



TREK MEAL-PLAN

Kashmir Great Lakes Trek

	DAY1	DAY2	DAY3	DAY4	DAY5	DAY6	DAY7
AM SNACKS	N/A	KAHWA	COFFEE	GREEN-TEA	LEMON-TEA	ROSEMARY-TEA	KAHWA
BREAKFAST	N/A	Cornflakes	Porridge	Oat-meal	Cornflakes	Poha	Chola-Puri
	-----COMMON = Butter/ Jam/ Honey/ Bread/ Omelet/ Fresh-Fruits-----						
LUNCH	DAY1	DAY2	DAY3	DAY4	DAY5	DAY6	DAY7
VEG	N/A	Veg-Biryani	Fried Rice-Veg	Pulao/Pickle	Rice/Beans	Veg-Biryani	
	Lunch On Day7 = Any Meal ordered at Naranag Restaurant is included						
NON-VEG	N/A	Chicken-Biryani	Chicken Fried-Rice	Lamb-Meat Pulao	Lamb-Meat Rice/Pickle	Mutton-Biryani	
PM SNACKS	DAY1	DAY2	DAY3	DAY4	DAY5	DAY6	DAY7
	Tea Biscuit Snacks	Kahwa Cookies Snacks	Rosemary Bread- Pakora	Tea Onion- Pakora	Kahwa Cookies Snacks	Tea Biscuit Snacks	N/A
DINNER	DAY1	DAY2	DAY3	DAY4	DAY5	DAY6	DAY7
VEG	----COMMON = Rice/ Roti / Vegetables/ Pulses/ Salad/ Curry/ Pickle----						Hotel
	Curd	Cheese	Mushroom	Cheese	Curd	Cheese	
NON-VEG	----COMMON = Rice/ Roti / Vegetables/ Pulses/ Salad/ Curry/ Pickle----						Hotel
	Chicken	Chicken	Trout-Fish	Lamb-Meat	Lamb-Meat	Trout-Fish	