibly light on sensitive bellies while keeping spirits high.	110 - 140 g	170 kcal	Protein 2-4g Fiber 2-3g Instant Energy Efficiency & Gentle Stomach Comfort

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Subscribe to our premium morning tiffin dashboard today and claim your customized nutritional roadmap. Every recipe features clear adaptations for strict Jain dietary preferences by completely replacing root vegetables without sacrificing a single trace element of growth vitamins. Let's make wellness a daily celebration!