

MANVITA - Ages 9–12 Morning Tiffin's with Descriptions & Nutrition

Empowering the Pre-Teen Transition: Premium Clean Fuel for Sharp Intellectual Focus and Peak Athletic Stamina

Mothers, your child is entering one of the most transformative phases of their young life. Between the ages of 9 and 12, pre-teens experience intense growth spurts, demanding academic schedules, and high-energy sports commitments. Their bodies require a major shift in nutritional support ordinary snacks no longer suffice. It is time to upgrade their morning routine to match their expanding horizons. The MANVITA Premium Subscription is specifically formulated to bridge this critical gap. We have significantly increased clean proteins to build lean muscle, added complex fibers for lasting concentration, and embedded wholesome essential fats to fuel brain development. Give your growing champion the precise nutritional edge they need to lead in the classroom and on the field. Join the MANVITA family today and build a foundation for a strong, healthy future!

Dish Name	Food Description	Portion Size	Calories	Nutrition Highlights
Titan Triple Idli Feast	Three substantial, high-protein steamed rice and lentil cakes meticulously fortified with crushed urad dal. Plated alongside a thick, vegetable-heavy drumstick and tomato sambar, balanced with an authentic, healthy coconut dip.	240 - 280 g	310 kcal	Protein 9-11g Fiber 6-7g Sustained Complex Glycogen & Pre-teen Growth Vit B Complex
Powerhouse Sprouted Moong & Peanut Poha	Energy-dense premium flattened rice flakes mixed beautifully with crisp roasted peanuts, a generous serving of fiber-rich sprouts, and freshly chopped cooling herbs. (Jain variant completely substitutes root items with raw banana cubes).	200 - 250 g	340 kcal	Protein 10-12g Fiber 6-8g Heavy Non-Heme Iron Load & Cellular Vitamin C Absorption
Olympian Whole Wheat & Almond Halwa	A calorie-efficient stone-ground whole wheat pudding heavily roasted in pure homemade cow ghee, packed with ground almonds and walnuts, and sweetened with organic jaggery to support pre-teen hormonal balance.	180 - 220 g	390 kcal	Protein 8-10g Fiber 5-6g Brain-Stimulating Omega Healthy Fats & High Vitamin E
Ultimate Protein Moong Dal & Stuffed Paneer Cheela	A giant, crisp golden crepe prepared from nutrient-packed whole green gram paste, seasoned with digestion-friendly cumin, and filled to the brim with seasoned high-calcium cottage cheese.	220 - 270 g	360 kcal	Protein 18-22g Fiber 7-9g Peak Muscle-Mass Repair Protein & Active Zinc

				Immunity
Brain-Booster Savory Rolled Oats Upma	Thick rolled oats slowly simmered to perfection with energy-sustaining diced carrots, crunchy french beans, and fresh sweet peas, satisfying a pre-teen's larger appetite cleanly without sugar spikes.	220 - 260 g	315 kcal	Protein 10-12g Fiber 8-10g High-Value Beta-Glucan Clean Fiber & Cellular Antioxidants
Ironman Spinach & Loaded Paneer Paratha	A thick, double-layered whole wheat flatbread made with mineral-dense fresh spinach puree mixed directly into the base dough, filled with spiced cottage cheese, and seared with gold cow ghee.	180 - 220 g	385 kcal	Protein 14-16g Fiber 6-7g Supreme Double-Action Skeletal Calcium & Bioavailable Iron
Apex Multi-Veggie Wheat Vermicelli Upma	Whole wheat semolina vermicelli pan-roasted and steamed tenderly with a robust collection of seasonal school-safe vegetables, offering an appetizing aesthetic that fuels heavy study sessions.	210 - 260 g	330 kcal	Protein 8-10g Fiber 6-8g Maximum Metabolic Energy Yield & Complete Trace Minerals
Golden Giant Rocket Dosa Roll	An extended, ultra-crispy fermented rice and black gram lentil crepe brushed generously with pure ghee, tightly wrapped for school tiffins, and served with a mild, fresh mint-coconut reduction.	180 - 220 g	295 kcal	Protein 6-8g Fiber 4-5g Rapid-Absorbing Physical Energy Carbs & Core Amino Acids
Grandmaster Ragi, Cashew & Jaggery Halwa	A luxurious, mineral-loaded energy pudding constructed from calcium-dense finger millet flour, slow-cooked in pure cow ghee, and enhanced with powdered organic cashews and natural jaggery syrup.	180 - 220 g	370 kcal	Protein 7-9g Fiber 8-10g Peak Bone-Density Calcium Reserve & Total Hemoglobin Support
Starlight Sabudana, Peanut & Sweet Potato Khichdi	Soaked premium tapioca pearls tossed cleanly with high-grade roasted peanut chunks and energy-efficient sweet potatoes (or raw banana for Jain preference). Fuels active athletes for hours.	200 - 240 g	350 kcal	Protein 6-8g Fiber 4-5g Maximum Glycogen Loading for Heavy Sports & Long School Hours

SECURE THEIR PRE-TEEN TRANSITION & SUBSCRIBE TO THE MANVITA DIET PLAN TODAY

Equip your pre-teen with our premium, high-performance meal architectures. All menus feature seamless design variants for absolute Jain lifestyle compliance, fully eliminating root crops while keeping muscle-building proteins and bone-strengthening minerals fully intact. Let's champion their milestones together!