

SHOP A DAYS KIDNEY FRIENDLY MENU!

You have 100 pennies to shop. Select perfect combinations. If you use pennies wisely, you win and if you save 10 pennies, you get a reward!

Breakfast



Bread with butter and jam (25/-)



Rava idlis (10/-)



2 bread slices (6/-)



Poha chivda (15/-)

Lunch



Noodles (39/-)



Chapati, veg, dal, rice, salad, curd (35/-)



Chapati, veg (25/-)



Palak paratha (40/-)

Evening



Pav bhaji (25/-)



Dahi puri (17/-)



Veg rava upma (15/-)



French fries (20/-)

Mid - evening



Grapes (15/-)



Cookies (8/-)



Chickoo (10/-)



Bhel (5/-)

Dinner



Bread rolls (32/-)



Chapati n veg rolls (25/-)



Veg burger (45/-)



Chinese rice with manchurian (40/-)

Bedtime



Cold coffee (20/-)



Apple (10/-)



Softie ice cream(20/-)



Biscuit ice cream (12/-)

Select one item from each category to make up a total of either 90 or 100.

Answers: Rava idlis + Chapati, veg, dal, rice, salad, curd / Chapati, veg *+ Veg rava upma + Bhel + Chapati n veg rolls + Apple = 100/90*