

MANVITA - Ages 13-16 Morning Tiffin's with Descriptions & Nutrition

Fueling the Critical Growth Velocity Peak: Elite Clean Nutrition for Demanding Academic Excellence and Athletic Dominance

Mothers, your child is navigating the most intense physical and mental transformation of their young life. Between the ages of 13 and 16, teenagers undergo monumental growth spurts, significant hormonal adjustments, rigorous board exam preparation, and hyper-competitive sports milestones. Their daily energy depletion is massive, requiring specialized premium fuel that typical snacks cannot provide. To sustain their academic focus and physical power, their morning meal architecture must be upgraded. The MANVITA Premium Subscription is precisely engineered to fulfill this critical requirement. We have maxed out the bioavailable plant and dairy proteins for lean muscle integrity, optimized complex fibers for sustained neurological stamina, and loaded every breakfast with essential healthy fats for deep cognitive endurance. Guarantee your teenager the uncompromised nutritional support they need to dominate the classroom and lead the field. Subscribe to the MANVITA family today and secure their foundational victory!

Dish Name	Food Description	Portion Size	Calories	Nutrition Highlights
Apex Triple Sprouts & Lentil Idli Platter	Three substantial, high-protein steamed rice and lentil cakes enhanced with crushed high-fiber legumes. Served with a robust, vegetable-loaded mixed lentil sambar and nutrient-dense coconut chutney.	280 - 320 g	390 kcal	Protein 14-16g Fiber 8-10g Sustained Glycogen Recharging & Peak Growth Vitamin B Complex
Powerhouse Sprouted Moong & Roasted Peanut Poha	High-yield premium flattened rice flakes mixed thoroughly with crunchy roasted peanuts, a large serving of mineral-rich sprouts, and freshly chopped digestion-friendly herbs. (Jain variant utilizes raw banana cubes).	250 - 300 g	420 kcal	Protein 13-15g Fiber 8-10g Critical Non-Heme Iron Load & Cellular Vitamin C Absorption
Olympian Whole Wheat & Walnut Halwa	A calorie-efficient stone-ground whole wheat pudding heavily roasted in pure homemade cow ghee, packed with finely crushed walnuts and almonds, and sweetened with organic jaggery to support teenage hormonal stability.	200 - 240 g	460 kcal	Protein 10-12g Fiber 6-8g Cognitive-Stimulating Omega-3 Healthy Fats & Vitamin E
Ultimate Protein Moong Dal	A giant, crisp golden crepe prepared from nutrient-dense whole	260 - 300 g	440 kcal	Protein 22-26g

& Dual-Stuffed Paneer Cheela	green gram paste, seasoned with digestion-friendly cumin, and filled to the brim with seasoned high-calcium cottage cheese and grated green vegetables.			Fiber 9-11g Peak Muscle-Mass Development Protein & Structural Zinc Immunity
Brain-Booster Savory Rolled Oats & Seed Upma	Thick rolled oats slowly simmered to perfection with energy-sustaining diced carrots, crunchy french beans, and fresh sweet peas, mixed with toasted pumpkin seeds to satisfy a teenager's expanding metabolic appetite.	250 - 300 g	395 kcal	Protein 12-15g Fiber 10-12g High-Value Beta-Glucan Clean Fiber & Brain Antioxidants
Ironman Spinach & Loaded Double-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.	220 - 260 g	485 kcal	Protein 18-22g Fiber 7-9g 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.	240 - 290 g	410 kcal	Protein 11-13g Fiber 8-10g 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.	220 - 260 g	380 kcal	Protein 8-10g Fiber 5-6g 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.	200 - 240 g	450 kcal	Protein 9-11g Fiber 10-12g 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	240 - 280 g	430 kcal	Protein 8-10g Fiber 5-6g Maximum

	raw banana for Jain preference). Fuels active athletes for hours.			Glycogen Loading for Heavy Sports & Long School Hours
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SAFEGUARD THEIR TEENAGE POTENTIAL & SUBSCRIBE TO THE MANVITA NUTRITION BLUEPRINT TODAY

Equip your young adult with our elite high-performance macro-nutrient matrices. All diet programs feature seamless design architectures for absolute Jain lifestyle compliance, fully omitting root crops while keeping lean muscle-building proteins and structural bone-strengthening minerals completely intact. Let's power their milestones together!